

Gideon Adeyemo

Lynn Hale Elementary, 6<sup>th</sup> Grade

Mrs. Hernandez

### **The Benefits of Animals and Pets**

Animals can teach us things that humans can't. Animals can *change moods, give closure and joy*. Animals can be the one thing that could help us at a time of need.

#### **Saving us from Sadness**

You see when you're down and a person tries to comfort you, you as a human would probably tell them to leave, and they probably would. Therefore you remain sad, and miserable. Yet, when you tell an animal, especially a dog, to leave they feel sad; because of that you go after them and play if possible. Therefore you forget your problem, leaving you happy. Also pets can often obtain the emotion of their master at the time. Meaning, if you're sad your pet could take on your sadness. Since no one likes a pet to be sad, we try to help, releasing us from our sadness.

#### **Partnership in Problemhood**

When there's a problem in your life or with someone else, your pet can sense it; so, as a pet they are there to listen and interact. A pet could see how troubled you are and do something funny to make you laugh. At times it's easier to tell an animal your problems rather than a human. A human would listen and interrupt you to get a part of the problem out of the way. Unlike a human, an animal would just sit and listen, since they can't talk. Sometime humans don't understand the fact that it's better to listen than to talk.

#### **Companion in Happiness**

Happiness is a strong emotion. So when you come in your house, or a place with a pet, the pet can feel it too. When you're joyful you just want someone to share it with. So when you see your pet you decide to play with him or her. It could also work the other way. Your pet could be happy and need someone to share it with, and then it sees you.

#### **Cohort in Health**

Pets make people healthy. They convince people to go into the outdoors. Researchers state that it only takes a few minutes of watching an animal to release stress and anxiety. Studies show that people with pets are less stressed than people without pets, whether relaxed or not. Just playing with your pet can make you less vulnerable to cardiac diseases. Pets can also help with depression.

#### **Comrade in Everyday Life**

Animals help us every day. For instance some animals help the blind move around. Others help the military in some ways. Some help make medicine. Most are used for entertainment in all sorts of ways like cartoons, circuses, puppet shows, and many more. Some specie's names are used for brand names. Yet, some are used for food. The most important is that they make families whole. Pets and animals have many more benefits than the ones I listed. Their importance in our lives will never change. The benefits of animals are too great to be listed in this essay.