

INDOOR PLAYTIME: FUN WHEN THERE'S NO SUN

Sometimes the weather is less than ideal for a long walk, a trip to the park or a romp in the yard. Here are some tips for curing cooped-up canine energy without braving the elements.



TRAINING & OBEDIENCE

Mental stimulation is essential. Training provides a great mental exercise that can burn off tons of energy. And it can be done anywhere! Grab some treats or just a few pieces of kibble for rewards. Teach a new behavior, take another to the next level or teach a fun new trick!

Practice basic behaviors:

- Sit
- Down
- Touch
- Watch me
- Recall
- Find it

Teach new tricks:

- High-five
- Spin
- Bow
- Crawl
- Speak
- Roll over
- Play dead
- & many more!



TUG

Tug can be a great release for pent-up energy as long as it's done with rules. Here are some tips for playing a good, safe game of tug:

- Make sure your dog knows "drop it." It can also be helpful to teach the dog a "take it" cue.
- Present the toy and invite your dog to "take it" and play for a while.
- When you're done, ask your dog to "drop it" and stop engaging with the toy.
- If your dog is too wound-up, have them relax before you present the toy again.

Pro tip: Tug should be a cooperative game. If your dog doesn't play nicely, it might not be the best choice. If you feel teeth on skin, end the game right away. You should also be the one who decides when to play, how long to play and when to end the game.



HIDE & SEEK

- Have your dog "stay" and wait.
- Go to another room and hide.
- Release your dog to come find you!



NOSEWORK

- Have your dog wait in another room.
- Hide some treats or kibble.
- Bring your dog in to sniff them out.
- Start simple and gradually increase the difficulty.



MORE INDOOR GAMES

- Play fetch in a hallway.
- Play fetch on the stairs.
- Teach your dog to catch food or toys.
- Have your dog guess which hand has the treat or which cup the treat is under.
- Shaping games: Check out Karen Pryor's "101 Things to Do with a Box."

No matter how you play indoors, your dog will be happy to spend that time with you.

Have fun!

