

Enrichment is any activity that improves physical, mental, and emotional wellbeing by encouraging natural behaviors. This means activities that let them sniff, chase, dig, herd, chew and problem-solve. Giving them a way to be dogs.

These are the five main types or "pillars" of enrichment

PHYSICAL	INTELLECTUAL	SOCIAL	SENSORY	ENVIRONMENTAL
<u>WHAT</u> Promotes health and fitness through different exercise and play	<u>WHAT</u> Promotes thinking and problem solving and can mimic their natural working instincts and behaviors	<u>WHAT</u> Encourages building social skills and confidence through positive interactions	<u>WHAT</u> Stimulates their senses through new and different sights, sounds, smells, and textures	<u>WHAT</u> Keeps the area engaging and allows the dogs to discover new items or a fresh environment
<u>HOW</u> • Fetch • Tug-O-War • Agility	<u>HOW</u> • Hide & Seek • Puzzle Toys • Scent Work	<u>HOW</u> • 1-on-1 • Small Groups • Open Play	<u>HOW</u> • Scents • Textures • Sounds	<u>HOW</u> • New Toys • Moving Things • Obstacles
<u>WHY</u> Physical enrichment releases energy preventing boredom-related behaviors like chewing, digging, & hyperactivity	<u>WHY</u> Intellectual enrichment provides mental stimulation to reduce frustration, restlessness, and destructive behaviors	<u>WHY</u> Social enrichment builds confidence and decreases behaviors like barking, chewing, and separation anxiety	<u>WHY</u> Sensory enrichment fulfills curiosity and prevents overstimulation that leads to anxious or destructive behaviors	<u>WHY</u> Environmental enrichment keeps play areas from becoming a stagnant environment and keeps things fresh and exciting