

WINTER 2021



VIRGINIA BEACH SOCIETY FOR THE PREVENTION OF CRUELTY TO ANIMALS

# PAWSITIVE PRESS

A Newsletter For Kids

**Kindness Matters**

**Youth Feature Abby**

**Be “In the Know”  
about Rabbits**



# Be “In the Know” about Rabbits

**Did you know** that the Virginia Beach SPCA shelters and cares for rabbits? Just like cats and dogs, we help rabbits find their forever homes. We also help other small animals find forever homes, including guinea pigs, hamsters, rats, mice, and birds.

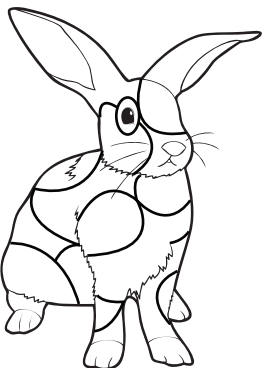
It is important to know that not all rabbits want to live with people. WILD rabbits know how to find food and avoid predators and should NOT become pets. The most common type of wild rabbit in the US is the eastern cottontail. Cottontails always have short brown fur, so they are easy to recognize. DOMESTIC rabbits, or pet rabbits, have been raised to depend on humans, so it is not safe for them to live in the wild and we should **NEVER** let a pet rabbit loose in the wild. Domestic rabbits can have lots of different colors and patterns in their fur.

## Here are some other facts about rabbits:

- Rabbits live to be 8-12 years old.
- A baby rabbit is called a bunny.
- Rabbits are herbivores, which means they only eat plants. They should eat a variety of fruits and vegetables. You may think that rabbits mainly eat carrots, but it's actually not good for them to have them every day!
- Rabbits like to keep themselves and their environment very clean. You can even teach a bunny to use a litterbox just like a cat!
- A rabbit's teeth never stop growing! Luckily their teeth stay short from normal wear and tear.



**Fun Fact: When rabbits are happy, they do something called a “binky” – that’s when they jump and twist in the air!**



## Color By Numbers Activity

Download our printable coloring page at [vbस्पca.com/activity-of-the-month](http://vbस्पca.com/activity-of-the-month) and follow the instructions to complete your very own color by number masterpiece. Learn additional information about rabbits including their favorite snacks, what NOT to feed rabbits, and what you'll need to set up the perfect habitat if you're looking to adopt a new friend.



# Kindness Matters

Being kind is a very important part of being a human, especially in a world where we live with so many other humans...and animals! But what exactly is kindness? Kindness is defined as being friendly, generous, and considerate. Being considerate, or taking a moment to think about someone else's feelings, will help you say kind words, do kind things, and become a kind person.

## Now that you know what kindness is, why is it so important?

Kindness has a positive effect on everyone involved. Receiving kindness can make us feel happy, and giving kindness can make us feel happy. Science says that kindness makes us healthier too! When we practice kindness - everybody wins.

## Take a moment to consider how you would show kindness to...

- Family
- Friends
- Wild Animals
- Pets
- Teachers
- The Planet

## Most importantly, how do you show kindness to yourself?



**Kindness is so important that it has its own day on the calendar!** Join us for Random Acts of Kindness Day on February 17th and participate in our kindness challenge:

Perform 3 acts of kindness over the next week. These kindnesses can be offered to people, pets, or the planet - you choose! After you perform your acts of kindness, notice how you feel. Then, send us an email at [humaneeducation@vbspca.com](mailto:humaneeducation@vbspca.com) and let us know what your acts of kindness were and how it made you feel to be kind!

## VBSPCA Animal Awareness Cards

### Collect all four and win a prize!

Each edition of the Pawsitive Press will feature a VBSPCA animal. Collect four Animal Awareness Cards and bring them in to the VBSPCA to receive a special prize.

Mango is a 2 year old lop-eared rabbit who enjoys spending his time snacking on hay and wiggling his nose. He is friendly, energetic, and ready for his forever home. Mango has lived with rabbits although he prefers to be the center of attention. Mango also enjoys being brushed daily to keep his fur fluffy and looking his best. Come visit Mango and his friends in our Small Animal Room.



# Here's Looking at You, Kids!

We want to give a shout out to 9 year old Abby for completing the **VBSPCA Fall Reading Challenge!** She completed all 3 mini challenges and wrote a review on the book *Wings of Fire* by Tui T. Sutherland. Abby loves books, animals, and dragons, and she especially loves her adopted cats Mira and KitKat. Thanks to Abby for completing our challenge.

**Keep being pawsome.**

Over 100 kids participated in our reading challenge, and we're looking forward to its return next fall. In the meantime, readers can participate in our Tale For Two program every Monday at the shelter. Sign up online: [vbspca.com/a-tale-for-two](https://vbspca.com/a-tale-for-two).



**Thank you to our 2021 Humane Education Partner**



**VBSPCA.COM**

**3040 HOLLAND RD. VIRGINIA BEACH, VA**

## Upcoming Fun

**Jan 28th**

Lego Day - Make an animal out of legos and share your photo with us!

**February 1st-28th**

Send a Shelter Pet a Valentine

**February 17th**

Random Acts of Kindness Day

**March 1st-31st**

Youth Art Month

For additional details on how to get involved visit [vbspca.com/education](https://vbspca.com/education)