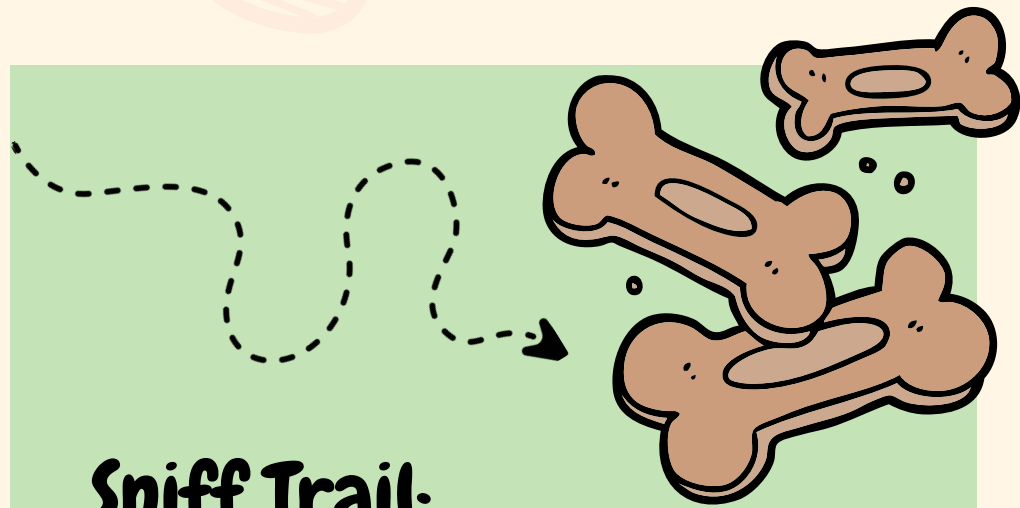


Enrichment Blueprint: 14 DIY Mental Games & Toys

Sensory & Foraging Games



Sniff Trail:

Scatter dry food or treats down a hallway or yard path. This encourages natural scent-tracking behaviour and builds confidence through independent exploration.

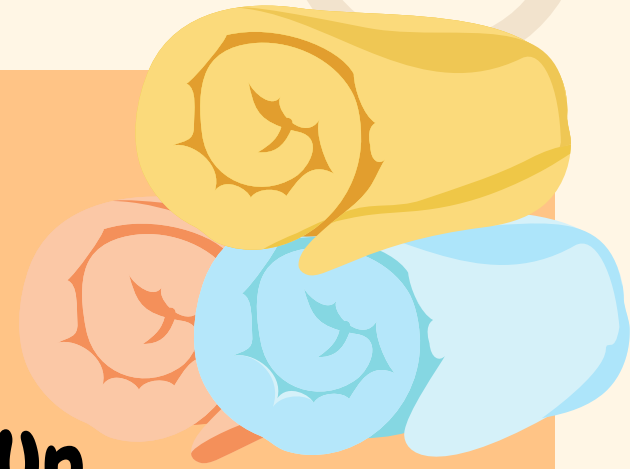
Muffin Tin Puzzle:

Place treats in muffin tin cups and cover each with a tennis ball. Your dog must use nose or paw to uncover the treats, promoting problem-solving.



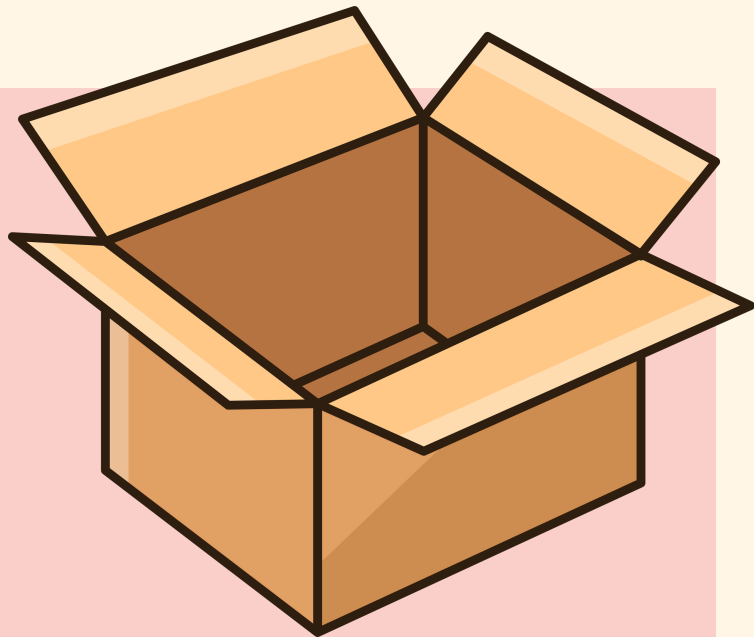
Towel Roll-Up

Roll kibble into a towel, folding as you go for layers. Dogs love sniffing and pawing through the folds, it's like unwrapping their own present.



