

SPCA® Kids

Kind Matters

News

Term 3 2026

Welcome to the Term 3 issue of Kind Matters!

What does it look like when an animal is happy, safe and loving life? Let's find out! In this issue, you'll explore how animals feel good, learn about the Five Domains and discover easy ways to help animals live their best lives. Plus, there are fun activities, our "Animals Loving Life" photography competition and heaps more!



Get your camera ready because it's that time again - the Kind Matters Photography Competition is back!

This year's theme is Animals Loving Life - and we want to see your best photo of animals showing positive emotions.

Capture animals enjoying life and experiencing positive wellbeing. Think pets relaxing, playing or resting, farm animals grazing or animals in the wild exploring and interacting naturally. Your photo can be of any animal, as long as it captures them feeling comfortable, safe, happy and free to be themselves.

To enter and for Terms and Conditions, visit the Kids' Portal:

www.sPCA.nz/kindmatters



Thank you to our competition sponsors, PB Tech, for the amazing overall & 1st place prizes, and EUGY by Dodoland for our spot prizes.

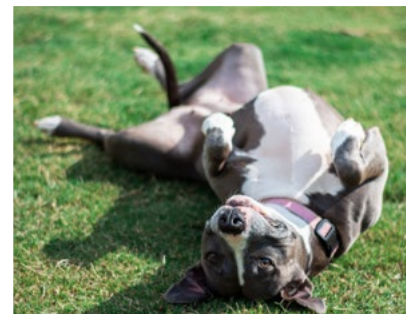


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What's Inside



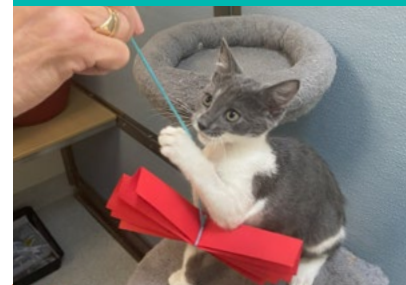
Mental Wellbeing:

What is it and why is it so important to animals?



SPCA Kids' News:

Read the latest animal news from around NZ!



Craft - Enrichment Toys:

Create fun toys to help keep animals feeling good.

and much more...



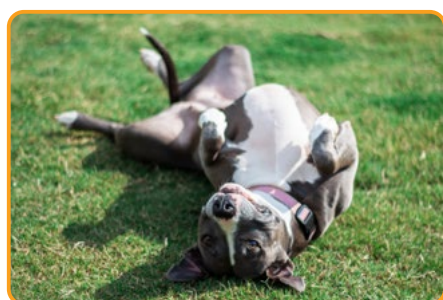
Visit www.sPCA.nz/kids for more animal information!



Feeling Good! Understanding the Five Domains

Have you ever seen an animal stretched out in the sun, zooming around, or snuggled up with a friend? That animal might be feeling really good!

To help animals live their best lives, we use something called the Five Domains of animal welfare. These help us understand what animals need - not just to survive, but to feel happy, safe and loved.



What are the Five Domains?

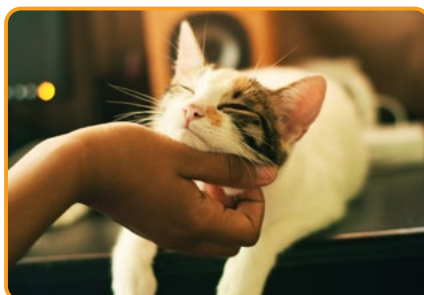
The Five Domains are:

- **Nutrition** (food and water)
- **Environment** (where they live)
- **Health** (their body and fitness)
- **Behaviour** (what they can do)
- **Mental Wellbeing** (how they feel)

The first four domains are things we can provide and care for. They all work together to affect the fifth domain - Mental Wellbeing, which is all about an animal's feelings and emotions.

Why is mental wellbeing important?

Animals don't just need food and shelter - they need to feel good too! Mental wellbeing includes positive feelings like comfort, happiness, curiosity, confidence and feeling safe and in control.



How do the other domains help animals feel good?

Everything you do for an animal can affect how they feel!

For example:

- **Nutrition:** Tasty, balanced food helps animals feel satisfied and content
- **Environment:** A cosy, safe space helps them feel relaxed and secure
- **Health:** Being fit and healthy helps them feel energetic
- **Behaviour:** Playing, exploring and spending time with others brings joy and excitement



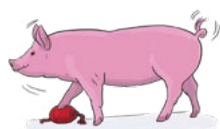
How can YOU help animals feel good?

