



Humans have quite enriching lives. Whether it is school, work, social activities - there's a lot we have to do. Dogs need enriching lives, too. One key to a happy, healthy dog in the home is enrichment. Enrichment activities geared towards dogs' instinctive needs such as sniffing, chewing, chasing, and playing all provide fulfillment for their mental, physical, and emotional needs. It helps keep them busy at home and can reduce their want to find undesirable ways to enrich themselves, such as chewing and digging. Check out this list of awesome "*Boredom Busters*" to enrich your newest family member.

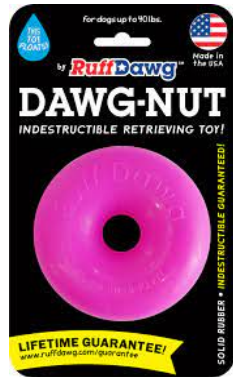
## Purchasable Items

**Kong, Starmark, JW, Planet Dog, Pet Safe Busy Buddy (and so many more)** are all companies that make toys to keep your dog busy using something most of them love: food! Each toy requires the dog to find the food, fulfilling their need to scavenge. These toys are often made of durable material to withstand power chewers and washing. They can be stuffed with a variety of things, such as food or peanut butter, and frozen to increase the challenge level and lasting time.



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**Nylabone, Ruff Dog, Benebones, and Pet Stages** all make great toys to fulfill your dogs innate behavior for chewing. These toys are made of material soft enough to chew, but durable enough to withstand chewing for long periods of time. They can even be dipped into items like peanut butter or wet dog food and frozen, to refresh them again. These toys should be discarded once they are worn down, but are known to withstand our dogs in shelter for a long time!



**Flirt Poles** are great for dogs to get out their energy. This activity satisfies their needs for chase and play. Flirt poles are durable poles usually made from PVC material that you move around with different motions. This causes a movement to the lure on the rope's end and dogs LOVE that lure. Because the pole does all the action, you can remain stationary while giving your dog a great workout!



**Puzzle Toys** are a great addition to add to meal time or to hide treats in for a fun activity. They meet your dog's need for foraging and using their nose, their best feature! There are a variety of brands and materials that you can use depending on your dog's chewing level. Puzzle toys are interactive toys that require the dog to solve a task in order to receive the reward located inside the toy.



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**Snuffle Mats** are a foraging feast! These items are great to keep your dog's nose busy. They come in a variety of size, patterns, and difficulty levels depending on your dog's needs. They are made of material, usually fleece and can hide dog kibble or treats really well. Your dog must use their nose to dig through the materials and find each piece, a great brain working activity.



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## Do-it-Yourself Items

**Muffin Tin Puzzles** can be done with items that you may already have around the home. An old muffin tin, tennis balls, and treats are all that you need! It allows them to forage using their nose, much like the snuffle mat. Place a treat or food under the tennis ball in each cup. Your dog will find them, toss the ball outside of the tin, and get the tummy treats underneath.

**Supplies Needed:** Muffin tin, balls, food/treats



**Pupsicles** are a great summer treat. They are easy to make using items from your fridge and pantry. Peanut butter, yogurt, deli meat, and more... the options of combinations are limitless! Use ice cubes to freeze the mixture of your choice for your dog. Then freeze overnight and transfer into a container or bag before sealing and placing back into the freezer for storage.

**Supplies Needed:** Ice cube tray or cups, filling/ treats or food



**Bottle Crinklers** provide your pup with fun auditory stimulation. The sound of the crinkling bottle entices them to continue playing. This toy is easy to make, as it requires a sock and an empty water bottle! Place a few pieces of kibble into your empty water bottle. Then place your water bottle into the sock. Once fully inserted, tie a knot on the end to secure the bottle. TA-DA! Your pup now has a bottle to crinkle to pass the time.

**Supplies Needed:** Socks, water bottles, scissors, reward





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**Surprise Boxes or Bags** allow your dog to feel free! This activity allows for expressing destruction in a healthy way. Many dogs like to tear, rip, chew, and shred. This activity allows them opportunities to do all those things while foraging for their reward.

**Supplies Needed:** Box or Paper bag, food/treats, filling such as egg carton or shredded paper



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**Towel Sushi Rolls** are a quick and easy enrichment activity with minimal clean up. The dog uses their nose to unroll the towel and find the treats that are hidden inside. This activity uses household items and cleaning up is a breeze, by throwing it in the wash! Place the treats in the towel, fold the ends, and roll it up. Increase the difficulty level by rolling up different layers of towels.

**Supplies Needed:** Towels, treats/food

