



# Top 5 Boredom Busters for Dogs



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**Did you know** dogs have only been house pets for a short period of their evolutionary life time?

Their days as man's helper, for most breeds is a distant genetic memory. Although they still have the same exuberance as their ancestors to put in a hard day's work, most now live a life of leisure.

Lazing around or getting into mischief at home while we're out earning a living. We offer little for their environmental enrichment and expect them to be content. Some dogs are nonplussed and adapt to doing not much at all, however most find being home alone BORING.

You can make your own boredom busting toys. It's really easy and it's also a great way to recycle items that would otherwise go to landfill. These are my all time favourites. They've been tested by my working dogs over the years and can stand up to vigorous play. Pippi, my young rambunctious Koolie gives them her seal of approval.

## 1. Muffin Tin

Grab an old muffin tin or mini muffin tin if you have a smaller pooch. Turn it upside down and place some treats between the bumps. To get at the treats he'll have to push the food around from different angles. This is a great puzzle for larger dogs as they can't flip the tin over.

When he's played this game a few times you can change it up. This time keep the tin upright and place some treats randomly into half the cups. Cover each section with a tennis ball.

## 2. Boxes

This one is for the shredders. Recycle used cereal and snacks boxes. Put some treats inside the box and close it, use some wide tape to secure it if necessary. Up the ante by putting boxes inside boxes with treats between each layer (just like pass the parcel).

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## 3. Bottle in a Sock

Place a used small plastic drink bottle, with the cap and ring removed, into an old sock. Tie a knot in the open end of the sock. Each time your dog bites down he gets a great crunchy sound.

## 4. Fabric Tugs

Use your old t shirts and fleecy jumpers to create awesome tugs. Cut the shirt into strips. Plait the strips using either the standard 3 way method or use my favourite, the four stranded or square knot. Choose different textured soft fabrics and make a variety of lengths to keep games interesting.

## 5. Under Cover

Hide some treats under a towel, mat or blanket on the ground. Your dog will have to get its sniffer working to find them all.

Watch the Under Cover Demonstration Videos

Watch Bubbles in action as she has a game of under cover.

<https://youtu.be/Qau6753g-Aw>

Bubbles playing a different version of under cover, called, roll up.

<https://youtu.be/uzijKOGKyUg>



*Photos by Andrew Branch on Unsplash*