

What a Therapy Dog Can Teach Us

Courage To Risk 2026

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-Skills a Therapy Dog Can Teach Students-

Skill #1

Supporting students to practice their READING, WRITING, MATH, PRESENTING and COMMUNICATION skills.

Skill #2

Teaching students about how to be safe with a dog, by learning its body language.

Skill #3

Dogs need problem-solving, brain stimulating activities every day to stay regulated.

Skill #4

The Hippocampus and Amygdala go CLICK!
AKA Memories + Emotions (Inside Out)
AKA Remembered Past + Sensory Present (Dr. Barrett)

Skill #5

"Poncho loves and accepts me just the way I am, and wants me to feel better."

Co-regulation!

Also, it's important students see themselves in the dog's story, and life experiences.



Notes:

-Applying Poncho-Inspired Strategies in Your Classroom-

Strategy #1

The brain goes
CLICK!

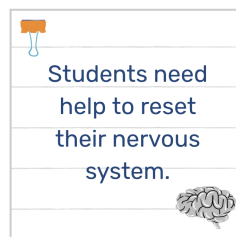
Make the power of the CLICK
work *for* you!

Strategy #2

Students need
consistent
creative,
problem-solving
tasks to regulate
their brains.

Activate students' niche
through creativity.

(A Preface) and Strategy #3



Introduce strategies that help the brain
reset, with practices that promote
connection.

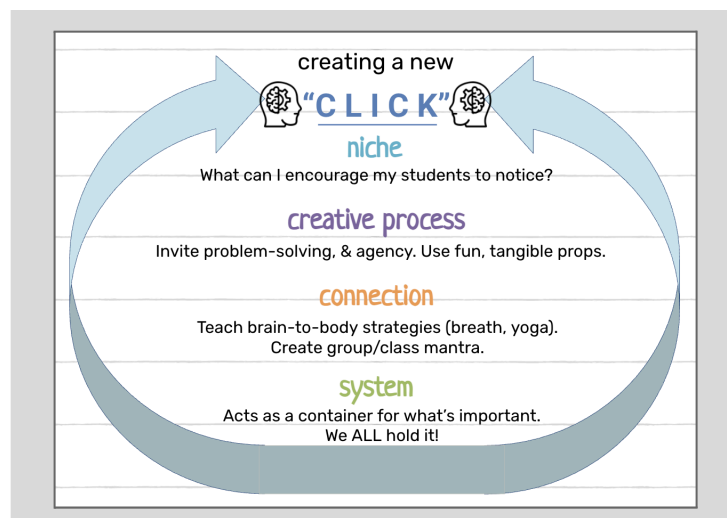
Co-regulation
and connection
activate calming
neurochemicals.

Strategy #4

Systems make
efforts more
sustainable, by
increasing
agency.

Systems help transform
predictable problems.

What are some
predictable
problems in your
day or week?



Draft some new
ideas here:

Additional Notes: