

*MYND Practice Series*

# GOLDEN COURAGE

ROVER'S RESCUE MISSION  
COMPANION WORKBOOK

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BY JONATHAN RILEY

# **Rover's Rescue Mission Companion Workbook**

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# Welcome to Rover's Rescue Mission Companion Workbook

Dive deeper into the captivating world of Rover's Rescue Mission Companion Workbook. This isn't just a supplement to the book *Golden Courage - Rover's Rescue Mission*; it's a key to unlocking growth and discovery for every young reader.

Written by Jonathan Riley, an experienced teacher and therapist, every page is a seamless blend of academic enrichment and emotional insight. Rather than just being a series of exercises, it's a pathway into a child's heart and mind, connecting literacy enhancement with emotional growth.

Every activity in this workbook is a gateway – to explore, to reflect, to understand. Through engaging puzzles, reflective questions, and intuitive exercises, children not only advance in reading and comprehension but also gain a deeper awareness of their feelings and emotions. As they journey with Rover, they'll also journey within, discovering new facets of themselves.

But it's not just for children. Parents and educators will find this workbook to be a valuable tool for meaningful interaction. It's a chance to engage with children on multiple levels, enhancing not just their intellectual growth but also building strong emotional bonds. The exercises pave the way for open-hearted discussions about values, dreams, and emotions.

Dive into a world where every story becomes a lived experience, where every lesson is an adventure, and where every page nurtures the mind and soul. Invest in a tool that promises not just learning, but life enrichment.

**[Golden Courage - Rover's Rescue Mission is available on Amazon.](#)**

**[Link to Golden Courage - Rover's Rescue Mission](#)**

**"The bravest journeys often start with a  
single, tiny step."**



**MICHELLE PRASAD**



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**"You are never too small to make a big  
difference!"**



**JONATHAN RILEY**

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**We acknowledge and pay our heartfelt gratitude to the Indigenous peoples of Australia, the traditional custodians of this land, for their profound cultural heritage, invaluable wisdom, and unwavering stewardship.**

**We extend our deepest appreciation for the rich tapestry of traditions, stories, and customs that have been nurtured and passed down through countless generations. The resilience, deep connection to the land, and profound respect for nature that Indigenous communities embody are a testament to their enduring wisdom and knowledge.**

**With utmost respect, we express our gratitude to the traditional owners, elders, and community members who have graciously shared their stories, art, language, and traditions, enriching our understanding and appreciation of this remarkable country.**

# Introduction

Welcome to our comprehensive guide to deepening the learning experience and enjoyment of Rover's Rescue Mission.

This guide is designed to cater to both children and adults. For children, this guide provides a rich set of activities, from reading comprehension questions that test understanding, to creative exercises that spark their imagination. These activities encourage children to engage with the story on a deeper level, enhancing their empathy, critical thinking, and creative skills. We've also included a vocabulary building section, which introduces challenging words from the book, helping children learn new words and improve their language skills.

For adults, we offer a selection of reflective questions and engaging activities designed to awaken your inner child. These prompts provide a space for introspection, to recall, explore, and share childhood experiences, dreams, and wisdom.

Teachers and parents can use this guide to facilitate lively discussions about the themes of the book such as courage, loyalty, and resilience. It provides an opportunity to reflect on the powerful bond between humans and their pets, drawing from Rover's unwavering determination and love in the face of adversity.

This companion guide is more than just a book - it's an invitation to journey through the golden tales of Rover's courage, unraveling lessons of love, bravery, and the strength of bonds, whether it's between pets and their families, or the timeless one between our grown-up selves and our inner child waiting to play.

Let the adventure begin!

# Reading Comprehension Questions

- 1. Who are the main characters in the book?**
- 2. What kind of dog is Rover? What are some things he loves?**
- 3. Why did Cookie and Michelle get lost in the forest?**
- 4. How did Rover find the scent of Cookie and Michelle?**
- 5. Can you name the obstacles Rover faced while searching for the children?**
- 6. How did the children feel when Rover found them?**
- 7. What challenges did Rover, Cookie, and Michelle face while returning home?**
- 8. How did the parents and park rangers feel when they found the children's makeshift shelter?**
- 9. Describe how the children and Rover felt when they saw the campsite from a distance.**
- 10. How did everyone feel at the end of the book?**
- 11. What is the message or the moral of the story?**
- 12. How does the story demonstrate the strength of the bond between humans and their pets? Can you give specific examples from your life?**

