


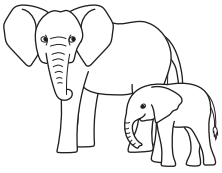


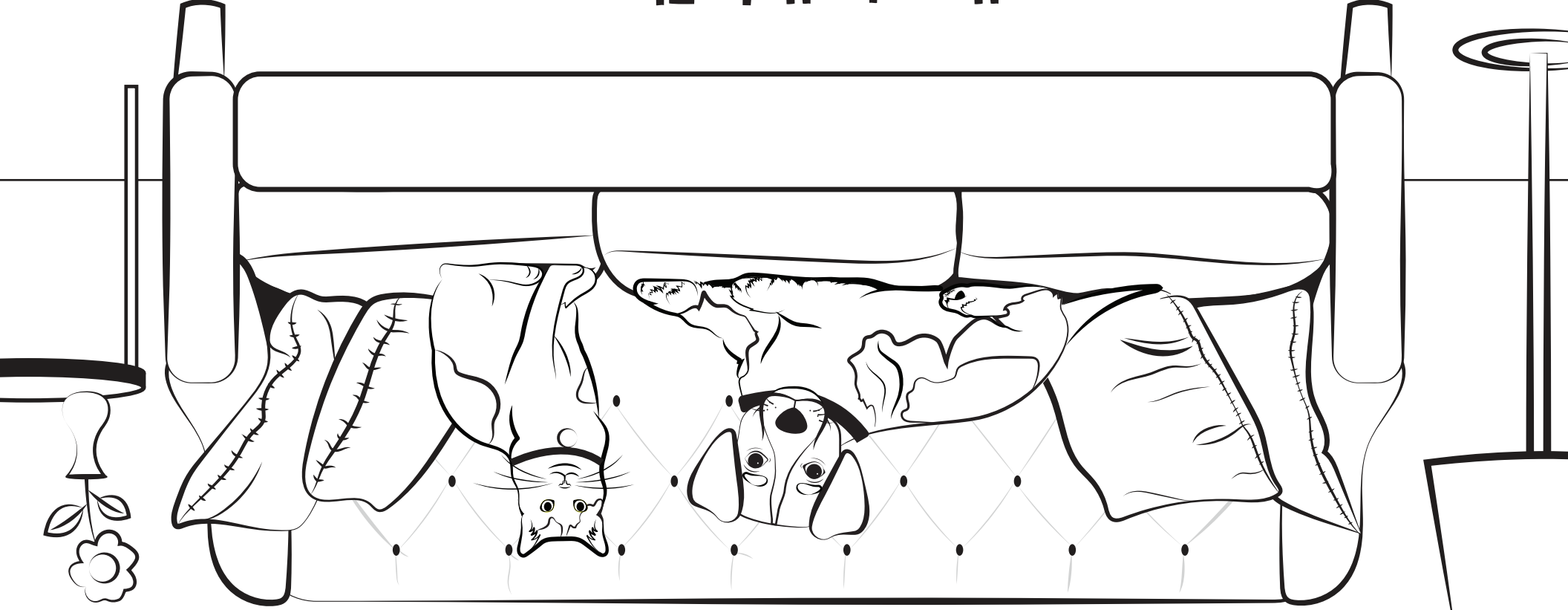
JUNE 2019

A grown-up will need to help you with some of these activities. If no grown-ups are around, get creative and color the back of this calendar instead!

