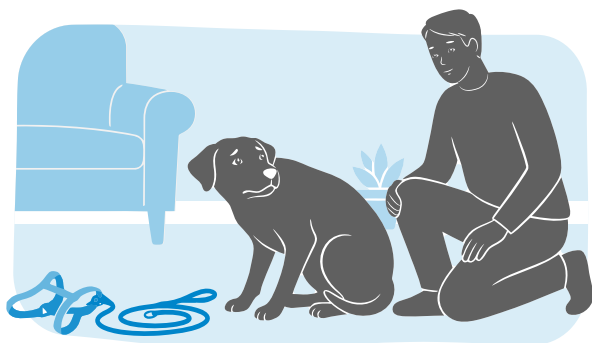


MORE THAN WALKS: FUN WAYS TO SAFELY SPEND TIME WITH YOUR DOG

Many of us were told that “dogs need to go for walks”. While it is true that exercise and spending time together are very important for dogs (and people), some dogs simply find going for a walk too scary, overwhelming or painful.



Dogs that aren't coping with walks might:

- Avoid their harness or lead before you even go for a walk
- Bark at other dogs and people
- Lunge on the lead
- Freeze on the spot
- Try to hide
- Tuck their tail close to their body

If your dog shows these signs, or if you find yourself becoming frustrated or upset with your dog when walking, going for a walk may not be good for their wellbeing.

Talk to your vet or positive reinforcement-based trainer about how they can help.

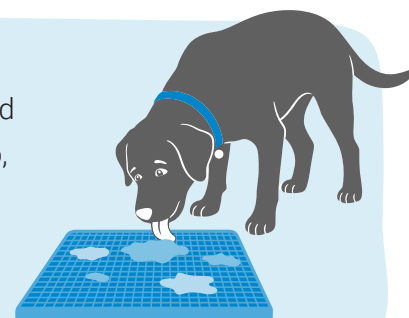
You can spend time with your dog by exercising their body and mind **without** going for a walk.



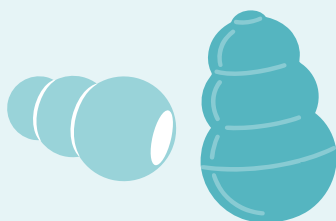
BRAIN GAMES YOU CAN TRY AT HOME

1 LICK MATS

- Lick mats are an affordable and fun way to keep your dog entertained
- Try spreading peanut butter, canned dog food, mashed sweet potato, pumpkin, yoghurt, fish, or meat on a lick mat for your pet
- Freezing makes them last even longer!
- Supervise your dog the first time they use a lick mat to ensure they don't chew up the mat



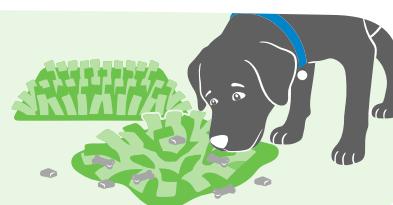
2 KONGS



- Kongs or Toppls can be filled with similar foods to lick mats
- Toppls are easier for dogs to use. Try these when your dog is first learning
- Both are good alternatives for dogs that tear up lick mats
- They can be more expensive to buy than lick mats but last longer

3 SNUFFLE MATS

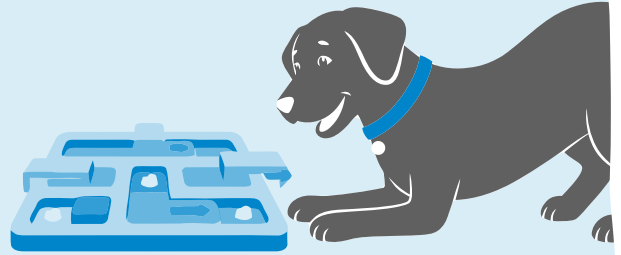
Snuffle mats are available online, in pet stores, or you can make your own using recycled materials - just search for DIY instructions!



4

PUZZLE FEEDERS

- You can buy them or make your own - just search for "muffin-tin puzzle feeder" or "rolled-towel puzzle feeder" online for easy DIY ideas
- Start with tasty treats and simple setups - your dog will need to learn how to use one
- Once they get the hang of it, you can make the puzzle harder and switch the treats out for your dog's regular dry food



5

ICE BLOCKS

- These are perfect in summer!
- Use an old takeaway or margarine container, add kibble, veggies, or chicken, fill with water, and freeze overnight
- Remove the ice block from its container and give it to your dog in the morning for a cool, tasty treat!



6

SAND BOX

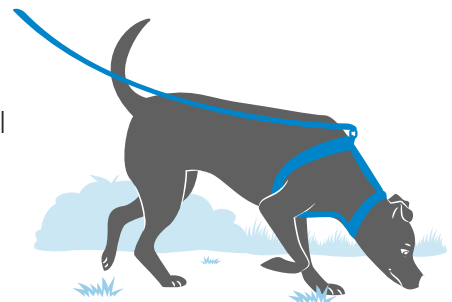
- A shell pool filled with sand makes a great digging spot for your dog, especially if they love to dig in areas of the yard that you don't want them to
- Encourage your dog to dig in the sandbox by hiding toys or treats in the sand and rewarding them for digging there



RELAXING ACTIVITIES YOU CAN TRY OUTSIDE YOUR HOME

SNIFFARI WALK

- A 'sniffari' is a relaxed walk on the lead - not a walk for exercise. Go slow and take your time. Since sniffing is a dog's most powerful sense, this type of walk can be just as rewarding as a regular walk!
- If your dog isn't used to sniffing during walks, try scattering treats along the path to encourage them to start exploring



WORLD WATCHING

- Some dogs may be too overwhelmed to sniff at first
- Instead of going for a sniffari, sit somewhere shady together, watch the world go by and share a snack. You can even start in the front yard or from inside your car!



Walks aren't right for every dog and that's OK. By meeting your dog's needs in other ways, you can help them feel safe, happy and healthy.