

30 Days of Enrichment

Enrichment provides both mental and physical stimulation for your dog. Giving them games and activities to do can lower stress, improve learning, and get you on track to having a calm and confident dog. Try to remember that dogs love different things and learn at different paces. If you feel like your dog isn't comfortable with the activity or is getting frustrated, then take a break. You can later assess whether you can make the exercise easier or if you want to try a another one instead. Don't worry, there are plenty of games for your dog to enjoy. Have Fun!!

SAFETY FIRST

We have come up with a variety of activities that should accommodate many of your 4-legged friends. However, it is important to keep in mind your dog's age, size and ability when performing these exercises. Please make sure all equipment is dog safe and supervise your dog whenever it's necessary.



Stuffed Kong

Fill up a Kong with some of your dog's favourite food.



Towel Burrito

Hide some treats inside a wrapped up towel.



Leg Weaves

Get some treats and lure your dog between your legs in a figure of 8 motion.



Plant Pot Search

Hide some treats under plant pots and get your dog to search for them.



Licki Mat

Spread some wet food onto the licki mat. If you don't own one, you can use a different surface. e.g. ice cube tray



Muffin Tin Search

Place some treats into a muffin tin and cover the them over with ball toys.



Snuffle Mat

Hide some treats in the mat. If you dont own one you can use some scrunched up towels.



D.I.Y Agility

Use some bamboo poles and plant pots to create your own agility course.



Frozen Treat

Freeze some of your dog's favourite treats. e.g. carrot



Magic Cup

Get a few cups and hide one treat underneath while your dog isn't looking. Allow them to guess which cup contains the treat.



Massage/Gentle Groom

Spend time giving your dog some much needed attention while grooming.



Bobbing For Treats

Fill a tub with shallow water and toss in some treats that float for your dog to fish out.



Egg Box Search

Hide some treats in empty egg cartons.



Musical Sit

Play some calm music and walk around the room with your dog. When the music stops, ask your dog to sit.



Treat Tubes

Place some treats in empty toilet roll tubes and scrunch up the ends.



Novel Search

Get an item your dog has never seen before and let them explore it whilst scattering treats around.



Treats In A Bottle

Take the cap off an empty bottle and fill it with some treats your dog can get out.



Cooperative Care

Practice some handling by rewarding your dog for allowing you to lightly lifting up their scruff or touch their feet.



Cardboard Party

Get some cardboard boxes, hide treats inside them and let your dog find them.



Teach Your Dog A New Trick

Have some fun training your dog something new. e.g. nose target or paw



Treat Tag

Practice recall by running with your dog, everytime they catch up to you then toss treats.



Pass The Parcel

Place some treats in a box and wrap it up in layers. Give it to your dog to upwrap.



Puzzle Toy

Put some treats into a puzzle toy and allow your dog to work out how to get them.



Find It

Toss some treats and say 'find it'. When your dog understands what these words mean then you can make it harder by hiding treats around the garden.



Paws Up

Get a stable box and encourage your dog with treats to put their front paws on it.



Toy Box Search

Scatter some treats into your dog's toy box.



Catch

Teach your dog to catch by moving a treat up and down and then releasing it.



Scatter Feed

Toss some treats/kibble in the garden and get your dog to search for them.



Sniff Walk

Hide some scents around the house or garden and let your dog investigate them. e.g. lavender



Bed & Breakfast

Toss some treats in your dog's bed. Repeat this until your dog realises their bed is a great place to be. Let them have a well deserved nap!

