

# Dog Enrichment Checklist

## ■ Keep Your Dog's Brain and Body Happy at Home

Enrichment isn't extra—it's essential. This weekly checklist helps you support your dog's mental, physical, social, and emotional wellbeing through simple, fun activities.

### ***MENTAL ENRICHMENT***

- Puzzle feeder or snuffle mat
- Scent game or "find it" scavenger hunt
- Learn a new trick or cue
- Cardboard box destruction (with treats inside!)
- Frozen Kong or lick mat
- 5-minute "place" or impulse control game

### ***PHYSICAL ENRICHMENT***

- Tug, fetch, or flirt pole
- Climb or balance on a safe surface (cushion, step stool, etc.)
- Structured walk (not just sniffing—engage together)
- Gentle stretching or massage
- Mini obstacle course in the house or yard
- Fitness game using paws or core

### ***SOCIAL ENRICHMENT***

- Positive, structured playdate
- Calm interaction with a new person
- Training in a new location (e.g., park, store)
- Supervised dog-dog social time (if appropriate)
- Practice greetings or manners with guests
- Gentle grooming or cooperative care practice

### ***REST & EMOTIONAL REGULATION***

- At least 1 hour of calm crate or bed rest
- Daily quiet time without stimulation (no screens, people, or chaos)
- Low-arousal decompression walk
- Short training with calm rewards (like a sniff walk followed by a chew)
- Cuddle time, if your dog enjoys touch
- Chew or lick item to settle the nervous system

**Goal:** Try 1–2 activities from each category per day, or aim to hit all categories 3–4x per week. The key is variety and balance—not just tiring your dog out, but helping them feel calm, focused, and fulfilled.

Want more enrichment in your dog's life? Our boutique daycare builds these elements into every day—so you don't have to do it all alone.

■ ***Book a trial day and let us show you what fulfillment really looks like.***