



THE ALLIE PROJECT

Promoting the Educational Benefits
of Therapy Dogs in Schools

SUCCESS STORY

HAYDEN AND KLAUDIA: Trusted Friends

Hayden is someone you can go to when you need a hug, when you need to get your mind off of things, or when you need to talk to someone who won't tell your secrets. Hayden helps out A LOT. Trust me I know. My 7th grade year at Glenwood was a little bit of a struggle. I felt anxious and stressed all the time. I struggled with panic attacks and felt trapped in school. It was hard for me to go to school and I felt like the teachers didn't understand what I was going through. Something needed to change. I couldn't do it on my own. I needed help.

I started going down during my lunch period to spend time relaxing and hanging out with our school therapy dog, Hayden. Hayden and I soon bonded and it became my safe place. A place I felt safe and comfortable being myself. I brushed Hayden, I walked Hayden, I gave Hayden lots of treats, I got to learn some of his cool tricks, and he soon became one of my trusted friends. He was always waiting for me when I was anxious or felt too stressed to concentrate. He helped me get my mind off of things, and always cheered me up.

I know this might sound a little crazy, having a dog as your best friend, a lazy dog cheering you up by just being there, telling your problems to a dog, etc.. But trust me when I say Hayden is a life saver. We're lucky to have him. Maybe you feel similar to a way I used to ... maybe you're having an off day ... maybe you just feel sad ... but whatever the issue may be, pay him a visit, you'll make a new friend. I guarantee it.

I'm now an 8th grader at Glenwood and I owe a lot to Hayden, he helped me through some rough times and I will forever be grateful for that. And even though I don't see him as much anymore, I will always remember him not as a dog, but as a dear friend. Thank you, Hayden.

Klaudia
Findlay Glenwood

