



YOUR GUIDE TO

FUN WITH YOUR CAT!

Everyday Enrichment Ideas to
Improve Your Cat's Life





WHAT IS ENRICHMENT?

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

Environmental Enrichment

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

Sensory Enrichment

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

Social Enrichment

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

WHY IS IT IMPORTANT?

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

THE SAFE OUTDOORS



The safest place for your cat is indoors! Indoor cats live longer, healthier lives than cats who roam outdoors unsupervised, but there are safe and fun ways to let your cat enjoy the outdoors.



Catio

A “catio” (cat patio) is a fully enclosed outdoor structure for your cat to experience nature without danger to your cat or wildlife. This could be a window box, an enclosed balcony or a freestanding enclosure. You can also use a pop-up cat tent!

[Learn more!](#)



Leash-Training

For a safe alternative to free-roaming, you can train your cat to walk outdoors on a leash and harness. Start by familiarizing your cat with the harness; put it on for short periods inside the house and give them lots of rewards. Slowly increase the amount of time they wear it for and once they're comfortable wearing the harness and leash, try taking them outside! Follow their lead and bring them inside if they're uncomfortable.

Benefits of these activities:



Exercise



Training Fun



Active Senses



Social life

YOUR CAT'S KINGDOM



Vertical Space

Cats like to be up high! Your cat should have access to a perch like a cat tree. Want to get creative? Make your cat a vertical playground with wall-mounted stairs and platforms!

Box Business

It's important that your cat has access to a litter box at all times. As a rule of thumb, there should be one litter box per cat plus one, so your kitties have variety and choice when doing their business.

Plants

Keeping plants in your home, like cat grass, is a great way to bring your cat's natural environment to them! Make sure to do your research on plants that are non-toxic to cats.



Scratch That Itch



Cats need to scratch – it's a natural behaviour that keeps their claws healthy, helps them express emotion, stretch their muscles and reduce stress. Give your cat a variety of surfaces to scratch on.

Fun With Food

Imitate your cat's natural feeding routine with food puzzles! Toys that move like kibble balls or mice simulate hunting and give your cat exercise. Puzzles make cats use their brain to problem solve and get their food. Lick mats slow down eating, engage your cat's senses and have a calming effect.



Hide & Sleep

Give your cat a quiet place to retreat if they need to, like a cardboard box or a safe spot under the bed.

Cats spend 12-16 hours sleeping each day. Make sure your cat has a cozy place to snooze!

Cat TV

Captivate your cat's senses with cat TV! Set up a spot by the window for your cat to enjoy looking at wildlife (bonus if you add a bird feeder outside), or play nature videos designed for cats!

Hydration Station

Some cats are more interested in running water than still water as they prefer the taste or have fun playing with it! Try giving your cat a pet fountain to activate their mind while staying hydrated.



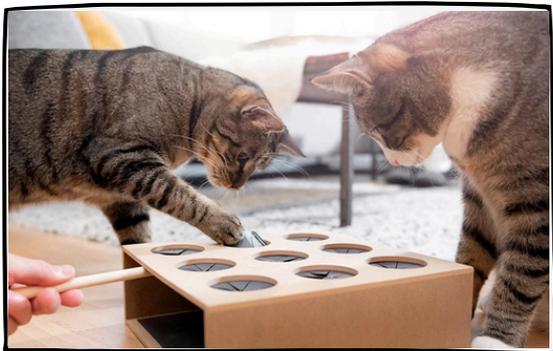
BETTER TOGETHER

INTERACTIVE ENRICHMENT FOR YOU AND YOUR CAT



A Feather For Your Cat

Stick, string, feather. One of the easiest activities you can do with your cat is playing with a wand toy! Buy one or make your own, and play with your cat daily! Make sure to switch out the toys regularly to keep your cat's interest.



Source: canadiancat-company.com

Whack-A-Mouse

Make an easy, fun DIY game to play with your cat! Take an empty cardboard box and cut off one of the sides. Cut a few holes in the top, about the diameter of a toilet paper tube. Next, glue a toy or feathers to the end of a stick. Pop the stick up through the holes, using the open side of the box, like whack-a-mole and let your cat go wild!

Clicker Training

Cats can learn tricks just like dogs! Clicker training is a fun way to bond with your cat and address behaviour issues. Do research on how to get started with clicker training your cat!

A Brush with Love

For many cats, grooming is a love language. Take time each day or each week to spend quality time brushing your cat – and don't forget the cheeks!

Benefits of these activities:



Exercise



Training Fun



Coat health



Social life

STRONG INDEPENDENT FELINE

SOLO ACTIVITIES FOR
YOUR CAT



Muffin Tin Fun

Grab a muffin tin, small toys and your cat's favourite treats. Place treats in each of the tins and cover with a toy for your cat to uncover. For a bigger challenge, place treats in only a few spaces but cover them all! This also works with egg cartons or ice cube trays!



Source: preventativevet.com

Gone Fishin'

Fill a baking sheet with water and set treat-filled bottle caps afloat on top. Your cat will have to problem solve to get the treats!



Source: @Kuzcoplusleo

Tubular Toys

You can turn empty toilet paper rolls into fun for your cat! Cut small holes along the sides and fill with your cat's favourite treats or kibble. Fold both ends down. You can give it to your cat as is or hang a few on a string for them to bat around!

Chase Me!

Cats love to chase! Fulfill your cat's needs by giving them moving toys, like an automated mouse or ball that moves on its own.

Benefits of these activities:



Exercise



Active Senses



Brain Power

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Getting Savvy About Senior Cats

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