Weekly Theme	Monday	Tuesday	Wednesday	Thursday	Friday	Number of Activities You Did This Week
Make the World a Better Place	3 Spend 15 minutes picking up trash in your neighborhood. (Be sure to wear gloves!)	4 Offer to walk a neighbor's dog early in the morning or in the evening—it gets too hot in the middle of the day! 	5 Free Fun Day: Get creative and think of something nice to do for an animal. 	6 Check the weather report to find out how hot it's going to be today. If it's warm enough to play outdoors, it's too hot to leave dogs in cars. Keep your eyes peeled all summer long for dogs in hot cars.	7 Tomorrow is World Oceans Day—why not go to the beach? Between building sandcastles and swimming in the sea, pick up trash left behind by others. 	Add up all your activities for this week: _____
	Be a Hero to Animals	10 Ask your friends and family to help you collect money to donate to help chained dogs. Once you've got \$10, have a grown-up send it to PETA.	11 Free Fun Day: Get creative and think of something nice to do for an animal. 	12 Collect old towels, bedding, and other supplies and donate them to your local animal shelter.	13 Teach your friends that if they see turtles in the road, they should carry them to the side of the road that they wanted to go to (otherwise, they'll go back across the road again!).	
Plant Power!		17 Share a yummy vegan meal with a friend. How about PB&Js, spaghetti with tomato sauce, or bean burritos? 	18 Try a fruit or vegetable that you've never tasted before. 	19 Plant seeds of your favorite fruits and vegetables, and watch them grow. 	20 Free Fun Day: Get creative and think of something nice to do for an animal. 	21 Find a new vegan recipe to try. Ask a grown-up to help you measure out all the ingredients. 
	Animals Are Amazing!	24 Free Fun Day: Get creative and think of something nice to do for an animal. 	25 Go on a nature walk and quietly watch the animals in their natural habitat. 	26 Go to the library and check out a book about your favorite animal. 	27 Watch a nature documentary with your family. 	28 Makeup Day: If you missed any activities this month, now is your chance to do them!

If you see an animal who is hurt, lost, or in trouble, ask a grown-up for help. Visit PETA.org/AnimalEmergency for more information.

BE A HERO FOR DOGS AND CATS!








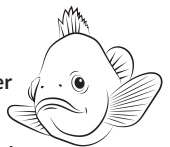




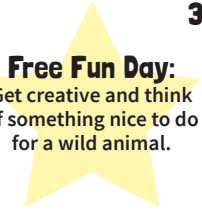
How to Help Them

- Never buy them from pet stores or breeders (instead, adopt from an animal shelter).
- Never leave them outside alone or chained up (they belong in the house with you!).
- Make sure they have plenty of love, clean water, food, toys, and a cozy place to sleep.
- Give your dog lots of walks outside, and clean your cat's litterbox twice a day.

