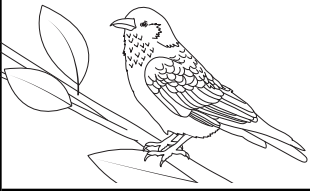
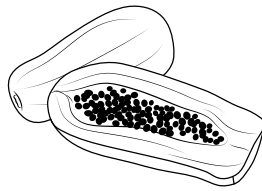




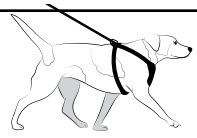
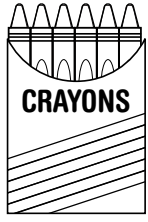



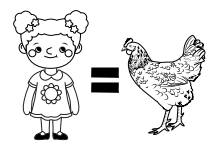
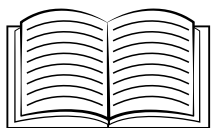
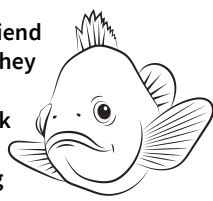
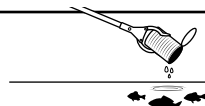



Animal Rights Summer Activity Choice Board

Once you've finished an activity, color it in. A grown-up will need to help you with some of these activities. If no grown-ups are available, choose an activity that you can do on your own, or get creative and color the back of this page instead!

JUNE

<p>Go on a nature walk, and quietly watch the animals in their natural habitat.</p> 	<p>Try a fruit or vegetable that you've never tasted before.</p> 	<p>Collect gently used towels, bedding, and other supplies and donate them to your local animal shelter.</p>	<p>Learn why we should never visit marine parks, where dolphins and other sea animals can't do the things they love, by downloading a free dolphin coloring sheet from PETAkids.com/DolphinColoringSheet.</p>
<p>Teach your friends that if they see turtles in the road, they should carry them to the side of the road that they wanted to go to (otherwise, they'll go back across the road again!).</p> 	<p>The next time you need a bathroom product from the store, ask a grown-up to look for one that has PETA's bunny logo on it—that means it wasn't tested on animals!</p> 	<p>Check the weather report to find out how hot it's going to be today. If it's warm enough to play outdoors, it's too hot to leave dogs in cars. Keep your eyes peeled all summer long for dogs in hot cars, and if you see one, tell a grown-up right away.</p>	<p>Ask your parents if you can download Kitten Squad to their smart phone, then spend some time fighting robots to help save animals!</p> 
<p>Help make a yummy vegan meal with your family. How about spaghetti with marinara sauce, bean burritos, or even just PB&Js?</p> 	<p>Take your dog for a walk along with your family early in the morning or in the evening. It can get too hot for dogs in the middle of the day—they can burn their paws on the street!</p> 	<p>Grab some crayons or markers and color the back of this sheet!</p> 	<p>Visit the PETA Kids website, where you can learn how to help animals, download and print coloring sheets, order free stickers, and more!</p> 
<p>Learn all about tigers by reading <i>A Tiger's Life</i>, a comic book at PETAkids.com/comics.</p> 	<p>Make an "It" jar. Every time your family members call an animal "it," they have to throw a nickel into the jar. When the jar is full, donate the money to your local open-admission animal shelter!</p> 	<p>Find out which animal you're most like by taking the personality quiz at PETAkids.com/Personality.</p> 	<p>Go to your local library's website and check out an online copy of a book about your favorite animal.</p> 
<p>Call up a friend and ask if they know that fish can talk to each other using squeaks and squeals.</p> 	<p>Go trash fishing! Head to a lake, pond, beach, or even your local park to pick up trash, which helps animals. (Be sure to wear gloves!)</p> 	<p>Plant seeds of your favorite fruits and vegetables, and watch them grow!</p> 	<p>Ask your family to help you collect money to donate to help chained dogs. Once you've got \$10, have a grown-up send it to PETA.</p>

If you see an animal who is hurt, lost, or in trouble, ask a grown-up for help. Have them visit [PETA.org/AnimalEmergency](https://peta.org/AnimalEmergency) for more information.