# Answer Key for Reading Comprehension

- 1. The main characters in the book are Rover (the dog), Cookie and Michelle (the children), and their parents.**
- 2. Rover is a golden retriever. He loves food, toys, and above all, he loves his family, Cookie and Michelle.**
- 3. Cookie and Michelle got lost in the forest when they wandered off from their campsite during a family camping trip.**
- 4. Rover found the scent of Cookie and Michelle through his keen sense of smell, a characteristic trait of his breed, golden retriever.**
- 5. Some obstacles Rover faced while searching for the children included the dense forest, a wild river, and the loss of the children's scent.**
- 6. When Rover found them, Cookie and Michelle felt relieved, joyful, and safer knowing their beloved pet was with them.**
- 7. On their way back home, Rover, Cookie, and Michelle faced obstacles like crossing a log bridge, climbing a steep hill covered with slippery leaves, and traversing a muddy patch.**
- 8. When the parents and park rangers found the children's makeshift shelter, they felt relieved and hopeful knowing their children had been resourceful and safe during the night.**



**9. When the children and Rover saw the campsite from a distance, they felt elated and filled with anticipation to reunite with their parents.**

**10. At the end of the book, everyone felt joyful, relieved, and incredibly grateful. The reunion was heartwarming and filled with happy tears, laughter, and hugs.**

**11. The message or the moral of the story is about the power of love, loyalty, and bravery. It teaches us that with determination and teamwork, we can overcome any obstacle. It also emphasizes the strength of the bond between humans and their pets.**

**12. Rover's dedication to finding Cookie and Michelle demonstrates his deep love and loyalty towards his family. Examples from the story include Rover not giving up his search despite the dense forest and wild river, and how he helps the kids feel safe and guides them home.**



# Challenging Words from The Book



**Enhance children's vocabulary by reviewing these challenging words. Encourage them to use these words in their own sentences so they can learn them better. Discuss their use in the book to establish context and deepen understanding. This interactive exercise can foster a love for language, improve expression, and equip children for more complex literary exploration in the future.**

**Illuminating: Providing insight, clarity, or light.**

**Usage in the story: "With a small lantern illuminating their path, they ventured towards the edge of the forest, their curiosity and sense of adventure guiding them forward."**

**Scampered: To run or go hastily or quickly.**

**Usage in the story: "While the children were captivated by the butterfly, a bird scampered by, catching Rover's attention."**

**Daunting:** Seeming difficult to deal with in anticipation; intimidating.

**Usage in the story:** "Seeing the slippery leaves and the challenging incline, the parents felt the journey ahead was daunting.

**Agility:** The ability to move quickly and easily; nimbleness.

**Usage in the story:** "He nimbly navigated through the scrub, using his agility and keen senses to avoid the prickly dangers.

**Resilience:** The capacity to recover quickly from difficulties; toughness.

**Usage in the story:** "They started climbing, helping each other, showing teamwork, and resilience that would make any parent proud."

**Rejuvenated:** To make someone or something look or feel younger, fresher, or more lively.

**Usage in the story:** "The forest that once seemed so daunting was now bathed in the comforting light of dawn, reflecting their rejuvenated spirits."

**Testament:** Something that serves as a sign or evidence of a specified fact, event, or quality.

**Usage in the story:** "The forest, once a place of worry, was now filled with the warmth of their reunion, the challenges they had faced only strengthening their bond. It was a testament to the power of love, bravery, and the loyalty of a golden retriever named Rover."

# Rover's Rescue mission Spelling Adventure

Dive into Rover's adventure while enhancing your spelling skills! Let's explore key words from his exciting forest journey. Ready? Let's go!

Write the word Rover. This is the name of our brave golden retriever.

Spell the word forest. This is where Cookie and Michelle got lost.

How do you spell camping? This is what Cookie and Michelle's family were doing.

Can you spell adventure? This is what Rover, Cookie, and Michelle went on.

Write the word children. Cookie and Michelle are both \_\_\_\_\_.

Spell the word parents. These are the people Cookie and Michelle were with before they got lost.

Can you spell retriever? Rover is a golden \_\_\_\_\_.

Write the word river. Rover had to cross a \_\_\_\_\_ to find Cookie and Michelle.

How do you spell shelter? Cookie and Michelle built a \_\_\_\_\_ for the night.

Spell the word reunion. When Rover, Cookie, and Michelle finally found their parents, they had a joyful \_\_\_\_\_.

# Fun Activities Inspired by Rover's Rescue Mission



**Welcome to a world beyond reading! Explore "Rover's Forest Rescue" deeper through creative activities. Encourage artistic expression, role-play, discussion, and writing to grasp the story's essence. Enhance vocabulary, create personalized crafts, and share thoughts through book reviews. Dive into this enriching journey and discover more about Rover, Cookie, Michelle, and their exciting adventure!**

**Draw Your Favorite Scene:** Encourage the children to draw their favorite scene from the book. Once they've finished, ask them why they chose that scene and what they like about it.

