

More than a walk:

SIMPLE ENRICHMENT IDEAS TO TAKE ON THE ROAD

① SMELLY SCAVENGER HUNT

This activity fulfills the behavioral need for: Sniffing

Create a list of at least 3 things that your dog loves to smell, and make it a goal to find all 3 things during your walk. Allow your dog to sniff each one as long as they want.

Some ideas: wet leaves, park benches, trash cans, the neighbor's fence, street signs, or parked cars.

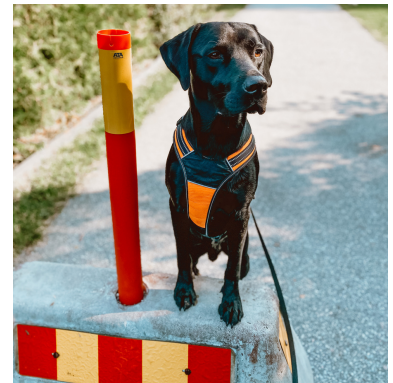


② PARKOUR

This activity fulfills the behavioral need for: Physical exercise

Parkour uses normal things in your environment to exercise parts of your dog's body, plus grow their confidence. Park benches, trees, rocks, and playground equipment are great surfaces to use.

You can use a piece of food, and eventually just a cue and your body language, to encourage your dog to put their front paws on a surface, slide sideways, jump all the way on top, balance, and more.



③ TREATS DO GROW ON TREES

This activity fulfills the behavioral need for: Foraging

Find a tree with rough bark or low branches. Place some food in the grooves of the bark or on the nooks created by low branches. Soft and sticky food like pieces of cheese or meat work best. Then encourage your dog to search for the food!



④ CATCH ME IF YOU CAN

This activity fulfills the behavioral need for: Chasing

What dog doesn't love a good game of chase? This game can be played in an off-leash area, or with a long leash in a safe environment. While your dog is mildly preoccupied with something else, start walking, running, jumping, or dancing away from them. When they've started following you, continue running for a bit. Eventually, let them catch you and play with them, give them some food, a toy, or something else they find rewarding.

