

Be Kind Guide



During these difficult and challenging times we need to keep ourselves busy and happy. While many of us are deciding to explore new subjects to learn about, please put animal welfare high on your list.

Here is our little guide to how people can learn all about our wonderful animals by showing compassion and kindness:

Animal facts



Why not create a certificate with a made up animal name and add in some interesting facts to learn all about them.

Bird table



Build or place a bird table outside to help feed the birds. This will encourage them to eat and you will also get the chance to see them and watch them eat.

Look out for wildlife



Look out for all the birds and any wildlife you can see outside and make draw what you see. There is so much to find and see out there, enjoy!

Read stories



Gather up some of your books to read stories to your companion animals, this will be a lovely way to relax and enjoy bonding time with your animals.

Thank you



With so many local animal rescue and rehoming centres locally, why not choose to send one near you a thank you letter.

Thank them for all the hard work they do for vulnerable homeless animals in need. This will brighten up their day and make the carers happy.

Donate food



Animal rescue and rehoming centres rely on donations from the public, in particular food ones. Why not donate some cat/dog food and any other essentials to your local rescue centre.

Animal care



Like us, animals too can be unhappy or unwell, we need to keep a close eye on them and protect them. If you are ever worried or concerned about your companion animals, always contact your veterinarian for advice and help.

Water bowls



You may want to put some water bowls outside for the wildlife to drink from, they need water just as much as we do. Place water in shallow bowls to help them drink easily from it.

Learn all about animals



We are privileged to share our world with animals, so we should learn as much as possible about them. They are so interesting and there are so many facts to learn. If you have a companion animal in your life, it's important we know as much as possible about them so we can look after, protect and care for them.

Diary-free treats



Why not choose some plant based alternatives to dairy, like vegan treats. There are so many choices and recipes available for you to try. Enjoy!

Thank you for downloading our little kind guide which we hope gives you a few ideas on how you can help animals and learn all about them.

Treat me Kind team x

Get in Touch

For more information or if you want to get in touch please contact us at: info@treatmekind.org.uk