**Role Play:** Split the children into groups and let them reenact scenes from the story. This fun activity helps them delve deeper into understanding the characters and their actions.

**Rover's Adventure Map:** Let the children channel their creativity by drawing a map of Rover's adventure, tracing his journey from the campsite to finding Cookie and Michelle, and back.

**Character Analysis:** Get the children to write a short paragraph about each character, painting a picture of their personalities and roles in the story.

**Story Sequencing:** Print out images or descriptions of key scenes from the story. Ask the children to arrange them in the correct sequence.

**Discussion:** Spark a conversation about the significance of loyalty, courage, and teamwork as displayed in the story. Encourage the children to share examples from their own experiences where they exhibited or observed these qualities.

**Creative Writing:** Inspire the children to weave a short story about what adventures Rover, Cookie, and Michelle might embark on next.

**Vocabulary Building:** Highlight some challenging words from the book and discuss their meanings. Challenge the children to use them in their own sentences.

**Arts and Crafts:** Let the children create their own bookmarks inspired by the story. They could feature Rover, Cookie, Michelle, or any other elements they loved in the story.

**Book Review:** Encourage the children to express their thoughts by writing a short book review. They can discuss what they liked or didn't like about the story and why.

# Rediscovering Childhood's Treasures

Rediscover the enchantment of childhood and weave a connection of shared experiences with your children through a multitude of delightful and captivating activities. As adults, we often find ourselves disconnected from the pure joy, limitless creativity, and fierce curiosity that once underpinned our younger years. These specially curated activities provide a pathway for you to reignite those dormant sparks of youthful vitality and enthusiasm, and share them with your children, thereby sculpting bonds that are not only molded in mutual enjoyment, but are deeply rooted in shared experiences.

Each activity is an open invitation to explore the vast expanse of our world through the innocent and eager eyes of a child. They act as catalysts to provoke curiosity, encourage creativity, and nourish the inherent spirit of play. These activities pave the way for unhindered sharing of tales, emotions, and experiences, nurturing a rich and rewarding exchange of ideas and feelings between different generations. Designed thoughtfully, these activities offer a safe haven to your inner child, permitting them the freedom to express, wander, and delight in the sheer joy of existence.

So, with open hearts and minds, let's step into this wondrous playground of recollection and connection. Here, we'll craft cherished memories that will last a lifetime, all while celebrating and embracing the eternal, enchanting essence of childhood. Together, we'll bridge the gap between past and present, child and adult, fostering relationships rooted in shared joy and the magic of youth.



# Unearthing the Treasures of Childhood



**These questions can help adults reconnect with their past selves, uncover long-forgotten dreams and interests, and share these experiences with their children. They allow for a shared understanding and a deepened connection between parents and their children.**

**1. Favorite Childhood Story: What was your favourite story or book as a child, and why did you love it? What feelings does it bring up for you now?**

**2. Childhood Dreams: What did you dream of becoming when you were a child? How does that compare to where you are now?**

**3. Special Memories: What is a special memory you have from your childhood that makes you smile? What makes it so special?**

**4. Inner Child's Voice: If your inner child could say something to you now, what would they say?**



**5. Childhood Heroes: Who was your hero when you were a child? Why did you admire them?**

**6. Lessons Learned: What is something you learned as a child that has stuck with you to this day?**

**7. Childhood Challenges: What was a challenge you faced as a child and how did you overcome it? How has this challenge shaped who you are today?**

**8. Imagination and Play: What were some of your favourite imaginary games to play or stories to make up when you were a child? How do you encourage imagination and play in your children's lives?**

**9. Childhood Friendships: Who was your best friend when you were a child and what was your favourite thing to do together?**

**10. Family Traditions: What is a family tradition from your childhood that you would like to pass on or have passed on to your children?**

**11. Childhood Inspirations: Who was someone from your childhood who greatly inspired you? How did they impact your life?**

**12. Inner Child's Joy: What activities or hobbies brought your inner child joy, and do you still participate in them now? If not, what has stopped you?**

# Rover's Diary



**Dogs have a way of looking at the world that's full of wonder and excitement. Imagine if Rover could jot down his thoughts during his big adventure! What do you think he'd say?**

**On a blank piece of paper, write or draw what you believe Rover would have "written" in his diary about his adventures. Think about what he might have felt, seen, or thought. Let your imagination run wild!**

**Example Entry:**

**Day 2: "I sniffed the cool forest air and remembered Cookie's laughter. Missed my afternoon treat, but I made a new turkey friend! Hope to find my family tomorrow."**

