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Results the FUN way!

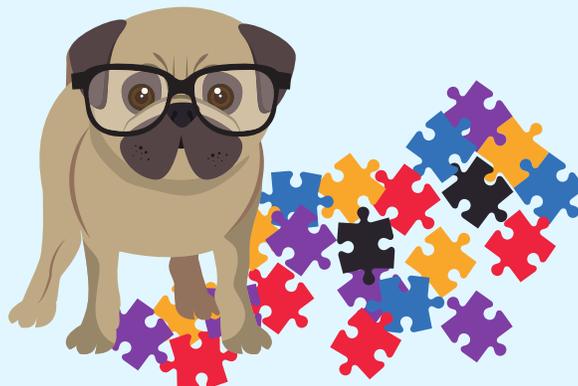
# **Boredom Busters & Brain Games For Your Dog**

This article features fun brain games and exercises to keep your active dog busy on a rainy day, socialize your puppy, or help an older dog avoid boredom!

These activities are for dogs of all ages and skill levels and are designed to help **reduce boredom, frustration, and undesirable behaviors.**

This handout teaches owners how to improve the quality of their dog's life through the use of toys, puzzles, sensory games, and other new experiences. Not only can these games and activities improve your dog's undesirable behaviors, but they can also **enhance the bond you have together!**

All dogs should be monitored to prevent the ingestion of any non-edible items. Games should also be discontinued if your dog demonstrates any fear or discomfort during play.



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# Games Played in Class



## Puzzle Toys

- Try new, dog-safe foods and treats like banana, carrot, baby food, broccoli, meats, and cheeses for this game!
- Smear or scatter food in a Snuffle Mat, Lickimat, KONG, or puzzle feeder.
- Give to your dog to investigate!



## Cup Game

- Place treats in the bottom of several cups.
- Stack the cups together, with all the treats hidden inside, like a tower.
- Give to your dog to investigate!

### Alternate:

- Place treats in the bottom of a muffin tin.
- Cover treats with cups.
- Give to your dog!

# FitPAWS Paw Pods

- Place Paw Pods or other unique surfaces out for your dog to explore, target, or step on.
- Reward your dog with treats for investigating the objects.

## Advanced:

- Train your dog to target specific body parts on the objects or to station and stand on these surfaces.



## Paper Products

- Fill paper bags, cardboard boxes, empty paper towel rolls, or empty toilet paper rolls with food and treats for exploration and shredding.
- Monitor to ensure your pup is not ingesting any of these items.

## Painting

- Apply a large amount of non-toxic, pet-safe paint in a low pan or tray.
- Guide your pup to walk through the paint by hovering a treat over the paint.
- Guide your pup to walk over a canvas or piece of paper with their painted paws.
- Hang your Pupcasso's artwork for all to see!



## Bubbles

- Blow bubbles near your dog, being careful to avoid the face and eyes.
- Give your pup treats while the bubbles are blowing.

## Scents

- Apply novel scents such as ginger, basil, cinnamon, lavender, etc. to linens, towels, or soft rugs.
- Place the scented item on the ground.
- Allow your pup to use their super sniffer!





## Cone Search Game

- Set out a large number of cones or half-cones.
- Hide treats under several cones.
- Guide your pup to the cones to investigate and find the hidden snacks!



## Ice Treats



- Fill ice trays with water or dog-safe broth and water (such as low-sodium chicken and beef broth).
- Freeze.
- Give frozen cubes to your dog to lick and investigate!



## Bells

- Hang or set out a set of bells for your dog to investigate.
- This could be a stationary "desk bell" or hanging bells.
- Give your dog treats for investigating!

### Advanced:

- Train your dog to target (touch) the bell on cue!
- This can be a great tool to use in the potty training process.

# Exploratory Walk

- Stop and smell the roses on your next walk with your pup!
- Allow your pup to choose the route you walk, as safety permits.
- Do not require a heel for this exercise.
- Loose leash walking skills can still be practiced with reinforcement and a no-pull harness, as needed.