You can make a big difference! Here are some simple ways:

1. **Provide the basics:** Make sure animals always have fresh water, nutritious food and a clean, comfy place to rest.
2. **Enrichment:** Help animals stay interested and happy by providing toys, games and puzzles. Give them time to play and move.
3. **Companionship:** Many animals love company. Give them gentle pats and cuddles (if they enjoy it!), as well as talk to them and play together.
4. **Let them be themselves:** Animals need to express their natural behaviours, such as dogs sniffing, cats climbing or scratching and birds flying or foraging.

What does a "feeling good" animal look like?

You might see:



Foraging or sniffing, playing

Exploring, resting, lying comfortably

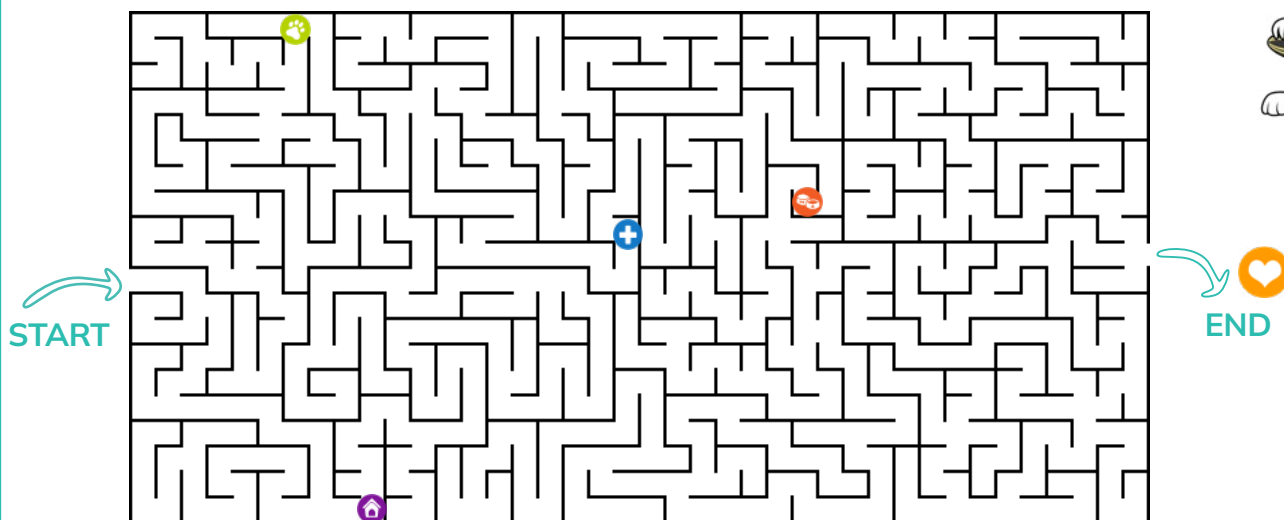
Jumping and socialising

Playing and moving energetically

Stretching and relaxed eyes, ears and tail

Cheeky's Maze

Cheeky the rat is lost, can you help him get home? Cheeky needs to collect each of the Five Domains on his way home to be happy and healthy.



Answer on page 10

Flick's Treasure Hunt

Oh no! Flick has lost a few of his things that help to keep him happy and healthy. As you read through this issue, keep an eye out for Flick's things. When you find one write the page number in the space provided. Can you find all 7?



Comfy bed



Food bowl



Collar



Water bowl



Ball



Lead



Brush



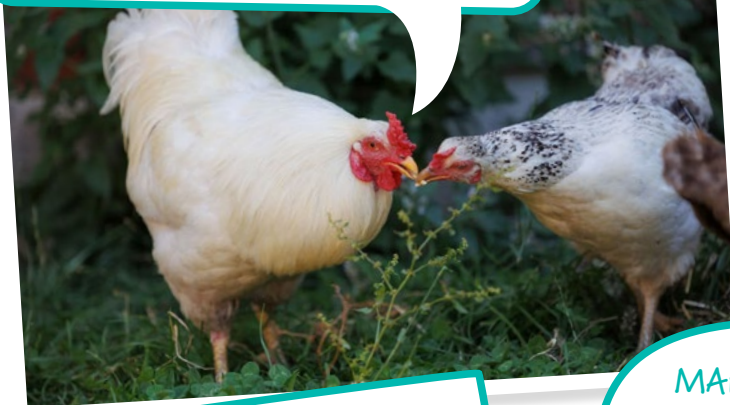
Answers on page 10

SPCA's Top Photography Tips (From us animals)

Want to take the very best photos of animal friends like us? We've got some tips to help you out - straight from our point of view!

KEEP YOUR CAMERA STEADY!