**Now, it's your turn! What do you think Rover experienced, saw, or felt during his brave quest? Remember, Rover loves food, toys, and his family. Let's see the world through Rover's eyes!**

# Rover's Nature Journal



**Let's explore nature like Rover. Nature is full of amazing things waiting to be discovered. This is your special journal to capture all the wonders of the world around you!**

**Instructions:**

**Pick a Spot:** Head outside to your garden, park, or any natural place.

**Look Around:** What do you see? Maybe a butterfly, a tall tree, or a shiny rock.

**Listen Carefully:** Hear any birds chirping? Or the rustle of leaves?

**Feel the World:** Is it warm, cold, windy, or calm?

**Draw or Write:** Use this page to sketch what you see or write down your thoughts.

**Remember, there's no right or wrong way. Every leaf, cloud, and sound is special. Just have fun and see what wonders you can find!**

# Adventures in Emotional Intelligence

In the fun and exciting story of Cookie, Michelle, and Rover, we learn about important things like bravery, bouncing back, caring for others, and saying how we feel. By sharing these stories, we want to give you the tools to understand feelings and emotions better.

Why is this important? Well, understanding feelings isn't just about helping when we feel sad or upset, it's also about knowing what to do when we're happy or excited. It's about knowing our feelings, saying them out loud, and managing them in a good way. This helps us to deal with problems, make friends, and feel good about ourselves.

Just like grown-ups, kids have things that can stress them out too - homework, friends, changes at home, and lots more. If we know about feelings and emotions, we can handle these things better. We'll know what to do when we're feeling down or worried, and how to be there for our friends when they need us.

Plus, knowing about our feelings early on can help us stay happy and healthy as we grow older. We'll know when something doesn't feel right and what to do about it. Cookie, Michelle, and Rover are here to help us learn about these important things in a way that's fun and easy to understand. We hope that their stories will help you to talk more about your feelings and emotions.

Let's learn how to understand ourselves and others better, so we can be happy, healthy, and kind to everyone.

# Exploring Emotions and Resilience

Through the captivating story of Cookie, Michelle, and their loyal golden retriever Rover, we delve into concepts like courage, resilience, empathy, and the importance of emotional expression. By exploring these themes, we hope to equip children with the tools they need to understand mental health better and to foster emotional resilience.

**1. In the story, Cookie, Michelle, and Rover faced challenges and obstacles. Can you think of a time when you faced a difficult situation? How did you feel, and how did you handle it?**

**2. Cookie and Michelle managed to stay calm and resourceful when they were lost. Do you think it's important to stay calm even when things seem scary or uncertain? Why?**

**3. The parents in the story felt worry and anxiety when their children were missing. Do you know what those feelings are like? Can you describe a time when you might have felt worried or anxious?**

**4. Rover showed immense determination and bravery throughout his quest. Have you ever had to be brave? What helped you to keep going?**

**5. The story showed that even in tough situations, it's okay to find moments of joy, like when Cookie, Michelle, and Rover laughed crossing the muddy patch. Do you think finding happiness in tough times is important? Can you share an example from your own life?**

**6. Cookie and Michelle supported each other during their adventure. Why do you think it's important to have friends or family support during hard times?**

**7. In the story, the parents had faith in their children and Rover, even when they were worried. Can you talk about a time when you had faith or belief in someone, even though you were worried about them?**

**8. How do you think Cookie and Michelle felt when they were lost? How did those feelings change when they found Rover?**

**9. Rover faced a big challenge when he had to swim across the river. Have you ever faced a big challenge or fear? How did it make you feel? What did you do to overcome it?**

**10. Cookie and Michelle showed resilience when they created a makeshift shelter. Do you know what resilience means? Can you give an example of when you've shown resilience?**

**11. Can you identify a time when you felt a sense of relief, similar to what the parents might have felt when they found their children? What caused this feeling?**

**12. At the end of the story, everyone experiences joy and relief during their reunion. Why do you think these feelings are important in life? Can you share a time when you felt joyful and relieved?**

**We hope these questions serve as a vital step towards nurturing children's emotional intelligence and mental health. Let's keep the dialogue alive, embrace emotions, and encourage seeking help when needed.**

# Family Tree Fun!

Families are like trees, with lots of branches that connect everyone together. Just like Cookie, Michelle, and Rover are part of one lovely family in our story, each of us belongs to a unique family too.

Here's what you can do:

**Family Tree for the Story:** Can you remember who belongs to Cookie and Michelle's family? Draw a big tree and place each member on the branches. Don't forget Rover!

