



ENRICHMENT

ACTIVITIES YOU CAN DO WITH YOUR PETS!



The DOGZ Place



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INDOOR ACTIVITIES

Trick Training:

Teach your dog a new trick it can be as simple as a spin or a high-five or of an intermediate level like a weave through your leg command. Trick training with positive reinforcement not only mentally stimulates your dog but also helps in forming a stronger bond. e.g: teach your dog the figure 8 command.

Interactive Food Toys:

Interactive food toys are engaging, they also build up your dogs learning skills. Some interactive toys like a snuffle mat or a nina ottosson puzzle require your assistant which also helps in building trust and a stronger bond with your dog. Other toys like Kong fillers and toys that act as food dispensers usually keeps your dog busy on its own. Try giving your dogs things to chew on to like yakkies or dehydrated bones.

Indoor Agility:

Indoor agility can be a DIY day for you. Use different hurdles that your dog can jump or cross over. It can be as simple as holding a broom/mob across the door and teaching your dog to jump over. Make sure the jumping height should not be very high. Keep a yoga mat or a carpet so when your dog jumps he lands on a sturdy surface unlike tiles. Do this only if your dog does not have any physical issues.





INDOOR ACTIVITIES

Train and Revisit old commands:

Use your dogs half meal portion to train indoors, revisit commands and make them even stronger like a recall, stay, heel etc. Training is physically and mentally enriching it makes your dog work and think at the same time, just the way we are at our work place. Training is not just for obedience but also for keeping your dogs mind and body busy.

Find the Toy:

Start with your dogs favourite toy, play with your dog for a bit and take the toy, put your dog in a stay command and hide the toy somewhere your dog can see and come back to him and say go find it. If your dog is clueless help him to go to the place as soon as he touches the toy praise him. Slowly complicate the levels. If your dog is more treats driven do this with treats.

Hide and Seek Recall:

If your dog is on high energy and you cant take him/her out on a walk. Engage your dog or put them in a stay command and go hide yourself quickly and call your dog. Everytime your dog finds you praise them reward them. Hide seek is not only a fun game but also teaches your dog to look for you and strengthens the recall.





OUTDOOR ACTIVITIES

Sniff Walks:

As we all know dogs have 300 million olfactor sensors. The more your dog gets to sniff and explore his surrounding and process these smells the more mentally stimulated your dog will be. Sniff walks can also be walking on a new route, hiking, swimming all these outdoor activities can provide cognitive stimulation.

Train with your dog outdoors:

Very often you will realise that your dog listens to you indoors but outdoors not so much. After the walk and all the sniffing now when your dog has his attention on you carry some high value treats that you dont often give your dog at home. Use these treats to train outdoors with all commands you have learnt. See what gathers your dogs attention, use that and work outdoors is equally important that your dog listens to you in different scenarios.

Introduce your dog to new things:

Introduce your dog to new places, people, experiences. Its important that your dog is desensitised to different people, people coming home, new surfaces, introduction to exercises like agility. Places where you visit often and are pet friendly like a friends house. Take your dog let them understand and explore teach your dog to pay attention to you as and when you want in these new environments.





OUTDOOR ACTIVITIES

Go on a car drive:

Very often we put our dogs in the car and take them to a vet. Without noticing this pattern we continue, eventually your dog does not want to get into the car at all and then we wonder why? Take your dog out on a car drive even if it's just around the block. Let them enjoy the wind and take the surroundings in by staring out of the window.

Agility/Swim:

Many dogs love to swim or do outdoor agility games. These dogs either love water or love to jump over hurdles and follow the handler. Dogs with extra high energy should be introduced to such exercises that will help them stay fit as well as use their energies in a positive manner.

Tug and Fetch:

Tug and Fetch are one of the most common spoken of games when you talk dog. If your dog is healthy and does like to play the above games, make sure you do this on surfaces that are anti-skid. Don't over-do a fetch understand when your dog is tired or loses interest stop before that. Tug should be played when your dog knows a good leave it or a drop it command. (Consult a trainer)





DIY

Muffin Tin:

All you need to do is place some treats in the muffin tin and hide them by placing the tennis balls over them. Your dog now uses his nose or paws or mouth to put aside the balls in order to reach the treats. Dogs love to problem-solve things especially for food, which in return help stay them mentally happy.

Towel/Napkin:

Simply spread kibble out under a towel/napkin on the floor, roll it. Let your dog sniff out and find all the treats. Dogs who are likely to tear cloths dont use this activity. Remember no toy is indestructible so always supervise your dog and do not let things be lying on the floor after the activity is over.

Plastic Bottles/Jugs:

Simply cut a few holes in various places in the plastic and fill with kibble/treats that can easily fall off from the bottle holes and let your dog wonder how moving the bottle dispenses treats for them.

