## My retreat check

This checklist helps parents and children to check whether the animal has enough rest, protection and security. Because those who feel safe stay healthy and become more trusting.

AREA	WHAT DOES IT MEAN?	IS THIS THE CASE WITH US?	TIP IF NOT
Visual cover	The animal can hide without being observed.	☐ Yes ☐ No	Use more hay, straw, or wooden houses.
Quiet	No noise, no vibrations or drafts.	☐ Yes ☐ No	Place the enclosure in a quiet spot.
Multiple hiding places	Every animal has options to choose from.	□ Yes □ No	Offer two to three shelters.
Materials	Natural, dry, non-toxic.	□ Yes □ No	Choose wood, hay, willow, or cork.
Space	The animal can fully retreat, not get trapped.	□ Yes □ No	Offer a larger house or tunnel section.
Familiar smell	Smells like the animal, not cleaning agents.	□ Yes □ No	Keep some bedding partially.
Light	Dark or semi-dark, no direct sunlight.	□ Yes □ No	Add visual cover or shading.