Hi, it's me! If you wobble or shake too much, I might look blurry in your photo. Try to keep nice and still.



CHECK WHAT'S BEHIND ME

Hey, over here! Before you snap your photo, take a peek at the background. Does it make me stand out? I like a background that lets me shine!



COME DOWN TO MY LEVEL

Woof! Want to see the world the way I do? Get low like me. Photos taken from my level help people see things from my point of view.



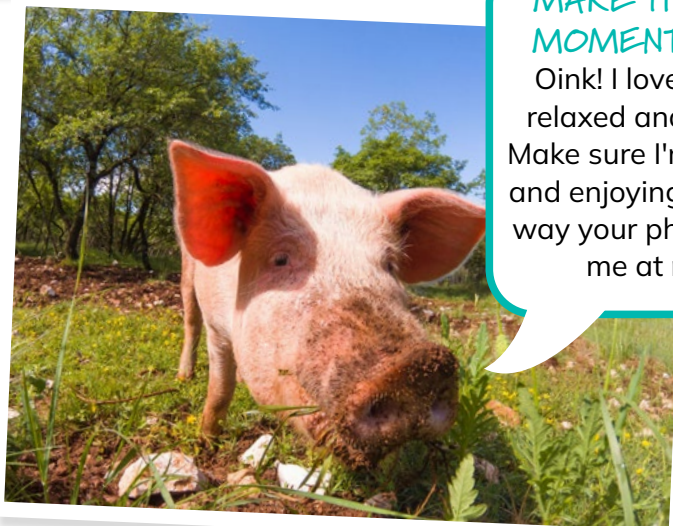
MAKE SURE THERE'S ENOUGH LIGHT

Squeak squeak! It's hard to see me if it's too dark - or too bright! Try to make sure everyone can see me clearly in the photo.



MAKE IT A HAPPY MOMENT FOR ME

Oink! I love it when I'm relaxed and having fun. Make sure I'm comfortable and enjoying myself - that way your photo will show me at my best.



HAVE FUN AND GET CREATIVE!

Wheel! This is the best part. Try different ideas, be creative and have fun with your photos.



Word Search

Animals have needs, wants and feelings, just like you and I. Animal guardians must give everything they need to be happy, healthy and to live a good life.

Can you find all the hidden animal care words?



g	s	n	o	i	t	a	n	i	c	c	a	v	l
p	x	j	r	e	h	j	e	h	s	f	l	i	e
l	e	x	p	l	o	r	e	l	i	h	t	s	e
a	r	o	r	p	r	b	x	r	z	z	a	m	h
y	o	i	k	x	r	o	e	p	b	v	l	i	z
z	t	o	a	a	x	w	x	d	z	e	q	c	e
y	e	d	l	c	o	r	a	t	i	v	n	r	t
o	b	l	d	r	o	n	b	u	a	o	g	o	a
y	o	a	k	w	c	o	s	y	e	l	s	c	f
c	n	s	l	g	l	f	p	e	f	j	d	h	o
f	i	s	h	l	f	u	n	g	a	n	o	i	o
c	o	m	p	a	n	i	o	n	s	h	i	p	d
v	g	b	r	u	s	h	r	k	o	o	b	y	h
t	o	y	s	a	l	r	e	t	a	w	r	e	c

ball
bed
collar
brush
water
food
toys
companionship
play
explore
safe
cosy
vaccinations
microchip
love



Answers on page 10

Adoption and Mental Wellbeing

Every year, thousands of animals come into the care of SPCA. Each animal has their own story. Some are lost pets, some come from unwanted litters, and others have been neglected, abandoned or surrendered because their guardians could no longer care for them.

When animals arrive at SPCA, they may feel unsure or stressed as they adjust to a new place. Supporting their mental wellbeing is an important part of their care. Feeling safe, having routines, gentle handling, and chances to rest, play and explore all help animals cope.

Finding the right home can make a big difference for an animal. Adoption gives animals stability, care and the chance to build positive relationships. However, adopting an animal is a big responsibility. Dogs, cats and small animals depend on their guardians for food, shelter, health care and emotional support - often for many years.

This is where adoption profiles are helpful. By creating an adoption poster, you can share important information about an animal, such as their age, personality and what kind of home they need. This helps people decide if they are ready to adopt and whether an animal would be a good match. Finding a good match helps animals feel safer and more settled in their new homes.

To learn more about adoption or see animals currently looking for homes, visit www.sPCA.nz/adopt.

ADOPT
ME!





Adoption Poster



SPCA have many animals who need loving families to adopt them. Help Mimi the cat find a forever family by making an adoption poster that will tell people all about her, and help them decide if they are the right family for her.



