



### Overview of the activity

Encourage community connection with a fun virtual pet show that celebrates the bond and benefits of our furry friends

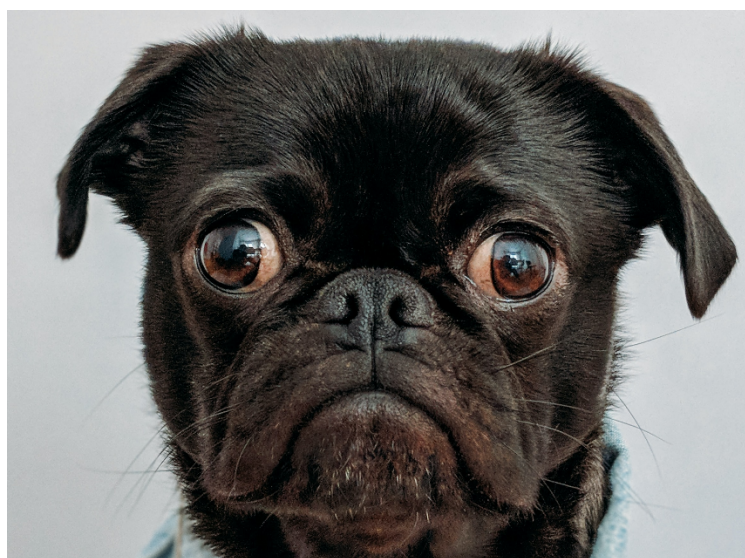










Photo by [Charles Deluvio](#) on [Unsplash](#)

### Instructions

-  Advertise activity 'Virtual Pet Show' (include lots of funny pet pics in the email).
-  Allow at least a week for the activity to run, 3+ days to bring or send in photos and 2+ days for voting.
-  Encourage people to enter a photo of their pet with a pet bio.
-  Choose categories e.g. Most Beautiful Pet; Best Dressed Pet; Naughtiest Pet; Very good boy/girl; Best Captioned pet photo.
-  Include an entry fee (optional – and donate to local pet rescue organisation).
-  Create a real or virtual wall of “**PAW**someness” so everyone can see the entries.
-  Use a container for each category and either make tokens or use a ticket book for people to write their votes on.
-  Add up the votes and give out awards to the winners – either make or buy ribbons or just print them off the internet and stick on the wall.



## Spirit Activity: Virtual Pet Show

*An activity from Robyn Wilson (WoW Practitioner, Townsville)*



### Why do this?

The bond between humans and animals is ancient and can support both our physical and mental health. Owning a pet can lead to improved cardiovascular health, lower cholesterol levels and facilitate increased physical activity. Pet owners report less depression and appear to cope with grief loss and stress better than non-pet owners. Pets can give us a sense of purpose, make us feel safer, less alone and can make us laugh. They can also enhance our social connectedness - they are great conversation starters! So, try this virtual pet show activity and watch people bond over their pets.

### Sources:

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<https://kb.rspca.org.au/knowledge-base/what-are-the-health-benefits-of-pet-ownership/>  
<https://www.petpositives.com.au/pets-improve-lives/general-health/>

