



# CPS ELEMENTARY SCHOOL COUNSELING

Scientists at Washington State University recently published a 2019 study indicating that just 10 minutes of interacting with cats and dogs significantly reduces stress (Pendry & Vandagriff). High levels of stress are known to increase the likelihood of developing or worsening anxiety and depression. Now more than ever, students and families are facing potentially high levels of stress due to the changes and uncertainties caused by Covid-19. Now, it's not being suggested that families run out and adopt new pets to reduce stress! In fact, bringing home a new puppy or kitten can cause all sorts of unwanted stress. Instead, encourage your child to take advantage of the natural or virtual opportunities to engage with animals and reduce stress!



Visit the [San Diego Zoo Live Cams](#) to see all sorts of animals or watch the [Zoo Kid's YouTube Channel](#). Better yet, download the [101 things to Discover at the San Diego Zoo, the Safari Park and in your Backyard](#).



Watch kittens live as they play at [Kitten Academy](#) in Connecticut.



Visit [Explore.org](#) to view all kinds of live animal cams including a tropical reef aquarium, bald eagles, a donkey barn or a shark lagoon.



Watch [two bald eagles](#) take care of their babies that just hatched in Pennsylvania