**Your Own Family Tree:** Now, let's make it even more fun! Draw another big tree and this time, fill it with names or pictures of your own family members. You can include your parents, siblings, grandparents, aunts, uncles, or even your pets!

**Instructions:**

1. Start with a big tree trunk. This is the base of your tree.
2. Draw big branches for immediate family members like parents and siblings.
3. Smaller branches can be for extended family like grandparents, cousins, aunts, and uncles.
4. Leaves can represent each family member. Write their names or paste their pictures on each leaf.
5. Don't forget to draw roots! They can represent the ancestors or old family stories you've heard about.
6. Feel free to decorate your tree with colorful fruits, flowers, birds, or anything else you'd like!

Remember, every family tree is special and unique. Enjoy creating yours and discovering the wonderful connections in your family!

# The Emotion Wheel Adventure!

Stories are filled with feelings, and every character experiences different emotions on their journey. In our tale, Rover, Cookie, Michelle, and their parents felt all sorts of things, from joy and love to fear and hope. Let's go on an emotion exploration together!

Here's our mission:

**1. Character Emotions:** Think about a moment in the story. How did Rover feel when searching for the kids? Was Cookie scared or brave when they were lost? Dive deep into the story and recall those feelings.

**2. Your Emotions:** After exploring the characters, think about a time when YOU felt the same way. Maybe you were brave like Michelle or joyful like Rover when he found his favourite treat!

**Instructions:**

**1. Draw a big circle in the middle of your paper. This is the centre of your Emotion Wheel.**

**2. Now, divide your circle into sections like a pie. Each slice will represent a different emotion.**

**3. In each section, draw a face showing that emotion: 😊 for happy, 😞 for sad, 😲 for surprised, and so on.**

**4. Label each section with the emotion's name.**

**5. Next, think of moments in the story where a character felt that emotion. Write the character's name next to the face. For example, Rover might go next to a happy face when he found the kids!**

**6. Share your wheel with someone. Talk about the emotions and times when you felt the same way.**

**Understanding emotions helps us connect with others and share our feelings. Dive into the world of feelings and see how colourful it is!**



# Dance the Adventure!

Have you ever felt like moving and grooving while reading a story? Our tale about Rover, Cookie, and Michelle is full of ups and downs, quiet moments, and wild adventures. Let's bring those scenes to life with music and movement!

## Why Dance to the Story?

Dancing helps us feel the emotions and adventures in a whole new way. Just like Rover had moments of fast-paced excitement and calm rest, we can dance to the rhythm of his journey.

## Let's Start the Music and Dance!

### Instructions:

**Prepare Your Playlist:** Choose some songs with different tempos. You can have fast songs for the adventurous parts, and slower, calm music for the thoughtful moments.

**Recall the Scenes:** Think of moments from the story. Maybe when Rover was rushing through the forest? Or when Cookie and Michelle were quietly waiting?

**Feel the Beat:** Play your music. Start with a fast song and remember an adventurous scene. Run, jump, and dance like you're right there in the story!

**Switch the Mood:** Now, play a slower song. Move smoothly, sway, and imagine the calm moments. Maybe when Rover was looking at the stars?

**Share & Reflect:** Dance with your friends or family. Afterward, sit down and talk about how the music made you feel the story differently.

Dancing lets us dive deeper into the story, feeling every emotion and adventure in our very bones. So, put on your dancing shoes and let the rhythm of the story guide you!

# Camping & Forest Safety Tips

Camping and exploring the forest is super fun. But just like Rover knew how to be safe on his adventure, you should too. Here are some easy-peasy tips to remember.

**Stay Together:** Always be with your family or friends. It's more fun and much safer when you're in a group. If you want to look at something cool, let someone know!

**Know Your Place:** Look for things that stand out around your campsite, like a big tree, a funny-shaped rock, or a tall hill. These can help you remember where you are.

**Whistle Away:** Always have a whistle around your neck. If you feel lost or scared, blow it loudly. It will help others find you. 🔊

**Paths are Best:** Stick to the paths and trails. They're made specially so you can enjoy the forest without getting lost.

**Check the Weather:** Before you go out, ask an adult about the weather. If it's going to rain or storm, it's best to stay inside your tent.

**Dress Smart:** Wear hats and closed shoes. They protect you from the sun, rain, and prickly things on the ground.

**Buddy Up:** If you need to go somewhere, like maybe to the restroom, always have a buddy with you.

**No Feeding Wild Animals:** They might look cute, but giving them food isn't good for them (or for you!).

**Nighttime Rest:** When it's dark, stay close to your campsite. It's bedtime for the forest too!

Remember, the forest is full of magic and adventures. Just be smart, be safe, and have loads of fun!

