



Natural Dog ENRICHMENT MENU

Athletics

Agility, weight pull, dock diving, jogging, hiking, canicross, skijor, bikejor



Autonomy

Which way, which one, off leash in a fenced area, long line walks, investigate something new



Predatory Sequence

Fetch, tug, flirt pole, frisbee, shredding cardboard boxes or packing paper



Exploration

Which way, private dog park, trail walk, sniffari, obstacle course, somewhere new, digging pit



Foraging

Treat scatter, scavenger hunt, nosework, treat dispensing toy, treats in a box, puzzle toy



Gustatory

Chew toy, stuffed kong, try a new food, use a new type of treat



Brain Work

Parkour, directional cues, impulse control, body awareness



Social

Play date with a dog friend, visit with a human they like, play with you, cuddle with you

