

# Mental Stimulation & Enrichment

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Bored dogs become destructive, are overly energetic, and tend to struggle with good manners because they have too much pent up energy to be successful with their own impulse control.

Dogs need interactive play with humans, physical exercise, and the ability to use their five senses (primarily smell) to explore the world and work their brains.

Ways to mentally enrich your dog:

- Let them work for their meals through training sessions with you
- Let them have access to appropriate chewing items
- Use food toys and puzzles for meal times instead of eating out of regular dog bowls
- Take them someplace new where they can have some safe long-line or off leash time (*read: The Value of Decompression and Enrichment in your Client Portal at [www.AlohomoraDogTraining.com](http://www.AlohomoraDogTraining.com)*)



*There are lots of different kinds of slow feeder bowls & toys! Grow your collection and use them!*

*Put kibble in a muffin tin and put tennis balls over the holes to make dinner a challenge for your dog!*



*Snuffle Mat*

*Throw kibble in your grass on busy days to ensure your dog is still getting enrichment from "nature's snuffle mat."*



## Appropriate Chewing Items:

- |                     |                    |
|---------------------|--------------------|
| Benebones/Nylabones | Cow Hooves         |
| Bully sticks        | Gorilla Wood Chew  |
| Raw marrow bones    | Beef Trachea       |
| Antlers/Horns       | Himalayan Dog Chew |
| Beams               | Cardboard boxes    |

*Dogs should not have rawhide!! These are a product of the leather industry and are washed with multiple coats of bleach and put together with glue. They are unhealthy and do not break down during digestion.*

**Check out the tags #letthemsniff and #ditchthebowl on Instagram**

**and Facebook for extra enrichment inspiration!**