- Mimi is a black and white female cat.
- She is two years old.
- Mimi would be happy to live with other cats but not with dogs.
- Mimi likes children.
- She is available for adoption at the SPCA Centre in Nelson for \$149



needs a fur-ever home

What I like or need:



Children



A quiet home



Dogs



Cats



Type of animal: _____

What's special about me: _____

Age: _____

Colour: _____

Adoption fee: \$_____ Find me at SPCA Centre: _____



Keeping an eye on what happens at sea

SPCA has welcomed a request to give lawmakers more time to review proposed changes to fishing law.

The changes to the current law, called the Fisheries Amendment Bill, included a suggestion that footage from cameras on commercial fishing boats would no longer be available through Official Information Act (OIA) requests. SPCA was worried this could make it harder for the public to know what is happening to animals at sea.

Many commercial fishing boats have cameras on board. These cameras help record what is caught in fishing nets and whether animals such as seabirds, sharks, turtles, dolphins and seals are accidentally injured or killed. The footage also helps check that fishing rules are being followed.

SPCA says these cameras are important because there are very few people around to see what happens at sea. The cameras help check that fishing is being done responsibly and can show if animals have been treated unfairly or harmed.

"What happens at sea should not be hidden from the public," said SPCA Senior Scientific Officer Dr Christine Sumner.

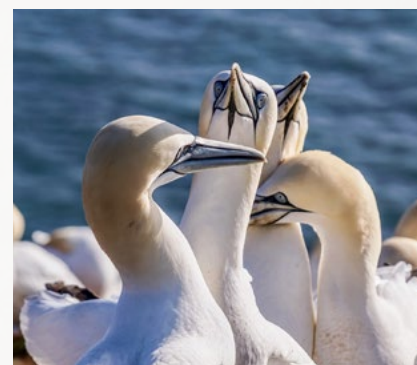


Dolphins are one of many marine animals that can be caught or injured by fishing gear.

Some people supported the law change because they were concerned about fishers' privacy. However, SPCA believes there are already strong rules in place to protect privacy while still allowing important information about animals to be checked.

For now, the Bill will not move forward before the next election, giving more time for people to discuss and improve it.

SPCA wants to make sure that what happens at sea is not hidden. They believe cameras are an important way to protect marine wildlife and build public trust in New Zealand's fishing industry.



Cameras help monitor seabird interactions with fishing boats.

Tiny kittens saved in a drain

What started as an ordinary day turned into an amazing rescue mission when a Watercare worker heard tiny meows coming from a stormwater drain in Auckland.

After following the sound, they discovered two frightened kittens trapped three metres underground! Watercare tried to rescue them, but the drain was too narrow and deep to reach safely. That's when they called SPCA for help.

SPCA team members Zoe and Jenae rushed to the scene and got straight to work. Using special traps lowered on ropes and cameras provided by Watercare, they managed to rescue one kitten. But the second kitten was much harder to catch, darting away whenever help got close.

As the sun started to set and rain was forecast overnight, the rescue team knew they couldn't give up. SPCA and Watercare worked together, coming up with new ideas and even preparing robotic equipment to search the drain system if needed.

With time running out, everyone kept trying. Then, with just 10 minutes left



Kittens being rescued.

before they planned to stop for the night, success! The second kitten was finally brought safely to the surface.

This incredible rescue showed what can happen when people work together and refuse to give up. From the Watercare worker who first heard the meows, to Zoe and Jenae's determination, to the Watercare crew's teamwork, everyone played an important part in saving two tiny lives.

Swan's lucky escape

A black swan has been reunited with his family after SPCA Community Support Officers helped save him from discarded fishing gear.

The swan was found at a local park with fishing line wrapped around his neck and a hook stuck in his wing. SPCA officer Zoe and her team carefully caught him and took him to a vet, where the hook was safely removed.

After treatment, the swan was returned to his pond, where his partner and babies were waiting for him.

This happy ending is also an important reminder: abandoned fishing line and hooks can seriously harm wildlife.

Kind Matters Tip: Help protect animals by disposing of fishing gear properly and picking up litter when it's safe to do so.



The swan on the way to the vet.

