

Florence Nightingale and Animal Therapy

From a young age, Florence Nightingale loved animals and would pretend her various pets were her 'patients' as a child. She had over 60 cats in her lifetime (up to 17 at one time!) and her care and compassion for animals would translate into care and compassion for people as part of her desire to become a nurse.

Florence's most famous pet was Athena the owl who she rescued while visiting Athens. Athena went everywhere with Florence and would peck at anyone she didn't like!

Florence also understood the joy animals could bring to people and the calming effect they had. While working at Scutari hospital, she introduced Jimmy the tortoise as a 'ward pet' for the wounded soldiers and would later write in her book *Notes on Nursing* (1860) that "a small pet is often an excellent companion for the sick".

Some say this is the beginning of 'animal therapy' and today, we see well-being programmes where animals such as cats, dogs or rabbits are brought into hospitals to visit patients.



Make your own Athena the Owl

Athena was Florence Nightingale's favourite pet and not a typical pet...she was an owl! On a holiday, Florence rescued Athena in Athens and her love of Athena and all her pets show her compassion for living creatures and why she made a good nurse.

You can make your own 'Athena' with some simple craft supplies.

You'll need:

1. A loo roll (or a strip of paper wrapped round and stapled/glued/taped to make a loo roll shape).
2. Two different sheets of coloured paper (the more colours the better!)
3. Scissors
4. Glue (Pritt stick works but hot glue gun is recommended for gluing googly eyes).
5. A pair of googly eyes (you can make the eyes out of paper if you don't have googly eyes)



- 1 Cut out shapes for two wings, a beak, eyes and any decorative spots, feathers, shapes etc. you wish to use on the owl's body. You can use the image above for some inspiration!



- 2 Take your loo role and fold in each side of the top of the roll on one end only. This will form your owl's ears.

- 3 Now glue on your various pieces (wings, eye parts, decorations) to your loo roll.



- 4 Extra ideas!

You can also use a strip of coloured paper to make the body if you don't have a loo role handy...simply staple or glue the paper strip together to make a loo role shape.

To make your owl even more fancy, you can use felt for the decorations instead of paper or pipe cleaner to add on some feet.



Make your own Jimmy the Tortoise

Jimmy the Tortoise was a 'ward pet' at Scutari Hospital when Florence Nightingale worked there during the Crimean War to care for wounded soldiers. Florence recognised that animals brought joy to patients and helped make them feel better.

You can make your own 'Jimmy' in a few easy steps and with some simple craft supplies.

You'll need:

1. An egg carton
2. Two different sheets of coloured paper (the more colours the better!)
3. Scissors
4. Glue (Pritt stick or white glue or glue gun)

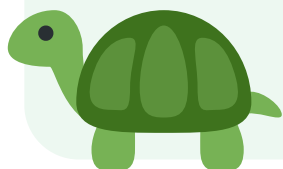
Options: You can use all sorts of supplies to make your tortoise. For example, you can use pom poms for the head, googly eyes for the face and pipe cleaner to add some feet. Instead of using paper to decorate the 'shell', you could use craft paints.

Remember to get an adult to help you when using scissors, paint or hot glue.



1

Start by cutting apart your egg carton so that you have one cup which you'll use for the body and shell of your tortoise.

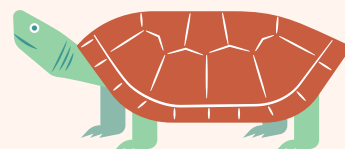
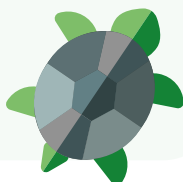


2

Paint or decorate the outside of your egg carton cup and put it somewhere safe to dry while you start making the other body parts.

3

Draw an outline of a body on some paper to make the head and legs. If you're using pom poms or pipe cleaner, you can fashion those into the head and legs too. Don't forget to add some eyes!



4

Now take all the body parts and glue them to your egg cup. Depending on what you're gluing, a hot glue gun might be needed. Get an adult to help you.