PETAkids

BE A HERO FOR DOGS AND CATS!



How to Help Them






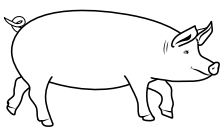
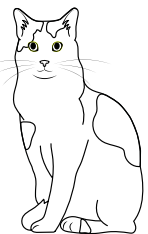
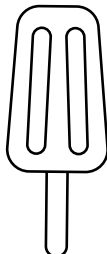
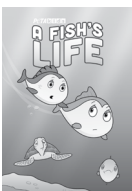


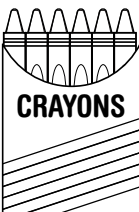




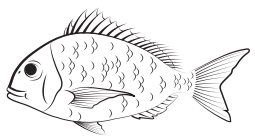
- Never buy them from pet stores or breeders. (Instead adopt from an animal shelter.)
- Never leave them outside alone or chained up. (They belong in the house with you!)
- Make sure they have plenty of love, clean water, food, toys, and a cozy place to sleep.
- Give your dog lots of walks outside, and clean your cat's litterbox twice a day.

PETAkids

Animal Rights Summer Activity Choice Board

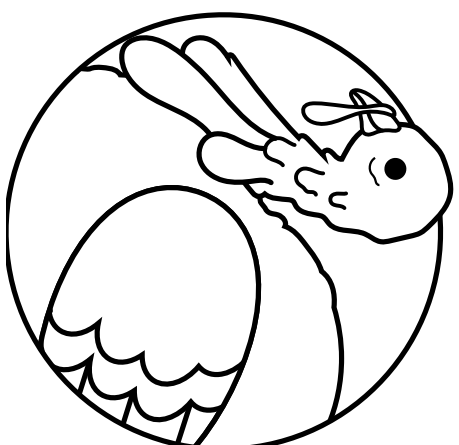
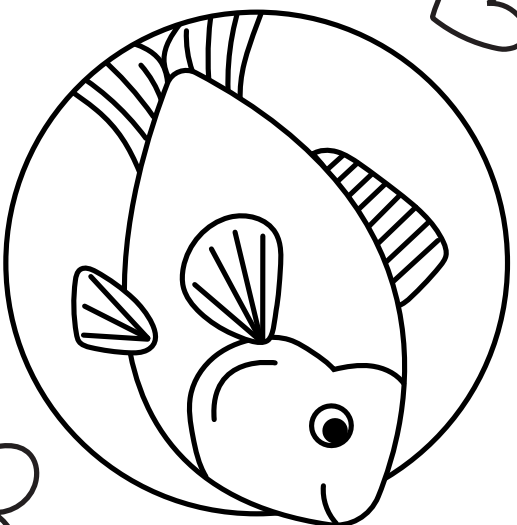
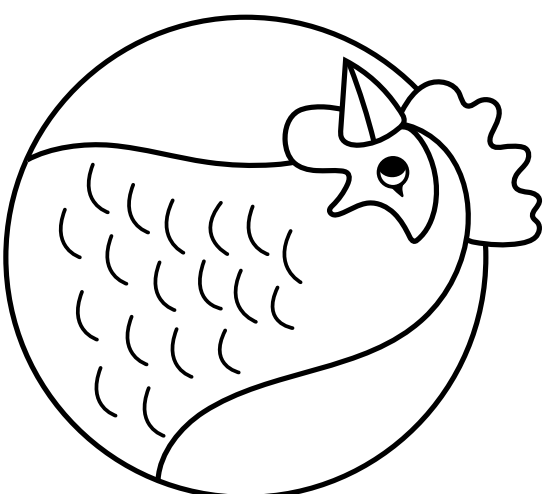
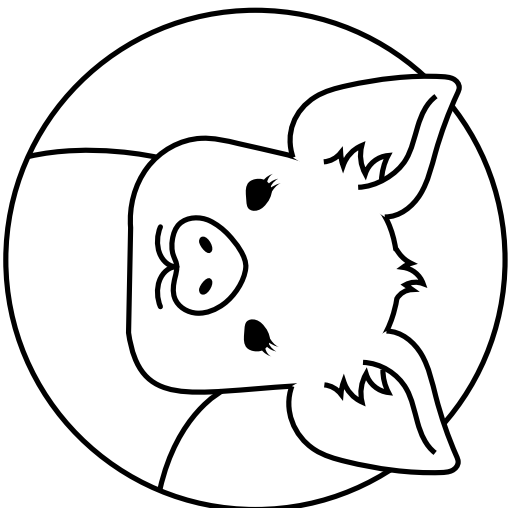
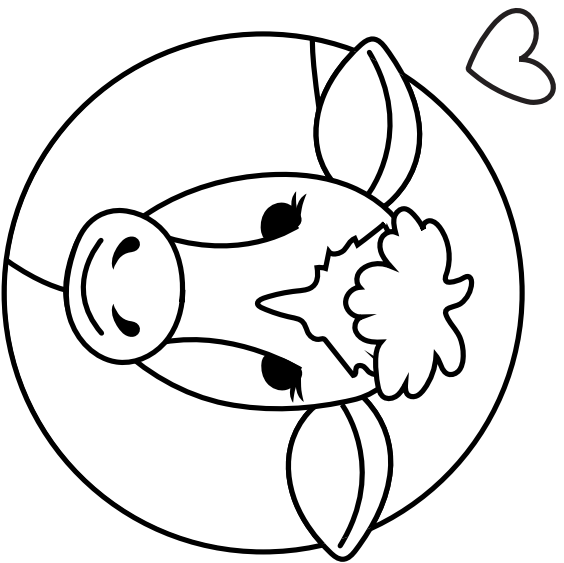
Once you've finished an activity, color it in. A grown-up will need to help you with some of these activities. If no grown-ups are available, choose an activity that you can do on your own, or get creative and color the back of this page instead!

