

## How animals help humans

### 1. Discuss the questions.

- Are you an animal lover?
- Are you scared of any animals?
- Have you had any pets in your life? What can they teach us?
- Are you more of a dog person or a cat person?
- In what ways do animals help people?

### 2. In a moment, you will watch a short video. Look at the photos below connected with the video. What do you think the video will be about?



**3. Match the words and the phrases to their definitions below.**

combat      equine      heal      herd  
PTSD (post-traumatic stress disorder)      veteran

- a) mental health condition that is triggered by a terrifying event **PTSD**
- b) a large group of animals of the same type that live and move about together  
**herd**
- c) someone who has been in the armed forces during a war **veteran**
- d) become well again, especially after an injury **heal**
- e) related to horses **equine**
- f) a fight, especially during a war **combat**

**4. Watch the [video](https://youtu.be/ZRhrS2MN6oM) [https://youtu.be/ZRhrS2MN6oM] and answer the question below.**

- What does equine therapy for veterans involve?

**5. Watch the [video](#) again and answer the questions.**

- a) How many times more sensitive are horses than people?  
**They are around 30 times more sensitive than people.**
- b) What can veterans learn thanks to equine therapy?  
**Techniques and skills they can use to function in society.**
- c) How many veterans have come through the program?  
**130 veterans**
- d) What's the minimum number of sessions in the equine therapy program?  
**10 sessions**
- e) What happens to a horse which is isolated from its herd?  
**Its mental and physical condition worsens and this may even lead to death.**

**6. Match the halves to create phrases.**

- |                          |                             |
|--------------------------|-----------------------------|
| a) suffer <b>5</b>       | 1) approach                 |
| b) success <b>4</b>      | 2) tendency to do something |
| c) holistic <b>1</b>     | 3) apart                    |
| d) devastating <b>6</b>  | 4) rate                     |
| e) tear someone <b>3</b> | 5) trauma                   |
| f) have a <b>2</b>       | 6) effect                   |

**7. Choose three phrases from the previous exercise and write sentences with them.**

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**8. Discuss the statements below. Do you agree or disagree with them? Why? Use the words and phrases from the box.**

combat    equine    heal    herd    PTSD    veteran  
suffer trauma    success rate    holistic approach    devastating effect  
tear someone apart    have a tendency to do something

- All veterans should be sent for equine therapy when they return from war missions.
- If equine therapy works for veterans suffering trauma, it should be funded by the government.
- Governments don't help their soldiers enough to re-enter society after they finish their military service.
- Animal-assisted therapies should be prescribed by doctors for various medical conditions.
- Animals provide companionship and give people emotional support that may be more beneficial than support from people.
- We should focus more on a holistic approach to healing than just on medication.