

# WHAT IS ENRICHMENT?

Enrichment is any form of psychological stimulation that provides your pup with ways to exercise their natural instincts in safe, appropriate, and fun ways. Essentially this is a way to “enrich” your pup's life. There are typically 6 categories of enrichment:

**SENSORY** - This includes anything that stimulates your pup's senses. Sight, sound, taste, smell, and touch.

**FEEDING** - By employing the power of your dog's nose and brain, you can encourage your pup to use their natural hunting and foraging skills at mealtime.

**TOYS & PUZZLES** - These encourage your dog to manipulate them for a reward. The reward is usually food or treats, but could also include plush, rubber, rope, and fetch toys.

**ENVIRONMENTAL** - Adding new things to your dog's life can sometimes increase their physical activity and make things more interesting.

**SOCIAL** - Interaction with other people and other dogs builds self confidence and trust.

**TRAINING** - Training can help strengthen the bond you have with your dog and help to build trust.



## TYPES OF ACTIVITIES

Basic enrichment activities can include a combination of the following:

- Playing
- Chasing
- Fetching
- Digging
- Scavenging
- Sniffing
- Shredding/Ripping
- Chewing
- Licking
- Solving puzzles

**Physical Enrichment** - Dogs need to move daily to get their hearts pumping and burn off excess energy.

*Activities include:*

**TREADMILL** - A treadmill is a great way to combine physical exertion with structured focus. It helps tire out your dog even in inclement weather.

**PARKOUR/URBAN AGILITY**- With a handler, a dog is guided through an obstacle course that includes various equipment such as Weave Poles, Hoops, Dog Walks or Tunnels.

**Olfactory Activities** - A dog's sense of smell is far more powerful than humans. Putting their nose to use is one of the best ways to allow your pup to learn about their environment. *Activities include:*

**NOSEWORK GAMES** - Dogs learn how to search for a specific odor and/or odors. Nosework is designed to help dogs tap into their hunting instincts, learn independent problem-solving skills, and build a solid scent detection foundation.

**SNUFFLE MATS** - A snuffle mat mimics natural foraging behaviors. The mat consists of strips of fabric in which treats are hidden throughout and pups must forage for them.

**TREAT DISPENSING TOYS** - These toys require your dog to interact with them to shake loose the treats or kibble inside. The best toys incorporate unpredictable movements to avoid the dog from figuring out how to efficiently get the most reward too quickly.



**Mental Enrichment** - Mental stimulation keeps your pup's brain buzzing and engaged. *Activities include:*

**PUZZLE TOYS** - Puzzle toys allow dogs to problem-solve and use their mind to figure out solutions on their own. These toys usually consist of hidden compartments for treats and come in a variety of difficulty levels and challenges.

**BALL PIT** - Treats are thrown in a baby pool that is filled with plastic balls or tennis balls to encourage romping and searching.

**FLIRT POLES** - A piece of exercise equipment (typically a long rod with a piece of rope attached to a toy), that entice a dog to chase a fast-moving lure.