

FIDO'S FUN & GAMES

DIY Dog Enrichment Activities

Check List



SECTION 1: YOUR DOGS NEEDS

- ☐ 1. Assess your dog's age, breed, and energy levels to tailor activities accordingly.
- ☐ 2. Note your dog's preferences—does your dog prefer toys, food rewards, or physical activities?.
- ☐ 3. Observe any behavioral signs indicating boredom or stress.

RECOMMENDED PRODUCTS



- ☐ [Plenty of Life is Free - by Kathy Sdao](#)
- ☐ [Language of Dogs - DVD Set](#)
- ☐ [Canine Behaviour in Mind -](#)

SECTION 2: SENSORY ENRICHMENT ACTIVITIES

- ☐ 1. Create a scent trail using dog-friendly smells (e.g., small bits of food or a scent-infused toy).
- ☐ 2. Set up a mini obstacle course in your backyard or living room.
- ☐ 3. Recreate an outdoor environment indoors with elements like sand or water for exploration

RECOMMENDED PRODUCTS



- ☐ [PetSafe Busy Buddy Twist 'n Treat Dispensing Dog Toy](#)
- ☐ [Dogs Obstacle Course](#)
- ☐ [The Happiest Dog on the Block](#)

SECTION 3: INTERACTIVE FOOD PUZZLES

- ☐ 1. Use a muffin tin and tennis balls to hide treats.
- ☐ 2. Fill puzzle feeders with your dog's favorite kibble to encourage problem-solving.
- ☐ 3. Experiment with homemade puzzle toys using household items like cardboard boxes.

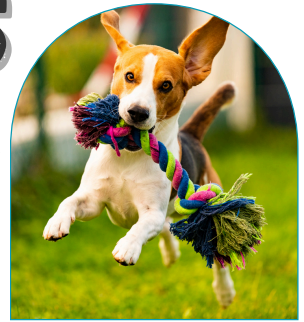
RECOMMENDED PRODUCTS



- ☐ [A Dog's Fabulous Sense Of Smell: Step by Step Treat Search Tracking](#)
- ☐ [Treat Puzzle Feeder Toys for Dogs Mental Stimulation](#)
- ☐ [WOOF Starter Pack - Interactive Dog Toys for Boredom](#)

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SECTION 4: PHYSICAL EXERCISE IDEAS

- ☐ 1. Implement a daily routine of structured play sessions with fetching or tugging games.
- ☐ 2. Build an at-home agility course using chairs, broomsticks, and blankets.
- ☐ 3. Teach your dog a new skill or trick to combine physical and mental exercise.

RECOMMENDED PRODUCTS

- ☐ Interactive Flirt Pole Toy for Dogs Chase and Tug of War
- ☐ JMMPOO-Dogs Agility Training Equipment
- ☐ The Happiest Dog On the Block

SECTION 5: SOCIAL ENRICHMENT

- ☐ 1. Organize a virtual playdate via video chat with dog friends if in-person is not feasible.
- ☐ 2. Experiment with different play styles to see what your dog enjoys.
- ☐ 3. Rotate your dog's toys to keep them excited and curious.

RECOMMENDED PRODUCTS

- ☐ Join a Dog Lovers FB Group – see 📌
- ☐ Play With Your Dog – book or DVD
- ☐ Zeaxuie-Luxury-Puppy-Squeaky-Teething

👇 **JOIN OUR FB GROUP** 👇

<https://www.facebook.com/groups/doggytails>

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SECTION 6: MENTAL STIMULATION ACTIVITIES

- ☐ 1. Practice training sessions that focus on advanced commands or tricks.
- ☐ 2. Set up a DIY snuffle mat using a rubber mat and fabric strips for mealtime enrichment..
- ☐ 3. Introduce scent work games using essential oils safe for dogs.

RECOMMENDED PRODUCTS



- ☐ Fit For Life Videos – V3 – USB
- ☐ Paws 5 Woody Snuffle Mat
- ☐ Snuffle Seek – Nose Work for Dogs

SECTION 7: RELAXATION AND WIND-DOWNS

- ☐ 1. Incorporate a relaxation routine with calming music or white noise.
- ☐ 2. Practice gentle massage techniques to help your dog unwind.
- ☐ 3. Create a cozy sleep area with a comfortable bed and familiar scents.

RECOMMENDED PRODUCTS



- ☐ Through A Dogs Ear – Calming Music to Sooth
- ☐ Canine Massage in 3 Easy Steps – DVD
- ☐ Furhaven Orthopedic Dog Bed

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