JULY

<p>Make your dog or cat a treat today! Ask a grown-up for help.</p> <p>Visit PETAKids.com for some ideas!</p> 	<p>Instead of catching fireflies (which hurts them), have a contest with your family to see who can spot the most in one evening.</p> 	<p>Explore the outdoors today. If you see an interesting animal, draw or take a picture but don't touch. Never capture animals and take them out of their natural habitat.</p> 	 <p>If you hear fireworks, stay close to your animal companions so the sound of fireworks won't be so scary to them!</p>
<p>Try some yoga: Get on your hands and knees and do the "cow pose" by arching your back and looking up to the sky. Did you know that some cows choose their best friend right after they're born?</p>	<p>Ask a grown-up to get you some vegan chocolate milk—it's delicious.</p> 	<p>Get inspired to help animals by watching animal-rescue videos at PETAKids.com/Videos.</p> 	<p>Gently brush your animal companions' fur. Then give them a treat!</p> 
<p>Make popsicles using fresh fruit and juice. Ask your parents to help you make this recipe: PETA.org/Popsicles.</p> 	<p>Read <i>A Fish's Life</i>, a comic book at PETAKids.com/comics.</p> 	<p>Invite a friend to enjoy a vegan lunch with you. You could have veggie burgers, bean burritos, fruit, spaghetti, nuts, bread, PB&J sandwiches, stir-fried tofu, or any other foods that you like.</p> 	<p>Put together an animal-rescue kit to keep in your family's car in case of emergency. Make sure it includes a towel, a leash, a bottle of water, and a cardboard box or carrier.</p>
<p>Ask a grown-up if your animal companions are microchipped. Make sure their chip contains current information so they can get back home if they ever get lost.</p> 	<p>Grab some crayons or markers and color in the back of this sheet!</p> 	<p>Make a thank-you card to send to your local animal shelter.</p> 	<p>Have a family game night! Visit PETAKids.com/GameNight for some fun ideas.</p> 
<p>Learn about <i>speciesism</i> and what you can do to stop it by visiting PETAKids.com/EndSpeciesism.</p>	<p>Make or order pizza tonight. Ask for nondairy cheese, and add your favorite veggies.</p> 	<p>Make a colorful sign to display in your window that encourages your neighbors to help animals. How about "Be Kind to Animals" or "Love Animals—Don't Eat Them"?</p> 	<p>Be a friend to fish by not eating them. Instead, choose seafood made from plants, like Gardein's fishless filets.</p> 

If you see an animal who is hurt, lost, or in trouble, ask a grown-up for help. Have them visit [PETA.org/AnimalEmergency](https://www.peta.org/animalemergency) for more information.

