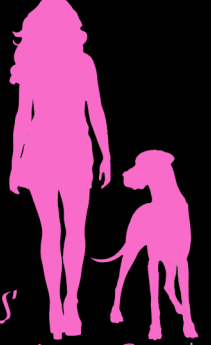


# Boredom Busters

*Games and enrichment to keep your dog stimulated and occupied*

*Heather Thomas*

Behaviour Consultant and Business Coach



## Chewing

This releases feel good endorphins and chewing should always be promoted with dogs by giving them specific items to chew. They are also less likely to chew household items in frustration and boredom.

## Puzzle Toys

You can get a variety of these now some, more complex than others. You may need to help your dog with these initially.

## Variety

A Variety of Toys— providing new toys on different days so that each day has a different toy to play with or carry.

## 'Find It'

Stuff a Kong with a few treats and pop it on the floor a few meters away, then ask them to 'find it'- when they get it they are automatically rewarded with the treats inside.

Add distance and duration to this (making the hiding places harder/having them stay inside whilst you put it out)



## Lunch Box

Make a 'lunch box' for your dogs when you leave them, this is just another boredom buster but provides great brain stimulation which they will need! Cardboard boxes stuffed with brown paper treats toilet roll holders, pig's ears, etc

## Sand Pits

Sand pits work really well in the same way as find it and scent work tasks. Using a child's play sand pit you can hide toys/balls and treats and they have great fun digging to find items. The bonus is some sand pits will come with two halves and you could fill one with water in the heat for a quick pool cool down.

## Scent Work

Scattering and hiding treats around the garden is a great boredom buster, but you can also do this in the house too. Making it harder as he/she gets better at it.

If your pet is experiencing behavioural problems and you need help, please get in touch

[www.heather-thomas.co.uk](http://www.heather-thomas.co.uk) [Heather@heather-thomas.co.uk](mailto:Heather@heather-thomas.co.uk)