

# TYPES & EXAMPLES OF ENRICHMENT

## Active or Physical

**Enrichment** gets the heart pumping! Activities that enhance a dog's life in this fashion require active participation by the dog. Not just for young or bored dogs, many shy and fearful dogs can benefit from physical enrichment regardless if the play is done socially or independently.

On-leash walking  
Running/Jogging  
Skateboarding/Surfing  
Dancing (heelwork to music)  
Clicker training  
Agility (ramps, tubes & weaves)  
Toys to chase

## Feeding Enrichment

can make mealtime challenging and fun!

Puzzle toys  
Snuffle mats  
Hide & Seek  
Cup game  
Change feeding bowl location daily  
Muffin tin ball feeder (food in tins with tennis ball on top)

## Sensory Enrichment

stimulates ALL the senses: auditory, olfactory, tactile, visual, and sometimes taste.

Bubbles  
Safe herbs & spices (i.e. mint, cinnamon)  
Wind chimes  
Trips to the beach and other locales  
Shopping (places like Home Depot often allow pets, just keep an eye on their paws)  
Day at the office with favorite human

## Independent Enrichment

activities are those your dog does on his own. You can be watching, just don't participate.

Dig Pit (fill wading pool with sand & hide toys/treats)  
Puzzle toys  
Nosework

## Cognitive Enrichment

uses problem solving to stimulate the brain.

Puzzle Toys  
Hide & Seek  
Nosework

## Social enrichment

helps your dog adapt to other animals and people, feeling confident in various situations.

Play dates  
Dog parks  
Outdoor cafes

## Passive Enrichment

is when your pooch simply experiences something happening in his world without any effort. Dogs with physical challenges, fear or shyness can all benefit.

Resting on a porch, backyard deck or a quiet lake shore.



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Be the one who makes a difference!