



CANINE ASSISTED LEARNING



What is CAL?

Canine assisted learning sessions are led by Louise, a trained practitioner, alongside specially trained dogs. These sessions are designed to help students feel calmer, more confident, and ready to learn.



What does a session look like?

Sessions are typically 1:1 and may include:

- Walking and talking
- Games and structured activities
- Conversation cards
- Training or playing with the dog

How does it help students with their wellbeing?

Spending time with dogs has been shown to reduce anxiety and improve mood. Students benefit from the dog's calm presence and non-judgemental attention, which can make communication feel easier. Many students also find it easier to talk about their feelings while engaging in activities with the dog.