PART 3: Teacher Lesson Plan

Working with the Pressure Zone

**Background Info**

We have learned about the flight zone of cattle, but there is another bubble around the flight zone called the pressure zone. This is the zone we, as cattle handlers, want to stay in to reduce the amount of stress a cow may experience because of our intervention in their space. When gradual pressure is put on a cow, she is less stressed, therefore, the interaction will be more positive for the cow, the herd, and the handler.

**Pre-Lesson Questioning**

Choose a student in your classroom. Talk to them before class and confirm they can use body language, in this demonstration, that they do not like people standing close to them. You can choose another person that you feel doesn’t mind when people are close. Have them stand in the middle of the classroom or in two separate corners. Encourage the class to note observations. Approach them slowly while making eye contact and get close, without actually touching them. Discuss the following questions:

1. Do humans have comfort zones? What did you notice about the facial expressions and behaviors of your classmates as I approached them?
2. Did you notice rings in their comfort zone? Was the reaction different as I got closer to them?

**Expand the Knowledge**

- Hand out the worksheets to all students.
- Allowing students to work in groups of 2-3 can help them think through what they have learned with multiple perspectives. Individual work is also acceptable.
- Students should complete the first two sections, "Document your Understanding" and "Fill in the Blank", individually or in small groups.
- As a class, discuss each of the questions in the "Putting this concept into practice" and have students document their thoughts after each discussion question. (this can also be done individually).

**Extras**

- Plan a trip to a dairy farm. To locate a dairy farm contact Midwest Dairy: [763] 355-9697
- Invite a dairy farmer into the classroom to speak to your class.

Video Links:

- NCBA - Low Stress Cattle Handling - [https://youtu.be/9-kIOC8kLyi](https://youtu.be/9-kIOC8kLyi)

News Link:

- "How to approach cattle. (Drovers Magazine) - [https://www.drovers.com/article/how-approach-cattle](https://www.drovers.com/article/how-approach-cattle)

Visit umash.umn.edu for FREE resources on animal handling and farm safety/health (barn posters, fact sheets, videos and more.)

Developed by UM Agricultural Education faculty, staff, and students as part of a collaborative initiative to advance agricultural safety education within school-based agriculture."
Define the pressure point related to an animal's flight zone. What makes using the pressure zone a lower stress method?

When handling cows, remember to stay _______ of the flight zone.

Use the __________ to influence their movement.

________ your behavior and pressure based on what the cow is telling you.

Give __________ commands to the cows to make them move as desired.

Fill in the blank

When handling cows, remember to stay _______ of the flight zone.

Use the __________ to influence their movement.

________ your behavior and pressure based on what the cow is telling you.

Give __________ commands to the cows to make them move as desired.

Putting this concept into practice

When moving cattle, please describe what you have learned from Part 1, 2 and 3 of the stockmanship videos to give both the handler and the cattle a successful experience.