# Build Your Own Shelter!

Remember when Cookie and Michelle were in the forest? Shelter kept them safe and warm. Today, we're bringing a touch of that adventure into your home! Using blankets and cushions, you'll craft your very own indoor shelter. Ready to create a cozy hideaway?

**Why is shelter important?**

A shelter protects us from the weather, keeps us warm, and gives a sense of security. Imagine how Cookie and Michelle felt in the vast forest. They would have looked for a place to stay safe from rain, cold, or any curious creatures!

**Let's Get Building!**

**Instructions:**

**1. Choose a Spot:** Find a good place in your home, like the living room or bedroom. Near a sofa or bed is perfect because you can use them as a base!

**2. Gather Materials:** Fetch blankets, cushions, pillows, and maybe even some fairy lights for a magical touch.

**3. Start Building:** Drape blankets over sofas, chairs, or even a clothesline to create the roof of your shelter. The thicker the blanket, the cozier it'll be!

**4. Floor Time:** Lay cushions and pillows on the ground inside your shelter. This makes it comfy to sit or lie down.

**5. Personalize:** Add some toys, books, or even snacks. How about reading our story inside?

**6. Reflect:** Once inside, talk about how you feel. Safe? Cozy? Imagine how Cookie and Michelle felt in the woods, and how a shelter could have comforted them.

**Building a shelter is not just fun, but it also teaches us about safety and comfort. Dive into your new shelter and let the indoor adventures begin!**

# Fun Facts About Golden Retrievers

**Welcome to the enchanting universe of Golden Retrievers!** These furry companions are more than just cute faces. They're intelligent, friendly, and brimming with intriguing characteristics. From their love for water and remarkable social skills to their notable roles in service, therapy, and even popular culture, Golden Retrievers are genuinely fascinating. Immerse yourself in these fun facts and explore the captivating world of these amazing dogs!

**Born Swimmers:** They love to play in the water. In fact, they were originally bred for retrieving waterfowl during hunting!

**Tales in their Tails:** Golden Retrievers use their tails as rudders when swimming. They help them steer!

**A Golden Heart:** Golden Retrievers are known for their friendly and tolerant attitudes. They are great family dogs and are extremely friendly, reliable, and trustworthy.

**The Hair That Shines:** Their beautiful golden coats might look different when they're pups. Many are born with lighter coats that darken as they grow up!

**They've Got Smarts:** Golden Retrievers are the fourth smartest dog breed in the world. They can learn a new command in as few as five repetitions!

**Born to Fetch:** They are natural "retrievers." From your missing shoe to a Frisbee in the park, they can find and fetch things for you.

**Movie Stars:** Because of their intelligence, Golden Retrievers are often used in movies, commercials, and TV shows.

**A Friend in Need:** They make great service and therapy dogs because of their patient demeanor, intelligence, and eagerness to please.

**Puppy Eyes:** A Golden Retriever's eyes are not fully brown until they're around two months old. They're born with blue eyes that gradually change to a golden brown!

**Lifelong Puppies:** Golden Retrievers are known for keeping their puppy-like personalities even as they grow older. They love to play!

**Furry Siblings:** An average litter size for a Golden Retriever is around eight puppies. That's a lot of furry siblings!

**Big Eaters:** They love food, and sometimes they can be a little too enthusiastic about it. It's essential to monitor their meals and ensure they get plenty of exercise.

**Special Sniffers:** Their sense of smell is fantastic and can be used to locate missing persons, detect substances, and more when trained as a working dog.

**Goldens Are Record Holders:** Did you know a Golden Retriever holds the Guinness World Record for the loudest bark, reaching an incredible 113.1 decibels! That's as loud as a live rock concert!

**A Golden Nose:** A Golden Retriever's nose is extraordinary. Not only does it help them sniff out food, but it can also detect illnesses in humans, making them perfect therapy and assistance dogs.

**Soft-Mouthed Retrievers:** One characteristic that makes Golden Retrievers unique is their 'soft mouth.' They can carry eggs in their mouths without breaking them - a trait that comes from their history as bird retrievers!

