

## **Animal Care and Self Care**

Clearwater Marine Aquarium's Animal Care Specialists provide the best care to our resident animals. If you have watched the Virtual Field Trip on training, then you may already know the three training methods our team uses to give our animals the best quality of life: husbandry, physical training, and cognitive training. Husbandry usually involves medical management. This could be training one of our dolphins to hold still for a blood sample or measurement. Physical training is exercise. For our otters, this could be encouraging them to use their slide. Cognitive training stimulates their brains. Even just teaching one of our residents a new behavior can be considered cognitive behavior. Now it's your turn to use these training styles to care for yourself!

### **Husbandry**

There are many ways to provide yourself with easy medical management. This could involve washing your hands, taking your temperature, or measuring your height. We like to have a good idea of our animals' natural temperatures and sizes. If their temperature changes from what we consider normal, that may tell us that an animal is sick. Knowing their size can help us track changes to their body as they grow if they're younger, like Hope, or help us keep our animals healthy when they're done growing, like Bailey.

Washing your hands is an obvious way to prevent the spread of harmful germs to yourself and others. You should always try to wash your hands for about 20 seconds. Everyone's body temperature is a little different from the 98.6 degrees Fahrenheit average. Knowing your body's normal temperature is a good way to easily tell if you have a fever. Finally, a lot of you are probably still growing. Measuring your height over time is a fun way to see how many inches you grow each year. If you keep a record of this long enough, you can see which year or years you grew the most.

### **Physical**

Physical exercise is important for every animal. It gets our blood pumping and maintains a healthy body. Find a way to get active while you're at home. This could involve doing 20 jumping jacks, dancing to your favorite music, or taking a walk.

### Cognitive

Exercising your brain is just as important as exercising your body. Use the word search below to get some cognitive exercise.

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**PELICAN, ANIMAL, OTTER, CARE, TRAINING, DOLPHIN, COGNITIVE, PHYSICAL, HUSBANDRY,  
PSYCHOLOGY, BEHAVIOR**

