

10 Rainy Day Enrichment Activities



" Enrichment should be fun not frustrating "

1) Snuffle Towel

- Get out a towel or blanket, sprinkle kibble or treats on it then scrunch it, fold it, or roll it up and let your dog scavenge the food.

2) Snuffle Box

- Fill a box or bin with plastic water bottles, toilet or paper towel rolls, soft toys or a combination. Then scatter their food and/or treats into the bin and let them search them out.

3) Toilet paper roll shoe Box

- Take an empty shoe box and stand the toilet paper rolls on end in the box until the box is completely full. Then sprinkle your food/treats into the rolls and watch how your dog solves the puzzle.

4) Gallon Jug Fun

- Take an empty milk jug or juice container, remove the cap and collar, drop a few treats inside and put it upright on the floor for you dog to discover.

5) Muffin Tin Time

- Take an empty muffin tin and place a treat in each cup. Then place a tennis ball, soft toy, empty yogurt cup or a combination of all three, on top of the treats. Place it on the floor or a low table for your dog and let them work out how to find the treats.

6) Cardboard Castles

- All you'll need for this activity is a few cardboard boxes and some kibble/treats. Depending on your individual dog's confidence level, you can place the boxes flat on the ground or stack/lean them on one another. Once you have the boxes arranged, simply scatter the food in and around them and let your dogs search it out. Start easy and progress to piling up the boxes, only when your dog is comfortable.

7) Shred, shred, shred!

- Shredding is a natural, but often over looked behavior for dogs. For this activity you'll need any kind of paper (newspaper, wrapping paper, copy paper etc.) and a box or bag. Simply crumple the paper loosely, place it in a paper bag or box, then sprinkle the food and let your dog scavenge.

8) Licki Tin

- This is a great solution if your dog tends to chew up lick-it mats. Simply take a muffin tin, lightly smear the inside of each cup with softened dog food, canned pumpkin, plain yogurt, all natural applesauce or peanut butter. Then place the tin in the freezer for 15-30 min. Remove from freezer, let sit for 2 minutes, then place on the ground for your pup. Licking is very soothing for dogs and can relieve stress and anxiety.

9) Egg Carton Fun

- Take a cardboard egg carton, pop some treats in the cups, then close it up and put it down for your dog. If your individual dog is proficient at popping it open, you can lightly tape the top shut.

10) Fortune Cookie Fun

- For this you will need toilet paper/paper towel rolls and kibble/treats. Fold one end of the toilet paper/paper towel roll closed. Then insert kibble/treats. If your dog is new to this, leave the other end open to start. As your dog gets the hang of it, you can gently fold over both ends with the treats inside. Make a bunch of these - some with treats, some without and scatter them on the floor. Your dog will need to use their nose to determine which ones have food and which ones do not. This will fulfill their natural behaviors of hunting, scavenging and shredding.

For more DIY enrichment activities visit any of our social media platforms!

YouTube-

www.youtube.com/@canineenrichment.center

Facebook-

@CanineEnrichmentCenter

Instagram-

@CanineEnrichmentCenter

TikTok-

