

Enrichment Ideas

• ALOHA POSITIVE DOG TRAINING •



Mental stimulation can help your dog drain some of their energy while using their brain at the same time.



Ditch the Bowl

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FEEDING IDEAS

Instead of a “free” bowl of food for meals, replace their bowl with a puzzle toy. This gets them working for their meals. Try to have a variety of options so your dog doesn't get bored!

- **Classic Kong®:**
 - To help this be more intriguing, you can fill it with kibble mixed with canned dog food, canned pumpkin and/or peanut butter and FREEZE it. Freezing it makes it like a doggy popsicle and can keep them busy for a while!
- **Kong® Wobbler**
- **Kong® Stuff-a-Ball**
- **Busy Buddy® Barnacle**
- **Ruffwear Gnawt-a-Rock™**
- **Snuffle Mat**
 - Available on Amazon, Etsy, and Chewy.



Get Creative

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DIY IDEAS

It is nice to have some purchased toys, but these DIY ideas help keep variety in your enrichment activities while being budget friendly.

- **Empty plastic bottles:**
 - Fill empty bottle with kibble and/or treats. Throw away cap as this can be a choking hazard. (Milk carton, water bottle, juice container, etc)
- **Toilet paper or paper towel rolls:**
 - Fill cardboard tube with kibble and/or treats. Fold up the ends and enjoy!
- **Towel:**
 - Put a few pieces of kibble and/or treats in all four corners and fold in. Repeat this process inwards until you have a balled up towel with kibble and/or treats inside.
- **Cardboard boxes:**
 - Put some kibble and/or treats inside and close the flaps. Let 'em rip!
- **Ice cube tray:**
 - Fill with kibble and/or treats. Add any liquid that is safe for dogs (such as water, broth, or goats milk) and freeze!

Always monitor your dog when giving an enrichment toy. Avoid items that are harmful if small pieces are consumed.

Explore

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SCAVENGER HUNT/FOOD SCATTER

Create a scavenger hunt with your dog's kibble and/or treats. Hide them in places such as in corners of the room, under their toys, or on their beds. Anywhere they are allowed to explore in your home.

Help them out at first until they understand the game.

If safe to do so, toss their food or treats in your back yard for them to find. This creates an outdoor scavenger hunt. They have to forage and sniff in order to find all the kibble and/or treats!

NEW ENVIRONMENTS

Load up your pup(s) and head to a new park, friend's house and/or new neighborhood to explore. Sometimes the same old neighborhood can be "boring" for everyone, right?! Heading somewhere new can keep the walk interesting and burn some mental energy for your dog as they sniff and explore a new place.



Recall & Tricks

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TRAINING

Recall games such as Hide 'n' Seek can be a great way to have fun with your dog, get them tired and practice your recall all at the same time!

Tricks are a fun way to help your dog learn some new behaviors and have fun with the whole family. The possibilities are endless!

- Shake
- Roll Over
- Play Dead
- High Five
- Back Up
- Sit Pretty
- Wave
- Spin
- Crawl



Activities

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DIGGING

Digging is a natural behavior for dogs, especially certain breeds. Giving them an appropriate outlet for digging can help fulfill that instinct.

You can build a digging box or purchase a kiddie pool of an appropriate size and fill it with dirt, cedar chips, sand, etc.

Bury toys and/or treats in the dig box for your dog to find!

FLIRT POLE

A flirt pole can be a great way to fulfill their hunting or prey drive instinct while getting them tired at the same time.

BUBBLES

Chasing bubbles can be a great way to exercise your dog(s) physically and mentally.

Special Toys

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NOVELTY

Have a box of toys that only “appears” at times when it is play time for you and your dog(s) together.

Play fetch, tug and/or catch (tossing toy to your dog).

This time should be for you to engage in supervised play time with your dog. These games can help build a bond and relationship.

When you are done, pick up the toys and put them away until next time!



Canine Sports

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DISCOVER SOMETHING NEW

There are many great dog sports and activities out there to discover. With any of the dog sports, you can join just for fun. No need to compete unless you want to explore that option.

- Agility
- Barn Hunt
- Canine Freestyle
- Disc Dogs
- Dock Diving
- Flyball
- Herding
- Lure Coursing
- NoseWorks
- Protection Work
- Rally Obedience
- Tracking
- Treibball
- Weight Pulling

