

Enrichment Activities

- Adventure Box
 - Take a box (tupperware, dog bowl, mixing bowl, shipping box, shoe box, etc.) that has an open side and stuff a bunch of towels or toys inside, then scatter treats throughout the box and let your puppy snuffle around to find them.
- Yeet the Treat
 - Get a bowl of treats or kibble and a comfy place to sit. Toss a treat across the room. As soon as your puppy gets that piece of food into their mouth, toss another piece somewhere else. Pretty soon your puppy will be trotting or running from one place to another. This is a great way to get your puppy some light exercise while also giving them a fun dinner.
- Treat Towel
 - Spread the towel out and sprinkle treats or kibble over it. Now roll or fold it up so that the treats are evenly distributed. Give to your puppy. For increased difficulty you can dampen the towel slightly and then freeze it.
- Recycling Rummage
 - Save your egg cartons, water bottles, small boxes, toilet paper rolls, paper towel rolls, and juice cartons (remove any rings or from the bottles). Stuff treats or kibble inside and let your puppy try to get them out. If you need to make it more difficult, you can close the egg cartons and boxes after they have been stuffed. For the toilet paper and paper towel rolls you'll need to fold over the ends.
- Free Shaping
 - This is actually a training technique, but it can be great fun for your puppy! Get a bowl of treats or kibble and a whole bag of patience. Pick a simple behavior as a goal for the session (touching the wall with their nose, looking to the left, walking backwards, sniffing the ground, etc.). Now determine the *very first* step involved in that behavior (*in order*: moving a step closer to the wall, glancing to the left, shifting their back feet, lowering their head, etc). *Do not move or make any expression at all until your dog has offered a behavior.* Then you can smile or talk to them a bit, but make

sure you go quiet again after just a few seconds to let them think. The point is to let your puppy figure it out on their own. This is a great confidence builder for your dog because they have to really put themselves out there. Wait until your puppy does something approximating that *first step* in the behavior sequence. Say, “yes!” *one time only* (otherwise the floor will open up and eat you) or click your clicker and give them a piece of food while praising them.

- Food Scatters
 - Take your puppy outside on a leash and grab a handful of their treats or kibble and toss them in a scatter in the grass. Let your puppy go hunt for them.
- Stuffed and Frozen Food Toys
 - Take a rubber food toy that’s made for stuffing and fill it with a wet food or treat. Put it in the freezer for a few hours and then give it to your puppy.
- Hide and Treat
 - Take a handful of treats or kibble and hide them around a room without your puppy present. Now bring your puppy in and tell them to, “go find them.” Let them go explore the room and find the treats. Keep the hiding spots really obvious at first and then slowly make them harder as your puppy gets better.
- Obstacle Course
 - Build obstacle courses in your home. Walk through and gather suitcases, big tupperware lids and containers, empty water bottles, buckets, step stools, couch cushions, etc. Anything that’s big enough for your puppy to interact with. Arrange these things together and lure your puppy over, around, and under them for some good exercise and fun. Just make sure that you’re helping balance your dog if necessary and are stabilizing obstacles as necessary so your dog doesn’t get injured. Some ideas are:
 - Big tupperware lid on top of a couch cushion: creates a wobbly table for your dog to walk over.
 - A couple of short stools can make “stepping stones” for your dog to walk across.
 - Exercise ball can be a fun thing for your dog to balance on.
 - Wooden plank/ironing board and a brick or some shoes can make a teeter-totter. The brick/shoes would be the center point that the

plank/board would wobble over.

- Short and wide tupperware or kiddie pool filled with empty water bottles is essentially a ball pit that your dog can rummage for treats in.
- A broom laid across two chairs is a great “limbo” stick to walk/crawl under.

- Wack a Hand

- Get some treats or food in both hands and get on the ground in front of your dog. Put one hand out, curled into a fist, on the ground. Start shuffling it around in small erratic movements. Gauge your dog’s reaction, you might need to slow your movements down or speed them up. You want your dog interacting, but not going crazy. If they’re really excited or nervous then slow it down. If they’re not terribly interested then speed it up. Try skittering your hand around a little like it’s a mouse chittering around. Talk to your dog softly and encourage them to play. When your dog comes up and interacts with your hand, say, “yes,” and let a treat or two drop out. You can shape how they’re interacting by choosing specific actions to say, “yes,” to and then release a treat for. I like to build a paw wack or a soft mouth grab. I want it gentle but kind of enthusiastic so that I can get my dog lightly slapping the floor as my hand runs across it away from them and when they “catch” my hand they deliver a soft bite that, “kills,” it.