



# LUCILLES ENRICHMENT IDEAS !

**INTERACTIVE TOYS** These challenge your dogs problem-solving skills and keep their brains engaged. Consider puzzle toys, treat-dispensing toys, or toys that require them to solve a puzzle to access some yummy meal food. Don't forget – recycling is your best friend ! Hide their meals in boxes, egg cartons, muffin tins, toilet roll holders, rolled up towels, ice trays, you name it !

**TYPES OF PLAY** There are 3 main types of play. Personal play - you and your pooch playing together. Toy play - this involves anything from a tug toy, plush toy, flirt pole, ball, squeaky toy or any other toy your pooch loves. The last one is Food play - you can throw the food, hide it, have your pooch follow the food in your hand whilst they go up, over under and through obstacles !

**SCENT GAMES** Engage those 'up to 300 million scent receptors' through scent work games. Hide treats or toys around the house or in the yard and let them use their nose to find them.

**TRAINING/TRICKS** A few short sessions teaching some basic commands or a new trick will help wear your pooch out ! Look up a training method called SHAPING. Lots of fun and great for confidence and bond building.

**OBSTACLE COURSES** Set up a home made agility course with safe, sturdy household items such as crates, brooms, foam shapes, wobble boards, tunnels, things to go over, under, through.... Keep everything low to the ground to avoid injury. This is great for building body awareness and balance.

**QUALITY TIME AND AFFECTION** A 5 min massage will do wonders for you and your pooch. Lots of Oxytocin release is great for us and them ! Start at their head and go all the way down to their paws. Create a cue for a massage such as 'RELAX'...and watch them plonk on the floor in anticipation of a good ol rubdown !

**HIDE AND SEEK** Have a family member or friend keep your dog occupied in another room, then go hide, have your friend release them as you call their name...not only is this great for mental stimulation, it helps with Recall practice too !

**SNIFFARI** Take your pooch to an area that they haven't been to. Watch them sniff and take in their new surroundings. It could be the beach, the bush, a different part of your garden, a friend's yard, a field etc.

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