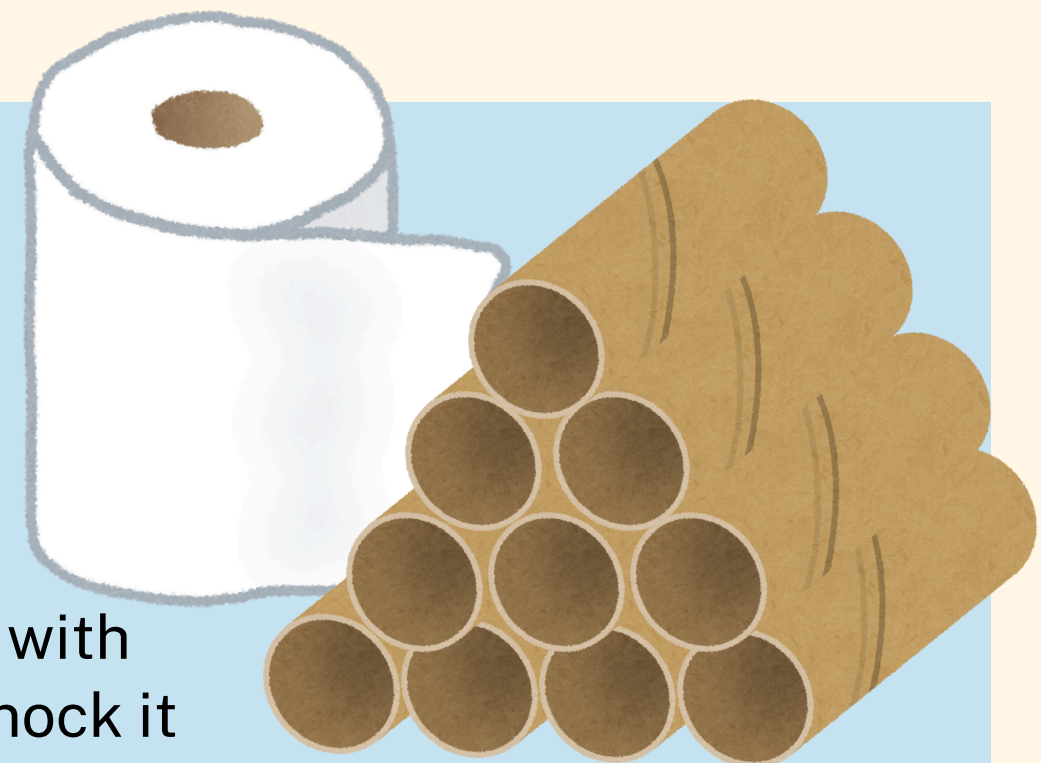
Cardboard Box Maze:

Hide treats in an open box filled with toilet paper rolls or scrunched paper. Let them forage freely while building search skills.



Toilet Roll Pyramid:

Stack and stuff rolls with treats; let your dog knock it over. This adds fun movement and a mild challenge for curious pups.



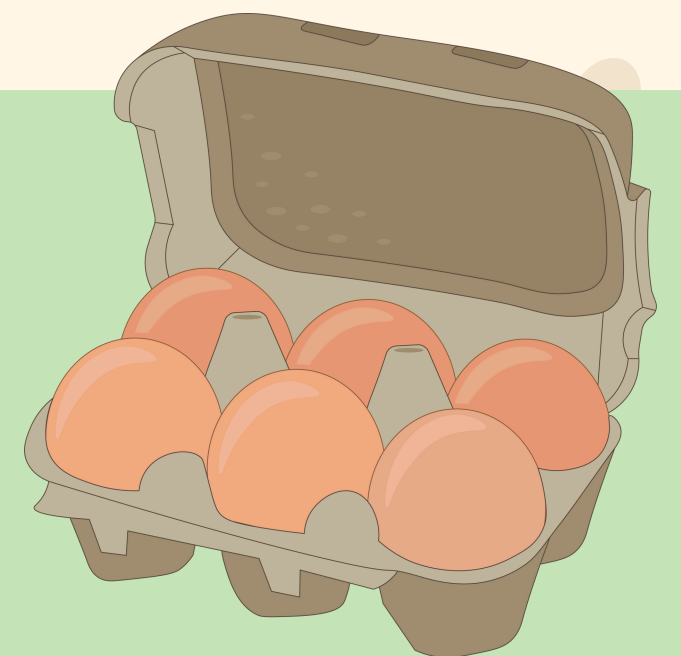
"Find It" Cup Game:

Hide a treat under one of three cups and shuffle them. Great for mental stimulation and bonding with your dog through a simple game.



