



Enrichment Rainbow



Enrichment is an important part of a dog's basic needs. It can decrease/prevent undesirable behaviors, support mental health, and lower rates of stress and illness.

Green Level 1- "I am short on time today"

- Play an audiobook- Studies have shown that dogs enjoy listening to people read a story. Choose a calming reader!
- Snuffle games- pick up a snuffle mat for your dog or scatter his favorite kibble in some grass and ask him to go find it! (Be sure to supervise your dog and remove the snuffle mat once he has retrieved all the treats. If playing out in the grass, ensure there is nothing hazardous for your dog to ingest).
- Doggy massage - Spend 5-10mins giving your dog a little massage while drinking your morning coffee! It's a lovely way to relax and bond together

Yellow- Level 2 - Adding to the Daily Routine

- Sniffari walk! - Using peanut butter, whip cream &/or easy cheese, smear a little onto trees and/or posts along your planned route. You can even hide treats in the grass or scented toys behind rocks etc. Set this up before your walk and then let your dog exercise his nose and brain as he discovers these treats on his Sniffari!
- Play dog playlist- "Through a Dog's Ear" is a great one! Classical music, Reggae, and Soft Rock are dog favorites!
- Clicker Training- See handout on how to clicker train and have fun teaching your dog new cues! Just 5-10 mins of brain training daily can help stimulate and tire out your dog!

- Scent work- Look up dog-friendly oils and mix a few drops with water to create a scented spray. This can be spritzed onto hand towels or toys (tennis balls work well). Be sure your dog is interested in the smell, as what may be enriching to one dog could be aversive to another.
- Toy puzzles- Add tasty treats into a toy puzzle, interactive toy or Kong wobbler.

Blue Level 3 -Bring on the Smiles

- Stuffed Kongs- Stuff kong toys with treats, peanut butter, squeeze cheese, whip cream, or your own culinary masterpiece.
- Ball pit- Fill a baby pool with balls for the dogs to play in!
- Bubbles- Some dogs go nuts for bubbles, and you can even try bacon bubbles as a fun new experience for your dog!
- Dynamic Fetch- This is a great one to work your dog's mind and body! Ask him for a 'sit', 'shake', 'rollover'... whatever cues you've taught him before throwing the ball! This teaches your dog impulse control and makes him work for his reward which in this case is the game of fetch!

Purple Level 4 - We've got some time!

- Brush down- Brush your dog (only if he enjoys it!) Zoom Groom brushes are amazing for short coats and disinfect easily! For dogs who enjoy massages, this can be very enriching plus it's a nice bonding experience for you both.
- Storytime- Sit with your dog and simply read a book out loud to them. This can also be therapeutic for you!
- Hide N' Seek- You can play this game with yourself or a toy (even better mix it up and do both on different days!). Start by asking your dog to sit and stay (if they don't know 'sit' and 'stay' these would be excellent cues to teach using your clicker training technique). Show your dog the toy so they can smell it, then have them 'stay' while you go and hide the toy (you can also shut them in a room if they don't yet have a good 'stay' down), come back and ask them to "go find it!". Help your dog out in the beginning by hiding the toy in easy to find places, building up to harder spots. Go searching with them to

keep them engaged and help them out if needed. Do the same with yourself (have a friend help if your dog doesn't have a solid 'stay'. This is a fun and very bonding game for both you and your dog!

Red Level 5 - Let's get physical!

- Go on a doggy Exploratory walk- Let your dog lead the way with his nose (so long as it's safe to do so), do not jerk your dog when he wants to sniff areas of interest, simply let him lead the way. You can decide on the length of time you are out vs the distance you will travel as your dog chooses the path most interesting!
- Exercise walk- This is a faster paced walk or even jog (if your dog is medically cleared to), where the purpose is to go from point A to B and excerpt a little more energy. Be sure your dog is able to sniff and go potty at the beginning of this walk, and it's good to give him the cue to go and sniff/potty at various points along the way, but you are the one leading this walk.
- Tug O' War- This is a wonderful bonding tool and a great way to allow your dog to let off steam! For a successful game of Tug you should first teach your dog the 'drop it' cue. Contrary to some outdated beliefs it's good to let your dog win as often as he loses! Stop the game if he becomes too mouthy or overly excited, but do praise and reward him for each drop that you cue!
- Agility- Check out your local agility classes and sign up for added training and bonding fun!

Orange Level 6- Beat the heat this summer!

- Frozen Kongs - Freeze Kong toys with fillings like peanut butter, squeeze cheese, whip cream, water or broth!
- Pupsicles- Fill popsicle molds with broth, goats milk, or your own culinary masterpiece. Bonus: add treats to the middle!
- Frozen toys- Fill bowls or buckets with water and add rope toys or other durable toys to freeze inside. It's a larger-than-life, engaging ice cube. Bonus: mix in broth to water or add treats.