PETAkids

JULY 2019

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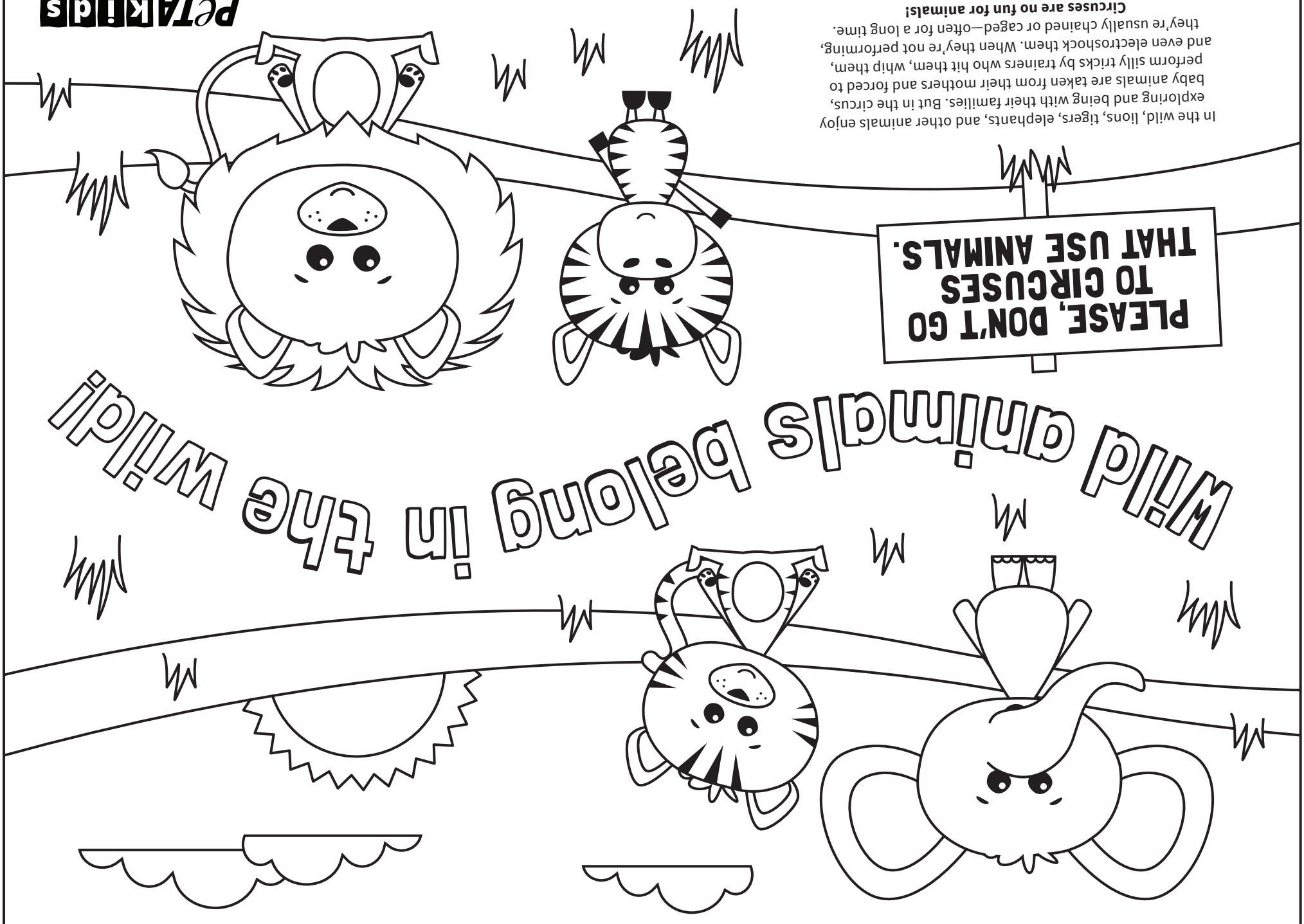
Weekly Theme	Monday	Tuesday	Wednesday	Thursday	Friday	Number of Activities You Did This Week
Companion-Animal Care	<p>1</p> <p>Make a list of your animal companions' favorite activities, and make sure they get to do some of them every day.</p>	<p>2</p> <p>Gently brush your animal companions' fur. Give them a treat afterward.</p> 	<p>3</p> <p>Ask a grown-up if your animal companions are microchipped. Make sure they have updated information so they can be returned to you if they ever get lost.</p>	<p>4</p> <p>Happy 4th of July! Stick by your animal companions' side this evening, so the sound of fireworks won't be so scary to them.</p>	<p>5</p> <p>Free Fun Day: Get creative and think of something nice to do for a dog or cat.</p> 	<p>Add up all your activities for this week:</p> <hr/>
Vegan Strong!	<p>8</p> <p>Invite a friend to have a vegan lunch with you today. Enjoy veggie burgers, vegan mac 'n' cheese, vegan tacos, or other yummy foods.</p>	<p>9</p> <p>Make or order pizza tonight. Ask for nondairy cheese, and add your favorite veggies.</p> 	<p>10</p> <p>Free Fun Day: Get creative and think of something nice to do for a cow, pig, or chicken.</p> 	<p>11</p> <p>Ask a grown-up to get you some nondairy chocolate milk—it's delicious!</p>	<p>12</p> <p>Make popsicles using fresh fruit and juice. Try this recipe: PETA.org/Popsicles.</p> 	<p>Add up all your activities for this week:</p> <hr/>
Fish Are Friends, Not Food	<p>15</p> <p>Teach someone that fish talk to each other using squeaks and squeals.</p> 	<p>16</p> <p>Go trash fishing! Head to a lake or pond, and instead of catching fish, "fish" for trash with a net, and then throw it away.</p>	<p>17</p> <p>Be a friend to fish by not eating them. Instead, choose seafood made from plants, like Gardein's fishless filets.</p>	<p>18</p> <p>Read <i>A Fish's Life</i>, a comic book at PETAkids.com.</p> 	<p>19</p> <p>Free Fun Day: Get creative and think of something nice to do for a fish.</p> 	<p>Add up all your activities for this week:</p> <hr/>
Be an Animal Helper	<p>22</p> <p>Make a thank-you card to send to your local animal shelter. Volunteer to help there if you can.</p>	<p>23</p> <p>Get inspired to help animals by watching animal-rescue videos at PETAkids.com/Videos.</p>	<p>24</p> <p>Free Fun Day: Get creative and think of something nice to do for an animal.</p> 	<p>25</p> <p>Share PETA's emergency number (757-622-7382) with a friend. Tell them they should always ask a grown-up to help when they see an animal in trouble.</p>	<p>26</p> <p>Make an animal-rescue kit to keep in your family's car in case of emergency. Make sure it includes a towel, a leash, a bottle of water, and a cardboard box or carrier.</p>	<p>Add up all your activities for this week:</p> <hr/>
Let Wild Animals Be Free	<p>29</p> <p>Celebrate International Tiger Day by reading <i>A Tiger's Life</i>, a comic book at PETAkids.com.</p> 	<p>30</p> <p>Free Fun Day: Get creative and think of something nice to do for a wild animal.</p> 	<p>31</p> <p>Makeup Day: If you missed any activities this month, now is your chance to do them!</p>			<p>Add up all your activities for this week:</p> <hr/>