PETAKids






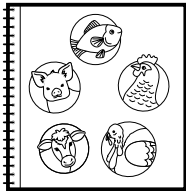

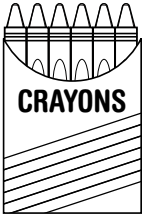

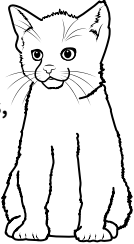







ANIMALS ARE
FRIENDS,
NOT FOOD!

Animal Rights Summer Activity Choice Board

Once you've finished an activity, color it in. A grown-up will need to help you with some of these activities. If no grown-ups are available, choose an activity that you can do on your own, or get creative and color the back of this page instead!

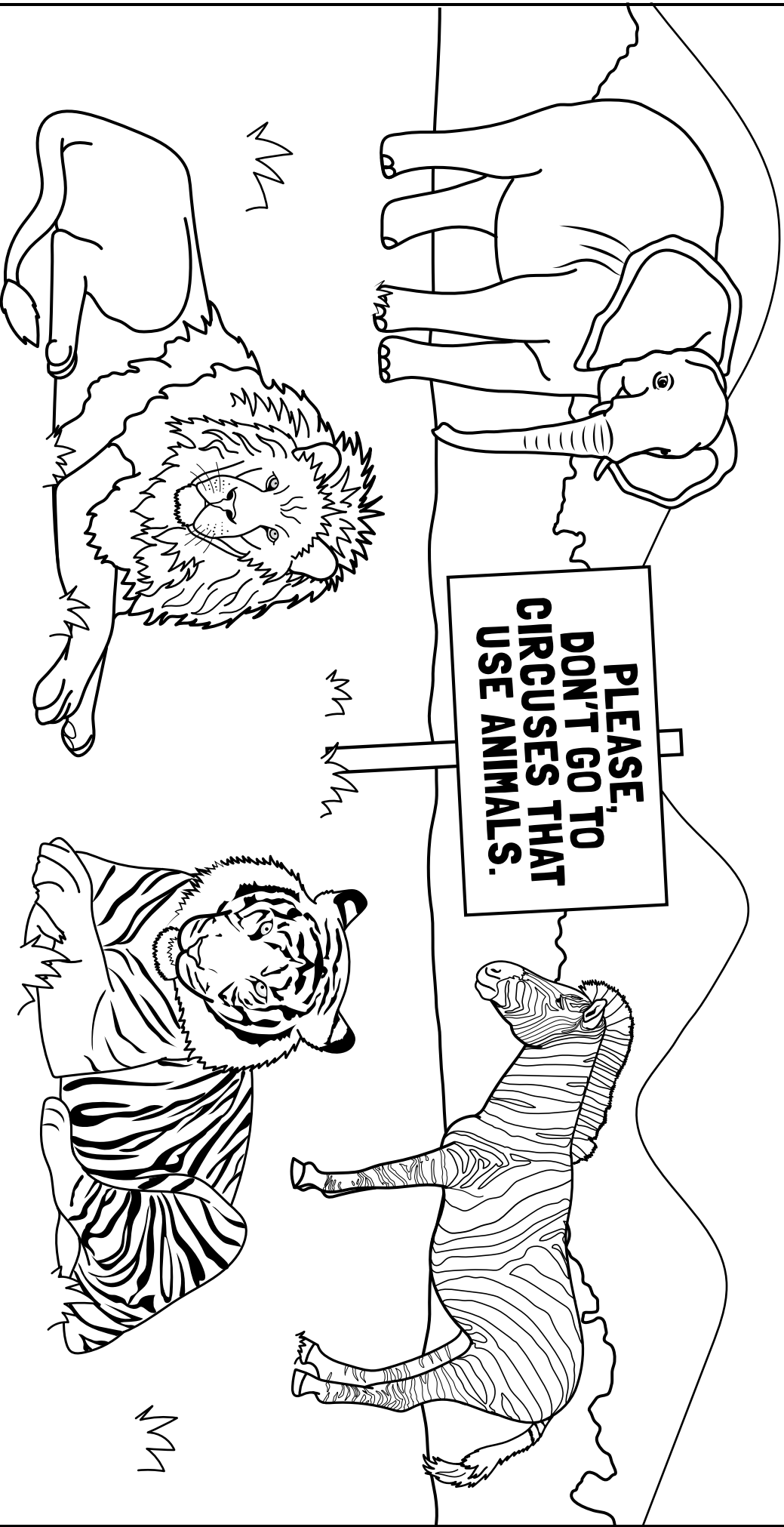
AUGUST

<p>Enjoy a scoop (or two!) of vegan ice cream or sorbet.</p> 	<p>Go for a walk around your neighborhood and count how many wild animals you see—like birds, squirrels, bunnies, and bugs.</p> 	<p>Learn why we should never drink milk from another species by reading <i>A Cow's Life</i> comic book at PETAKids.com/comics.</p> 	<p>Did you know that crabs look out for their neighbors? Look out for <i>your</i> animal neighbors, including dogs, cats, squirrels, and birds. If you see any who need help, tell a grown-up right away.</p> 
<p>Use chalk to draw animals on the sidewalk along with a message like "Animals deserve our respect!" or "Don't eat animals!"</p> 	<p>Decorate a binder or notebook with pictures of animals.</p> 	<p>Ask your parents to add a box or two of vegan mac and cheese to the grocery list (and then volunteer to help make it)!</p> 	<p>Grab some crayons or markers and color in the back of this sheet!</p> 
<p>Have an indoor scavenger hunt—make a list of all the products in your house that aren't tested on animals. Is your toothpaste or shampoo cruelty-free?</p> 	<p>Make a list of your animal companions' favorite activities, and make sure they get to do some of them every day.</p> 	<p>Think of the nicest thing you did for animals all summer and write it down in detail so you can remember to share it with your new classmates.</p>	<p>Make an insect-rescue kit, and teach your family how to use it. Go to TeachKind.org/ InsectRescueKit for instructions.</p> 