# Rover's Pupcakes

## Ingredients:

- 1 cup gluten-free all-purpose flour
- 1/2 cup unsweetened applesauce
- 1/4 cup honey or maple syrup
- 2 large eggs
- 1/4 cup coconut oil, melted
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup coconut milk
- Optional: Fresh berries or gluten-free, nut-free chocolate chips for added flavor

## Instructions:

- 1. Preheat Oven:** Begin by preheating your oven to 350°F (175°C). Together, line a muffin tin with paper liners.
- 2. Mix Dry Ingredients:** In a large mixing bowl, combine the gluten-free flour, baking powder, baking soda, and salt. Kids can help with this step, ensuring everything is mixed well.
- 3. Add Wet Ingredients:** In a separate bowl, whisk together the melted coconut oil, honey or maple syrup, eggs, unsweetened applesauce, vanilla extract, and coconut milk. Older children or adults can handle the wet ingredients, while younger kids whisk them together.
- 4. Combine:** Pour the wet ingredients into the dry, mixing until just combined. Remember not to overmix.
- 5. Add-Ins:** If using, gently fold in the berries or chocolate chips.
- 6. Scoop and Bake:** With a spoon, fill each muffin cup 2/3 full with batter. Bake in the preheated oven for 18-22 minutes or until a toothpick inserted into the centre of a cupcake comes out clean.
- 7. Cool & Enjoy:** Remove from the oven and let them cool on a rack. Once cooled, enjoy your healthy, gluten-free, and nut-free cupcakes together!

# Rover's Choco-Chip Cookies

## Ingredients:

1. 1/2 cup (115g) unsalted butter, softened
2. 3/4 cup (150g) granulated sugar
3. 1 large egg
4. 1 teaspoon pure vanilla extract
5. 1 1/4 cup (160g) gluten-free all-purpose flour
6. 1/2 teaspoon baking soda
7. 1/2 teaspoon salt
8. 1 cup (175g) gluten-free, nut-free chocolate chips

## Instructions:

1. **Preheat:** Set your oven to 350°F (175°C). Line two baking sheets with parchment paper or non-stick baking mats.
2. **Mix:** In a large mixing bowl, beat together the softened butter and granulated sugar until creamy. Add the egg and vanilla extract, and beat until combined.
3. **Dry Ingredients:** In another bowl, whisk together the gluten-free flour, baking soda, and salt. Gradually add this to the wet mixture, mixing until smooth.
4. **Choco-Chips:** Stir in the chocolate chips.
5. **Scoop & Roll:** Using a scoop or two spoons, drop the cookie dough onto the prepared sheets. Flatten slightly with the back of a spoon.
6. **Bake:** Put them into the oven for 10-12 minutes or until golden on the edges. They'll be soft in the center.
7. **Cool:** Allow cookies to cool on the baking sheet for a few minutes, then transfer to a wire rack to cool completely.

## Baking Tips:

- Let children take charge of pouring and mixing the ingredients.
- Kids love scooping the cookie dough onto the trays! Make it a team activity.
- Have fun decorating with additional toppings if you like – just ensure they're gluten and nut-free too!

# Rover's Journey

Dive into Rover's world! As he embarks on his thrilling adventure, there are many words that describe his journey. Can you find them all?

C M O F O O T P R I N T S X C R X G  
W E F F F S C F R A A Y C V A F G K  
I M L F O J P O R O V U J J M K T U  
L I N E B O O A O I V I B N P G S L  
D C E F B R T U R K E E N Y S P H O  
E H F L R R A S R E I N R E I L E Y  
R E T O A I A V T N N E D H T A L A  
N L R F R T V T E E E T I S E R T L  
E L A W G E E E I R P Y S S H N E T  
S E I H R M S D R O Y S E M V I R Y  
S X L O Y P D T K E N U I V S G P L  
T N A D V E N T U R E Z R I D W G L

Find the following words in the puzzle.  
Words are hidden → ↓ and ↘ .

ADVENTURE  
BRAVERY  
CAMPSITE  
CELEBRATION  
COOKIE  
ELATED  
FOOTPRINTS

FOOTSTEPS  
FOREST  
FRIENDSHIP  
JOURNEY  
LOYALTY  
MICHELLE  
PARENTS

RAVINE  
RIVER  
ROVER  
SHELTER  
TRAIL  
WILDERNESS



# Golden Moments with Rover

**Rover is more than just a golden retriever; he's a hero, a companion, and a beacon of joy. Discover words that paint a picture of our brave and loving Rover.**

F E A R L E S S O G B R A V E Y T H  
S O O R E S I L I E N C E A D V Z F  
S E G O L D E N R E T R I E V E R R  
U B A X M U Z C O M P A S S U Q G W  
N H R R B O Z D R R E U N I O N M X  
R A B I C J U H T W N P L Q H M G S  
I P P F D H V N X U W A L K T S A K  
S P A X J G D S T A R L I G H T T Q  
E Y N W T D E O C A V H S R Z A U M  
I P F R I E N D G S I Y U Z S R F A  
B I N T E X P L O R E N B G V M U P  
J Q S B K P A T H W A Y L M Z F U P

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

BRAVE  
BRIDGE  
COMPASS  
DOG  
EXPLORE  
FEARLESS  
FRIEND

GOLDENRETRIEVER  
HAPPY  
HUG  
MAP  
MOUNTAIN  
PATHWAY  
RESILIENCE

REUNION  
SEARCH  
STAR  
STARLIGHT  
SUNRISE  
WALK

# Campsite Chaos

Get ready for outdoor fun with the Camping Word Search!  
Explore nature-themed words and have fun finding them all!  
Can you find them all?