Egg Carton Forager:

Fill each section with small treats and close the lid. Your dog must nose, paw or tear it open to retrieve their reward.



Goal: Promote natural scenting, problem-solving, and confidence.

Enrichment Blueprint: 14 DIY Mental Games & Toys

Chew, Lick & Low-Movement Games



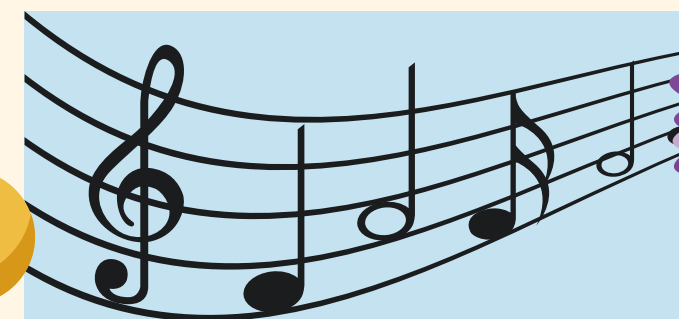
Frozen Lick Mat:

Spread peanut butter (xylitol-free) or yogurt on a mat and freeze. This encourages licking, which naturally lowers heart rate and calms the nervous system.



Chew Rotation Box:

Fill a basket with 3 different chews and rotate weekly. This keeps things interesting and prevents chew boredom.



Calm Chew + Music Combo:

Pair a long-lasting chew with soft classical music. Soothing sounds plus chewing = double calming effect.

