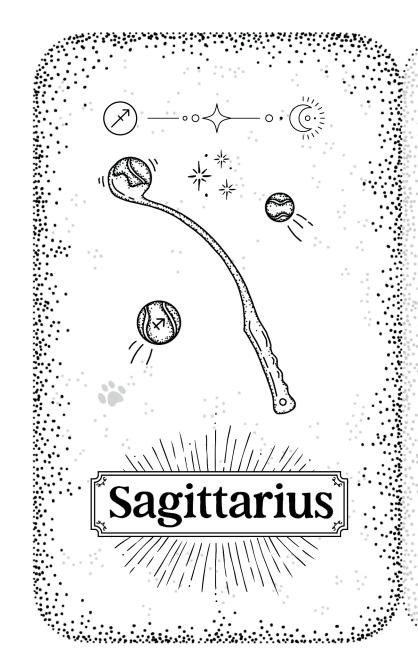
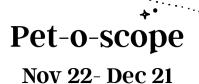
palms & paws +**





Dogs

Your superpower this month is cheerleading.
When rooms get loud, lead your human to
the quiet corner and model calm. New
enrichment = new horizons: rotate toys, try a
snuffle mat, add a longer "sniff walk." Your
job: keep spirits high and grounded.

Cats

Your curiosity is medicine. Explore new vertical spaces, window theaters, and puzzle feeders, then invite your human to slow down with you. During holiday bustle, request routine: meals on time, litter pristine, five minutes of feather-wand focus. Make sure to balance your mischief with mindfulness. A well-timed purr is the universe's best reminder to stay present.

Color me in and/or cut along dotted lines. Fold in half, taping the edges to create a card. Read out loud to your cat or dog, and embrace its wisdom.

