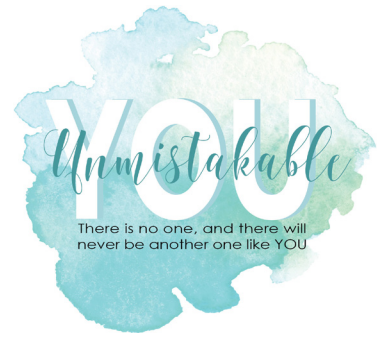


16. Love is a Four Legged Word

Our **FURRY** Friends



*You came into my life one day, so beautiful and smart
a dear and sweet companion, I have loved you from the start
And though I know a time will come, that we will have to part
You will never be forgotten as you have left your paw prints on my heart.*

For this page prompt we are going to “paws” to consider the animals that have left, past or present, “Paw” prints on our hearts.

Our pets play a special role in our lives and they deserve a place in our scrapbook album. Many of us might even say we owe our sanity to our pets.

Pets become a part of our everyday lives and another very special member of our families. They provide us we so much more than you think. If you life alone they are a godsend and provide companionship - just by having a friendly face and a wagging tail to come home to. They are always happy to see you. Like a good friend a loyal dog can look into your eyes and guage how you are feeling.

Pets, especially dogs and cats, can reduce stress, anxiety, and depression, ease loneliness, encourage exercise and playfulness. Owning a dog helps us be more active as we need to take it out for a daily walk. Meisha, my dog, seems to know exactly what we are doing and if I'm reaching for a pair of sneakers she is right there next to me with a wagging tail - there is no way im walking out that door without her. For our children our pets have been an important companion to them growing up.

Just having something to cuddle is proven to give people a sense of comfort and what better to cuddle than a pet. And if you have never owned a pet, then I guess you will never know the simple pleasure of snuggling up to a furry friend.

As pets are considered part of the family highlight your lovable creatures on this page.

Some of you will have more than others, to scrapbook, so whether your have one page for each or a number of pets on this page, use the sketch to the right as a starting point for the layout.