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In the wild, lions, tigers, elephants, and other animals enjoy exploring and being with their families. But in the circus, baby animals are taken from their mothers and forced to perform silly tricks by trainers who hit them, whip them, and even electroshock them. When they're not performing, they're usually chained or caged—often for a long time. **Circuses are no fun for animals!**




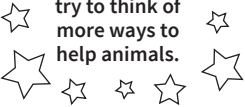



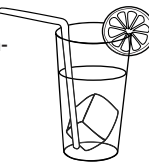



PLEASE, DON'T GO TO CIRCUSES THAT USE ANIMALS.

Wild animals belong in the wild!



AUGUST 2019

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Weekly Theme	Monday	Tuesday	Wednesday	Thursday	Friday	Number of Activities You Did This Week
Let Wild Animals Be Free				1 Ask a grown-up to help you visit the PETA Kids website, where you can learn how to help animals, download and print coloring sheets, order free stickers, and more!	2 Explore the outdoors today. If you spot an interesting animal, draw or take a picture, but don't touch. Never take animals out of their natural habitat.	Add up all your activities for this week: _____
Insects Have Feelings, Too	5 Make an insect-rescue kit, and teach your family how to use it. Go to PETA.org/InsectRescueKit for instructions.	6 Explore an outdoor area, and count how many different kinds of insects you see. Draw a picture of one. 	7 Free Fun Day: Get creative and think of something nice to do for a cow, pig, or chicken.	8 Instead of catching fireflies (which hurts them) have a contest with a friend to see who can spot the most in one evening. 	9 Make "ants on a log" for a friend, and explain why it's mean to squish real insects. Go to PETA.org/AntsOnALog for directions. 	Add up all your activities for this week: _____
Outdoor Fun	12 There might be a meteor shower tonight! As you enjoy the show, try to think of more ways to help animals. 	13 There might be a meteor shower tonight! Go outside and enjoy all the nighttime animal sounds while you watch. 	14 Go for a walk around your neighborhood, and count how many wild animals you see—like birds, squirrels, bunnies, and bugs. 	15 Free Fun Day: Get creative and think of something nice to do for a wild bird or a squirrel.	16 Head outdoors, and use chalk to draw animals on the sidewalk along with a message like "Love animals!" or "Don't eat animals!"	Add up all your activities for this week: _____
Animals Are Friends, Not Food	19 Find a local ice cream shop that has nondairy ice cream or sorbet. Enjoy a scoop (or two!) with a friend. 	20 Make fresh-squeezed lemonade. 	21 Enjoy a vegan picnic at the park. Take watermelon, grapes, chips with salsa or guacamole, and veggies with hummus.	22 Go to your local farmers' market. Find out which fruits and vegetables are in season where you live. 	23 Free Fun Day: Get creative and think of something nice to do for an animal.	Add up all your activities for this week: _____
Back to School	26 Decorate your binders or notebooks with pictures of animals. 	27 Make a list of your favorite after-school vegan snacks—like apples, grapes, bananas, and carrots. 	28 Free Fun Day: Get creative and think of something nice to do for an animal.	29 Think of the nicest thing you did for animals all summer and how to tell your new classmates about it.	30 Makeup Day: If you missed any activities this month, now is your chance to do them!	Add up all your activities for this week: _____

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FRIENDS,
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