## Shopping List

Use this shopping list as a guide to purchase your dog's favorite games from the Boredom Busters & Brain Games class at Courteous Canine, Inc.!

- |  |  |
|--|--|
|  KONG             |  Paint and canvas/paper         |
|  LickiMat         |  Bubbles                        |
|  Snood            |  Dog-safe spices or lavender    |
|  Puzzle toys      |  Small cones or half-cones      |
|  Snuffle Mat      |  Ice cube tray                  |
|  Dog-safe food    |  Bells                          |
|  Paper products   |  Soft treats                    |
|  FitPAWS Paw Pods |  Cardboard boxes (or recycled!) |

# Additional Games

Contact us at [LoveDogs@CourteousCanine.com](mailto:LoveDogs@CourteousCanine.com) for more information on how to play these games!



## Exploration Games

- Find it or search games
- Snuffle mat
- Ice cubes
- Sound games
- Ball pit with treats/toys/items scattered inside
- Mirror
- Mobile



## Manipulation Games

- Food in paper products to be ripped or shredded
- Spin the bottle toys: hanging bottles or cups that can be flipped to empty food placed inside



## Animal Activated Games

- Sprinkler or hose
- Brushes hanging
- Scratching post
- Pile of ice or baby pool filled with ice
- Toy piano or instrument

## Social Games

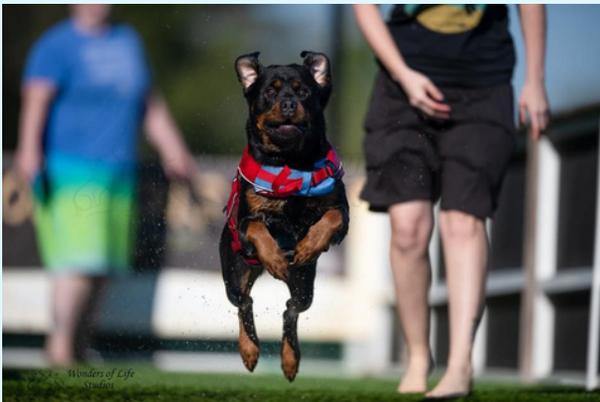
- Grooming
- Dog/dog play
- Relaxation game
- Massage
- Touch game
- Deep breathing game
- Happy pant game





## Feeding Event Games

- Scatter feeding
- Raw or chew bones
- Kong
- Lickimat
- Busy Buckets - fill and freeze a bucket of food/toys/broth
- Muffin tin game - hide food under tennis balls in a muffin tin
- PVC pipes with holes cut out and food inside
- Destuff plush toy and hide food/scents inside
- Treats in Easter eggs and in a box
- Stuff newspaper/treats in a box
- Snuffle ball or snuffle mat (DIY or purchased)
- Egg carton, crumple newspaper, stuff carton, close carton
- Frozen food
- Toilet paper tubes with treats inside
- Buster Cube
- KONG Wobbler/KONG
- Scatter treats in a kiddie pool filled with balls/toys



## Physical Exercise Games

- Flirt pole
- Lure coursing
- Platforms
- Teeter
- Wobble boards
- Fetch
- Disc games
- Agility
- Swimming
- Full speed running



## Cognitive Games



- Trick training
- Shaping
- Cooperation games
- "Create/innovate" training
- "Copy that" training
- Painting by number - focused targeting on different number sections of paper/canvas
- Brain teasers or puzzles to test canine cognition and problem solving
- Crate games/training around crate
- Balancing/targeting basketball
- Object/color discrimination
- General shaping/capturing



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# Contact Us

 (813) 949-1465

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 [www.CourteousCanine.com](http://www.CourteousCanine.com)

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## Courteous Canine, Inc.

Courteous Canine, Inc. a force free dog training school in Lutz, Florida that also offers sport training, behavior consultations, board-and-train, dog day care, and pet sitting. For more information, visit [www.CourteousCanine.com](http://www.CourteousCanine.com).



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