



10 COOL WAYS TO FEED YOUR DOG

Mental exercise is key to your dog's overall well-being, preventing him finding a 'job' for himself that you're not happy about (eg: chewing furniture, digging up your garden, excessive barking – just to name a few). As well as a great way to tire him out, below are great ways to build confidence, reinforce your dog for the behaviours you love and strengthen the human-canine bond.

- 1 Use a food dispensing toy.
- 2 Play *Kibble in the Middle!* Stand in one spot and call your dog to you. Throw a kibble to one side. After your dog has found that kibble and looks back to you, throw another piece to the other side. Repeat until you are out of kibble. You can even do this up and down the stairs!
- 3 Throughout the day, feed your dog a piece of food every time you notice them doing a behaviour that you like. Don't ask for anything. Just notice when they do something awesome and reinforce it!
- 4 Hide kibble around your house before you go to work.
- 5 Bring your dog's meal on your walk and reinforce loose leash walking, eye contact, or any other behaviour that you like. Again, don't ask for anything, just notice when they do something awesome.
- 6 Play *Find It!* Ask your dog to sit and stay. Go hide a kibble and tell your dog to find it. Repeat until done. As your dog gets better, you can hide the kibble in more challenging spots.
- 7 Play *Find It* on your walk! When your dog is busy sniffing or looking at something, drop some kibble in the grass, near a bush, or behind you. Tell your dog to find it!
- 8 Spread your dog's meal all over your backyard and have them sniff out every last piece.
- 9 Grab a clicker and feed your dog as you are teaching them a new trick!
- 10 Play *Hide and Seek*. One person hides and calls the dog. When the dog finds you, feed them a bit of their meal. Have another person hide and repeat! Great game for the whole family to play!