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