<p>Explore an outdoor area and count how many different kinds of insects you see. Draw a picture of one.</p> 	<p>Watch an animal-friendly movie! How about <i>Chicken Run</i>, <i>Finding Dory</i>, or <i>The One and Only Ivan</i>?</p> 	<p>Make "ants on a log" (go to PETA.org/AntsOnALog to find out how), then remind your family why it's mean to squish real insects.</p> 	<p>Ask a grown-up to let you play with Google's 3D animals on their smartphone. Ask them to visit PETAKids.com/Parents, too, and share the awesome facts about tigers, bears, and lions with you.</p>
<p>Get creative and think of something nice you can encourage your classmates or teacher to do for animals.</p>	<p>Enjoy a vegan picnic at the park with your family. Take watermelon, grapes, chips with salsa or guacamole, and veggies with hummus.</p> 	<p>What we say matters, so learn why some phrases we use are mean to animals and how you can replace them with animal-friendly ones. Visit PETAKids.com/Idioms.</p>	<p>Help save a bird from crashing into your windows! Cut shapes (like leaves) out of dark pieces of paper and tape them to each window. This can help cut down on the reflection that makes windows look transparent to birds and causes them to crash.</p>

If you see an animal who is hurt, lost, or in trouble, ask a grown-up for help. Have them visit PETA.org/AnimalEmergency for more information.

PETAkids

Wild animals belong in the wild!



In nature, lions, tigers, elephants, and other animals enjoy exploring and being with their families. But in the circus, baby animals are taken from their mothers and forced to perform silly tricks by trainers who hit them, whip them, and even electroshock them. When they're not performing, they're usually chained or caged—often for a long time. Circuses are no fun for animals!

PETAkids