C	M	O	F	O	O	T	P	R	I	N	T	S	X	C	R	X	G
W	E	F	F	F	S	C	F	R	A	A	Y	C	V	A	F	G	K
I	M	L	F	O	J	P	O	R	O	V	U	J	J	M	K	T	U
L	I	N	E	B	O	O	A	O	I	V	I	B	N	P	G	S	L
D	C	E	F	B	R	T	U	R	K	E	E	N	Y	S	P	H	O
E	H	F	L	R	R	A	S	R	E	I	N	R	E	I	L	E	Y
R	E	T	O	A	I	A	V	T	N	N	E	D	H	T	A	L	A
N	L	R	F	R	T	V	T	E	E	E	T	I	S	E	R	T	L
E	L	A	W	G	E	E	E	I	R	P	Y	S	S	H	N	E	T
S	E	I	H	R	M	S	D	R	O	Y	S	E	M	V	I	R	Y
S	X	L	O	Y	P	D	T	K	E	N	U	I	V	S	G	P	L
T	N	A	D	V	E	N	T	U	R	E	Z	R	I	D	W	G	L

Find the following words in the puzzle.  
Words are hidden → ↓ and ↘ .

ADVENTURE  
BRAVERY  
CAMPSITE  
CELEBRATION  
COOKIE  
ELATED  
FOOTPRINTS

FOOTSTEPS  
FOREST  
FRIENDSHIP  
JOURNEY  
LOYALTY  
MICHELLE  
PARENTS

RAVINE  
RIVER  
ROVER  
SHELTER  
TRAIL  
WILDERNESS

# Conclusion

**As we close, we hope you've enjoyed embarking on this enlightening journey alongside Rover, Cookie, and Michelle. Each page turned and activity completed has hopefully deepened your understanding of Rover's Rescue Mission' and its many heartfelt themes.**

**Throughout this guide, we have strived to highlight the incredible bond between humans and their pets - a bond of unconditional love and mutual respect. It is our sincerest hope that Rover's story and these accompanying activities have shed light on this relationship's strength and profound significance.**


**For the adults who've ventured back into the landscape of their childhood through the reflective questions, we trust you've found joy and warmth in reconnecting with your inner child. Perhaps you've discovered that the bridge between your grown-up self and the child within is not as long as it may have seemed.**

**For children who've followed Rover's brave path, delved into challenging words, and solved reading comprehension puzzles, we trust you've deepened your understanding, empathy, and respect for both the human and animal heroes in our world.**

**We'd like to thank you for being part of Rover's rescue mission and the life lessons it brought with it. Remember, courage comes in all shapes and sizes, just like Rover has shown us.**

**So, keep your spirit of adventure alive and your heart open for learning, for Rover's tale is far from over. We hope to join us on our next exciting journey with Rover and his friends. Until then, keep exploring, keep dreaming, and keep nurturing that courageous spirit within you. Happy adventures!**

**"THIS PAGE INTENTIONALLY LEFT BLANK."**

A golden retriever dog is shown in profile, facing left, with its tongue hanging out. The dog is standing in a forest with tall, thin trees in the background. The lighting is soft and natural, suggesting a sunny day. The dog's fur is a rich golden color, and it appears to be wearing a dark collar with a tag.

**"You are stronger than you think. The strength to overcome is within you, just like it was within Rover."**

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**JONATHAN RILEY**

**“Dreams are like seeds, needing love, care,  
and patience to grow into mighty trees.”**

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**JONATHAN RILEY**





## **ROVER'S RESCUE MISSION COMPANION WORKBOOK**

**Enhance your journey through 'Rover's Forest Rescue' with 'The Companion Guide' by psychologist and educator, Jonathan Riley. This enriching tool boosts literacy skills, offering interactive comprehension, spelling, and vocabulary activities.**

**Parents, teachers, and children will enjoy exploring Rover's adventure together, fostering learning, bonding, and sparking discussions on mental health.**

**The guide seamlessly blends education with fun, incorporating exciting 'Fun Facts' and conversation starters, making it an essential asset for families and classrooms alike.**

**Explore, learn, and grow with 'Rover's Forest Rescue: The Companion Guide.' Your adventure awaits!**

*MYND Practice Series*