

# Canine Enrichment

## What Is Canine Enrichment?

Canine enrichment refers to a wide array of activities that can be done with your dog in order to stimulate their mind as well as keeping them physically fit. This often goes back to providing them with ways to fulfill their natural instinctual habits such as playing, chasing, smelling, chewing, and scavenging.

## Why Is It Important?

When your pet is given enrichment activities that stimulate them both physically and mentally, they do not have to find ways to do that themselves. Oftentimes when a dog is understimulated they end up getting themselves in trouble much more often. This can mean destroying things such as bedding or furniture, getting into places they are not supposed to be, escaping the yard, etc. A busy and enriched dog is a happy and well behaved dog.

## DIY Enrichment Ideas:

### Muffin Tin Puzzle



This one is pretty straight forward, perfect for a quick food and smell based enrichment activity!

## Box Puzzle



All you will need for this one is some old boxes and some high value smelly treats to hide in the innermost box. You can do as many boxes within boxes as you'd like in order to entertain your pup for longer periods of time.

## Snuffle Mat



You can purchase snuffle mats, but they are also easily made by tying strips of fleece to a rubber kitchen mat. Then all you have to do is hide kibble or small treats throughout the mat for your dog to sniff out and snack on!



## Upcycled T-Shirt Dog Toys



DIY Upcycled Dog Toys are another great way to kill two birds with one stone... giving your dog a new enrichment project as well as giving a new purpose to some old clothes you don't use anymore. Braiding/knotting in some kibbles is another way to add even more enticement to these easy DIY toys.

## Find It:



This one works indoors or outdoors, just toss a treat for your dog, say “find it” and let them work out those nose muscles. As they get better at this, you can start challenging them more by tossing farther or making them look away when you toss it for them.

## **Favorite Muddy Paws Enrichment Toys:**

Muddy Paws has put together a list of our favorite enrichment toys for you! We have created this list on Amazon for our clients to be able to reference, but many of these toys can be found in most pet stores as well:

[https://www.amazon.com/hz/wishlist/ls/1ESKAR7ENV5IP?ref\\_=wl\\_share](https://www.amazon.com/hz/wishlist/ls/1ESKAR7ENV5IP?ref_=wl_share)

