# JAN ENRICHMENT

#LoveMyDog365

WAGNIFICENT K9 TRUFFLE DOGS

## NOTES

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| | | 1 Offer 3-4 different treats to your dog and observe his preferences. | 2 Toss treats, one at a time, into tall grass & watch your pup search for it. | 3 Make a list of your dog's favorite foods to use in enrichment games. | 4 Teach Find It. Let your dog see you place a treat. Let her go to it. Progress to her not seeing you hide it. | 5 Rotate different toys in your dog's toy box frequently and let your dog discover them. |
| 6 Place treats in a cardboard box with crumpled paper and supervise while your dog searches for the treats. | 7 Take your dog on a sniffing walk and let her decide where and how fast you walk. | 8 Place a single treat under one of three upside-down cups and let your dog find the correct one. | 9 Fill a Kong with yogurt, cottage cheese, or soft food and freeze it for a fun treat. | 10 Offer your dog a healthy chew and supervise while she enjoys it.. | 11 Take your dog somewhere to watch something of interest. (from a safe place) | 12 Place used toilet paper tubes upright in a box. Fill them with treats. Let your dog dig through the tubes. Supervise. |
| 13 Consider buying your pup a snuffle mat or make one of your own.. | 14 Scatter treats around a room and let your dog find them. Observe how she works.. | 15 Roll treats in a hand towel or a bath towel and let your pup work to gain access to them. Supervise. | 16 When you return home, offer your jacket to your dog to sniff. | 17 Hide treats on your body and let your dog find them (use pockets, creases in pants, socks, etc.) | 18 Play fetch with your dog in tall grass so she has to search for the toy. Use treats if she isn't interested in toys. | 19 Place treats under a blanket and let your pup scratch at the blanket to get to them. Help if she becomes frustrated. |
| 20 Leave treats or a new toy in your dog's crate or bed and let him notice it on his own. | 21 Roll treats in 6-8 inch wide pieces of fabric. Pile up the rolls and supervise your dog unrolling each one. | 22 Give your dog some round novel foods like frozen peas or cranberries. Let her play with her food. | 23 Offer your dog a large carrot as a crunchy snack. Use a food toy to make it last longer. | 24 Scatter treats throughout the house and let your dog go on a whole house treat hunt. | 25 Plan to let your dog inspect and sniff items from your next clothes shopping trip. | 26 Prepare a unique meal for your dog. Plate it and watch him figure out how to eat it. |
| 27 Set treats under several cones or boxes. Supervise while your dog maneuvers the obstacles for treats. | 28 Surprise your dog this month with a new puzzle game you can play together. | 29 Take your dog to a new environment to sniff around. | 30 Sprinkle treats in your dog's toy bin and watch her dig for the treasures. | 31 Subscribe to the What The Dog Nose podcast to learn more enrichment and scenting activities. | | |