

A few ideas for **CANINE ENRICHMENT**

The key to a happy and healthy dog is regular enrichment and allowing them to engage in their innate behaviors such as playing, chasing, smelling, chewing and scavenging.

By allowing your dog to engage in these behaviors, you allow them to be physically, emotionally and mentally satisfied. Dogs who don't receive stimulation tend to find ways to enrich themselves, resulting in unwanted behaviors. Luckily, there are a lot of great cheap and easy ways to provide enrichment for your dog with things you likely already have around the house!



Muffin Tin Puzzle

You'll need:

- A muffin tin
- Tennis balls or other toys
- Dog treats or kibble

Place treats in each cup and place balls on top. For an extra special (and long-lasting) treat, you can spread a little peanut butter in each tin with a sprinkle of treats and give to your dog .

Box or paper towel roll puzzle

You'll need:

- A few small boxes
- Paper towel rolls
- High-value "smelly" treats
- Crumpled paper (leftover paper bags are perfect!)

Place treats inside a box or put some in a small piece of crumpled paper. Put the paper or other small boxes inside the other box. The goal is to "nest" things inside others for the pup to dig around and find the treats!

"Hide n Seek" game

This is an excellent game that you can play with your dog that really tires them out! Start by tossing a treat away from you and say "go find it!" You can make this game increasingly more difficult by having them "sit" and "stay" and go hide the treats in different places around the house for the dog to sniff out.



SCAN ME

**Check out enrichment ideas on our
YouTube channel!**