



**YOUR GUIDE TO**

# **FUN WITH YOUR DOG!**

Everyday Enrichment Ideas to  
Improve Your Dog's Life





# WHAT IS ENRICHMENT?

Activities and items that help meet your dog's mental and physical needs by letting them express their natural behaviours.

## Environmental Enrichment

Your dog's environment plays a big role in their well-being. Set up your dog's living area with things that help them express their natural behaviours.

## Sensory Enrichment

It's important to engage all of your dog's senses; sight, smell, taste, touch and sound.

## Social Enrichment

Dogs love their people! Take time each day to satisfy your dog's need to get social.

# WHY IS IT IMPORTANT?

Giving your dog enrichment every day is essential for keeping them happy and healthy. Enrichment prevents your dog from getting stressed and bored, and can help prevent behaviour issues! Plus, it's a great way to increase your dog's trust and strengthen your bond!

# HIDE & TREAT



## Level One

Show your dog an enticing treat, toy or object, then place it on the floor. Tell them to "find it" or "seek." Praise them when they find the item!



## Level Three

Up the challenge by putting your dog in another room so they can't see you hide the item. Hide multiple treats around the room and make them harder to find, like under a blanket or cushion, or in a space higher up. Say "All done!" when they find the last one to show they finished the game.

## Level Two

Have your dog in a sit and place the treat a little farther away while they watch. Step away, then say "find it" or "seek" to send them hunting. Repeat as you hide the treat out of your dog's view but in an easy-to-find spot. Let them watch you hide it.

### Benefits of this activity:



Brain Power



Active Senses



Exercise



Training Fun

# FUN WITH FOOD!



## Lick Mats

Lick mats are made of silicone or rubber with a textured surface that holds wet food. The grooves slow down your dog's eating and makes them work to reach every nook and cranny.



**Tip:** freezing your stuffed Kong will give your dog an added challenge and make this activity last longer!

## Work it Out!



If your dog has tons of energy, try a kibble launcher or button feeder! These toys make your dog work for food by pushing a button and running to the dispenser on the other side of the room. You can also throw the food yourself for a fun game!

## Puzzles

Puzzle feeders have compartments that hide food to encourage thinking at mealtime. Other brain-boosting options include kibble balls, snuffle mats, or rolled towels with hidden kibble.

## Stuffable Toys

Food-stuffed toys can give your pet hours of entertainment and mental exercise! Fill a Kong with wet food, dog-safe peanut butter, apple sauce, banana or other dog-safe foods and let your dog dig in.

### Benefits of these activities:



Brain Power



Active Senses



Exercise



Dental health

# SENSORY SENSE



## Bubbles

Blowing bubbles is a great way to activate your dog's senses. There are even bubbles made for dogs with fun scents like peanut butter or bacon. Try a bubble machine for fast-paced bubble action!

## Music

Music is a great tool for calming your dog and helping them relax. Try classical music, soft rock or reggae!

## Dog TV

Capture your dog's attention by showing them videos of nature and wildlife. This is especially great for when you leave your dog home alone!

## Smelly Games

### Sensory Garden

Set up a an outdoor or indoor space filled with different scents for your dog to explore. Spray towels or toys with dog-safe essential oils or rub them in something smelly and let your dog discover the smells

### Pick the Hand

Show your dog their favourite treat, then hide it in one of your hands behind your back. Present both fists and ask your dog to find the treat. If they do, let them have it!

### Sniffari Walk

On your next walk, slow things down and let your dog follow their nose! A slow, leisurely walk where your dog can sniff as much as they want exercises their nose and brain

## Benefits of these activities:



Active Senses



Social life



Brain Power

# AGILITY ABILITY



## Hurdle Jumping

Set up a hurdle with the pole as low as it can go. Use a treat to encourage your dog to step over the pole. Practice at this height until your dog is comfortable, then try slowly raising the bar.

## Tunnel

With your dog sitting at the entrance, throw a treat just inside the tunnel so your dog steps in. At the other end of the tunnel, throw more treats farther in and call your dog's name so they come to you. Repeat until your dog can confidently go through the tunnel.



You can make your own agility tunnel with household objects like cardboard boxes or collapsible laundry baskets!

## Obstacle Course

Put it all together! Set up an agility course with challenges including hurdles, tunnels, platforms, ramps and more. You can test your dog's skills by rearranging the course. This activity not only exercises their body, it tests their mental focus and helps you bond!

### Benefits of this activity:



Exercise



Training Fun



Brain Power



Social life

# SOCIAL SAVVY



## Group Training

Group dog training classes are a great way to strengthen your bond with your dog and meet new friends! The OHS offers group dog training classes for all skill levels.



## People Watching

Sit with your dog in a public place like a park bench and watch the world go by to expose your dog to new people and things.

## Grooming

Pamper your dog with daily brushing and petting. This will help them relax, strengthen your bond and keep their coat healthy.

## Dog Park

Take your dog to an off-leash dog park where they can play and interact with other friendly dogs, but pay attention for signs of stress and be ready to call them back.



## Community Connection

Join a local dog walking group to meet other dogs and people in your community, or arrange visits with family and friends.

Benefits of these activities:



Training Fun



Social life



Coat health

# WANT TO HAVE MORE FUN WITH YOUR DOG?

Check out our Tricks & Games dog training class for kids and adults!

**SCAN HERE!**



## Shop at the OHS Buddy & Belle Boutique

245 West Hunt Club Road

Get great prices on enrichment items and pet supplies.  
All proceeds go to the animals!