



# Low-Calorie Enrichment

All these Enrichment ideas can be used with treats or kibble and may need to be at first for your dog to get the idea of the game.

## Toys

### Hide and Seek

Place your dog in their crate or outside while you hide their toy or have them in a stay while you hide. Release them to find their toys or yourself. Give them lots of praise when they do so.



Rotate your dog's toys every week so they think they have a new toy each week and get toys that tap into their scavenge instinct. Flirt pole, fetch, play tug of war with, or use a suction tug toy (picture below) with your dog.



### Platforms

Add raised beds, ramps, a dog pool, steps, a doggie door, or a safe unused pallet to your dog's environment. On walks allow your dog to climb up trees and benches.



### Dog Television

Dogs are not color blind; they can see shades of Blue and Yellow. (Keep this in mind when picking out your dog's toys as well.) Most "dog TV" shows nature and other dogs, along with relaxing music.



### Scents

Dog-safe scents like lavender, chamomile, coconut, ginger, or 'Thunder ease'. These can be added to your dog's environment by purchasing the plate or placing one of these scents into a PVC pipe with holes and caps to keep the scent in. Bring home leaves, sticks, or other smells and place them around your yard for your dog to investigate.



### Social

Allow your dog to have a play date with a trusted and compatible dog. Use the 3 second rule when introducing your dog to another for the first time!

