



Nosey Barker's guide to:

FREE Toys & Enrichment

Using recycled household items

Your guide to FREE toys and enrichment using recycled household items

According to Dr Ian Dunbar 10 minutes of mental stimulation is equivalent to 1 hour of physical exercise, so the secret to having a content, calm puppy is ensuring they are brain tired.

Often puppies destroy their toys which can be frustrating as some are quite expensive and this can lead to you feeling upset with your pup.

In this handout we provide some ideas of how your puppy can indulge in normal dog behaviour (biting and ripping things apart is a natural part of prey drive) without it costing you a small fortune – in fact you can use household rubbish!

You can use some of your pup's daily food allowance in these games so that they aren't getting too many treats. A top tip for families that feed dry food is to weigh out their food in the morning and pop it in a tupper-ware container, just take some food from here when setting up these games. This way you know exactly how much your pup is being fed.






It's important to supervise your puppy when providing enrichment games and be on hand in case they need some help, we don't want them getting frustrated! It's also important to ensure that how they interact/play is safe.

All pups play differently and whilst most will spit out the cardboard to retrieve the food/treat there will always be a few that fancy eating the box too. For puppies that eat the cardboard you need to use alternative games from the list. I recommend providing enrichment games for your puppy at least once per day.















FREE Toys & Enrichment: 15 ideas to get you started

-  **TEA TOWEL** – pop treats inside folded or rolled for a great brain game. Roll up and tie a couple of knots to use as a tuggy toy or pop into the freezer to create a great teething toy.
-  **CARROT** – a great low-fat chew, great as a teething toy.
-  **BROCCOLI** – another great chew toy.
-  **CARDBOARD BOXES** – great for playing with, hide treats inside for puppy scent work and helps build confidence.
-  **KITCHEN ROLL TUBES** – hide treats inside and fold the ends for mental stimulation and great fun.



-  **EGG BOXES** – hide a favourite toy or treats inside for a great brain game.
-  **OLD SHEETS** – tie knots in to create a lovely long tug toy.
-  **EMPTY MILK CARTONS/2L EMPTY PLASTIC BOTTLE** - pop treats inside to create a great slow feeder, fun and mental stimulation.
-  **AUTUMN LEAVES** – pop leaves into a box/padding pool/ basin and add a few tasty treats for your dog to search for.
-  **OLD TOWELS** – great for cleaning dirty paws or tie knots in and use as a tuggy.
-  **OLD CLOTHES SUCH AS JEANS** – another great way to hide toys and treats: lay an old pair of jeans on the ground and hide the toys and treats in the pockets or up the legs.
-  **PLANT POTS** – brilliant for scent work or getting your pup used to put their nose into which is a great start to muzzle training (better to know they are happy than one day have to use a muzzle and it frighten them).
-  **PILLOWCASES** – great to hide things in.
-  **OLD SOCKS** – tie them together to build a fab tuggy toy.
-  **OLD MUFFIN TIN** – hide treats/food inside and put balls on top or toys for your pup to move off to retrieve the tasty treats.

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