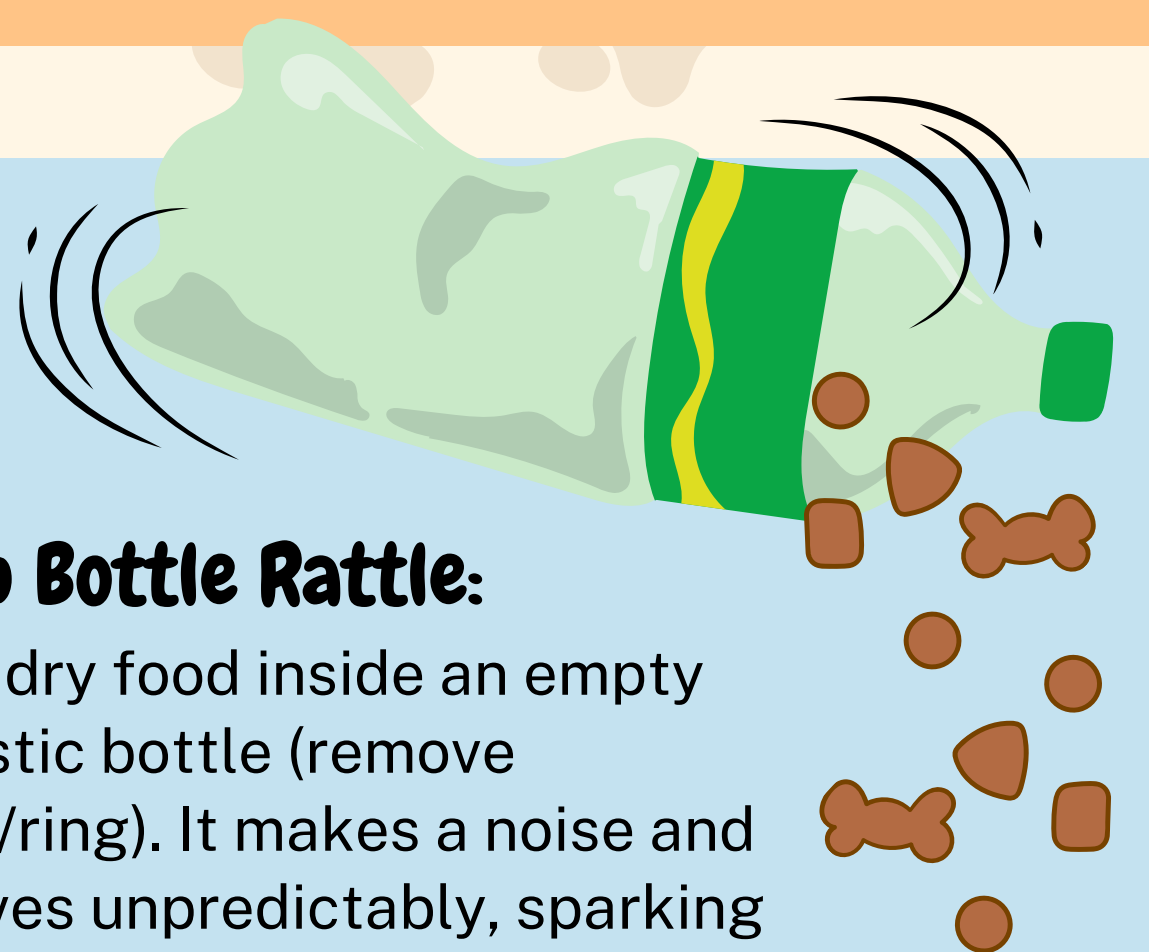


Tug-Tube Toy:

Thread an old T-shirt through a paper towel roll and tie ends. It's fun, textured, and provides light chewing resistance.

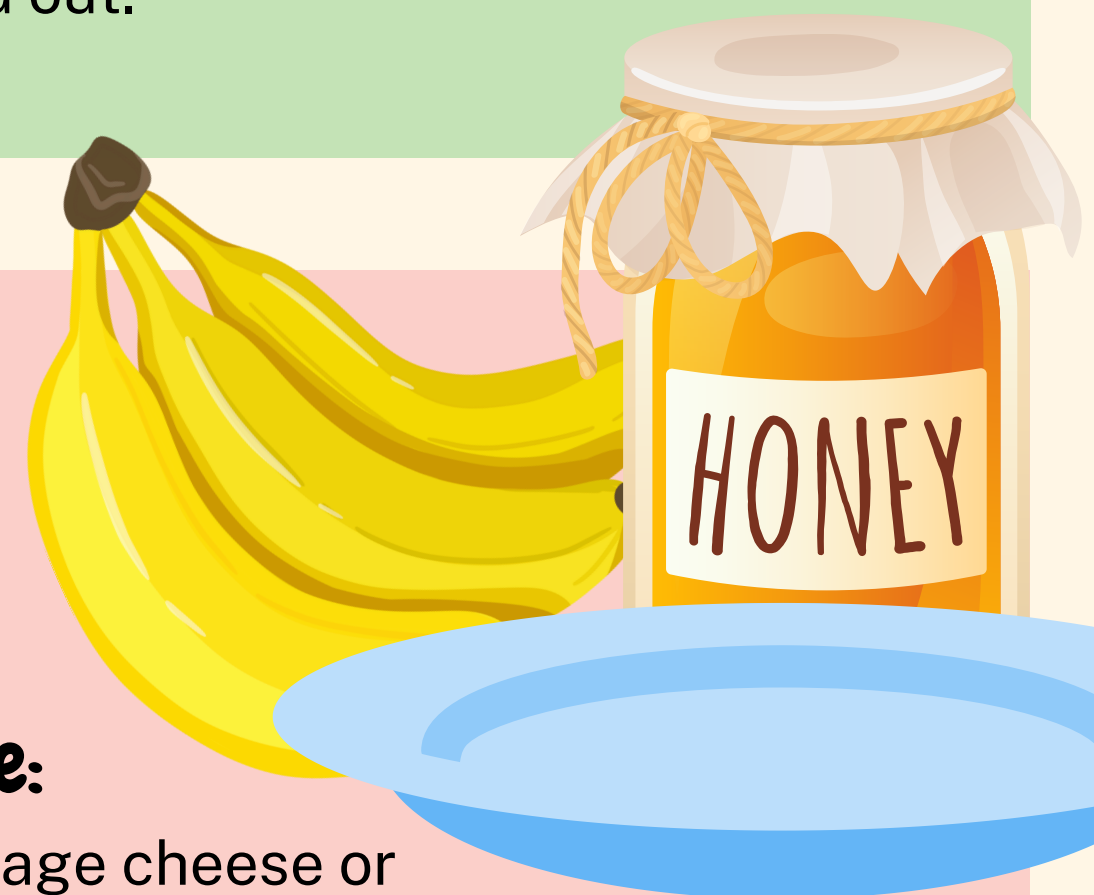
Scented Sock Surprise:

Place kibble inside a tied sock with a knot halfway. Your dog will have to sniff and work to get the food out.



Pop Bottle Rattle:

Put dry food inside an empty plastic bottle (remove cap/ring). It makes a noise and moves unpredictably, sparking curiosity.



Lick + Lay Game:

Smear honey, cottage cheese or smashed banana on a plate and gently cue "settle" or "calm" while they lick. Combines reward with relaxation training.

Goal: Engage the nervous system through calming, low-arousal tasks.