

# Poppy's Rules



## 4 Paws on the Floor

**I am learning to stay calm.**

Please don't touch me if I'm jumping or trying to climb



## Soft sensible stroking

**I am learning to enjoy being touched.**

Please be gentle and avoid my eyes, mouth and bottom



## Calm crate time

**I am learning that my crate is a safe space.**

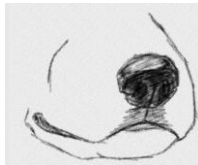
Please give me space and do not stare or poke me while I relax in here



## Be a tree

**I am learning to be calm when I'm around you.**

If I get too excited stand up, fold your arms and be a tree to help me calm down



## Mind my mouth

**I am learning to explore the world without using my mouth.**

Please don't put your hands near my mouth or let me nibble your clothes

