

EFP **Post Trip Reflection Sheet**

1. Please explain any connection you can make between your experience today and either the article we read about Animal Therapy Schools or the short story "A Kindred Spirit" by Richard Wagamese.

2. What was your response to being around the animals today? Do animals have a positive, negative or neutral effect on you? Please explain.

3. Do you have any strategies you use to calm yourself when you are stressed? Please describe them.

4. Does the main character in your book have any connections with animals? Please describe. If there are no references to animals in your novel, then please describe a coping strategy that a character uses to deal with stressful situations.