Silverbeet, Saturday and Sunday

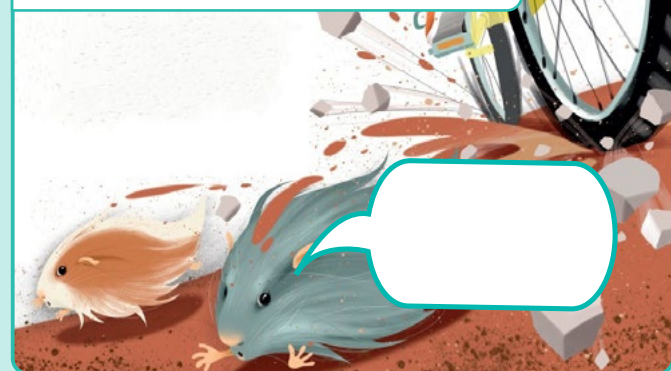
Saturday and Sunday were guinea pig brothers and they lived with Bailey and her mum. Their first six months were full of attention, but things changed as Bailey began spending more time with her friends. Read the comic below, then fill in the empty speech and thought bubbles with what you think Saturday and Sunday might be saying and feeling.



They thought they were doing the right thing...



The guinea pigs were bred as companion animals and wouldn't be able to survive on their own in the wild.



Koro and Wiremu noticed that their silverbeet was being eaten. They set a trap...



At the SPCA Centre, Saturday was given food, water and medicine, his claws were trimmed and coat shaved.



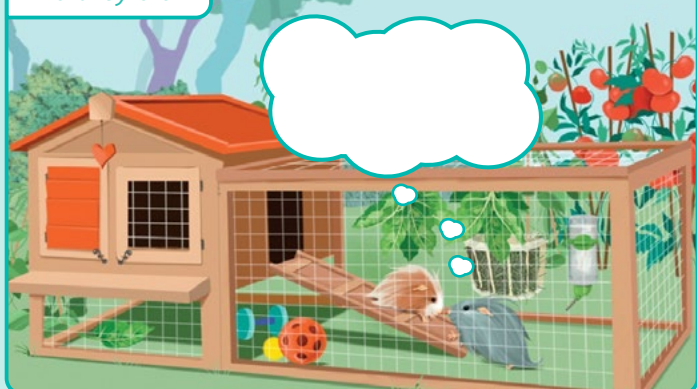
At the SPCA guinea-pig village, Saturday smelt a familiar smell. It was Sunday!



Two weeks later...



And they did!



DIY Craft: Enrichment Toys

Enrichment helps animals stay active, engaged and interested in their environment. These simple DIY toys encourage natural behaviours like playing, exploring, shredding and investigating - great ways to support positive animal wellbeing. Visit the [Kids' Portal](#) for these activities and discover plenty more enrichment ideas to try at home.

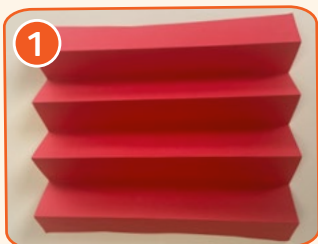
Fan Toy for Cats and Kittens

Cats and kittens love toys. Playing helps keep them happy and busy. This easy-to-make fan toy gives cats a fun way to stay active and enjoy being themselves.

Materials

- 1 piece of craft paper or coloured card
- String or wool (use one single strand only)

Instructions



Fold paper in an accordion (zig-zag) style, making strips about 2cm wide.



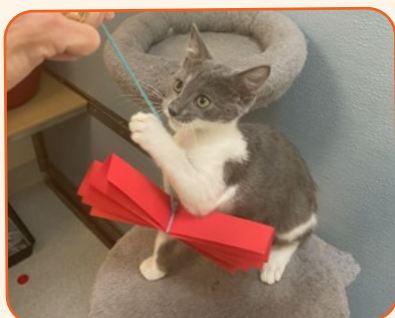
Carefully fold the folded paper in half to find the centre.



Tightly wrap the piece of wool around the middle of the paper. Tie it securely with a knot.



Gently pull the folded ends apart and fan out the paper to complete the toy.



Shreddable Companion Bird Toy

Birds love exploring with their beaks and shredding paper. Combine the two with this awesome toy for your companion bird!

Materials

- Twine
- Scissors
- Newspaper
- Hole punch
- Cardboard



Instructions



Secure a knot and plait the twine. Then, put a small piece of cardboard over the knot to keep paper in place.



Cut newspaper into different sized strips, place ends of paper together and hole punch at the ends.



Slide both holes down to the bottom of the twine. Each layer should be slightly longer than the first.



As you reach the middle, make the strips shorter. Once finished, secure with a knot.

Be sure to always supervise your animal while they're enjoying their enrichment!



1. WATER BOWL - PAGE 2
2. BALL - PAGE 4
3. COLLAR - PAGE 5
4. FOOD BOWL - PAGE 6
5. BRUSH - PAGE 7
6. COMFY BED - PAGE 9
7. LEAD - PAGE 10