



**Humanimal  
Trust**

ONE Medicine for humans and animals

www.humanimaltrust.org.uk  
Registered Charity Nos 1156927 & SC048960

**Write down all the places and things that might  
make your favourite animal feel happy,  
calm and safe.**

Happy

Calm

Safe

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[www.resteasymethod.com/home](http://www.resteasymethod.com/home).