

# Create a seven day enrichment calendar

## Step 1

Jot down some activity ideas, keeping in mind the five key enrichment types: food, cognitive, sensory, social environment, and physical environment enrichment. Any idea is a good idea at this stage!

Here are some ideas to get you started:

- Puzzle toys filled with food
- Garden sniffari adventure
- Play and training session
- Hide-and-seek with favourite toys
- Dog sport or activity (eg, 'mantrailing', or scent work)
- Lead walk somewhere new
- Relaxing massage or grooming session

## Step 2

Think about your dog's needs – their likes, dislikes, age, energy level, and behaviour. Then use your list from Step 1 to narrow down enrichment activities that meet these needs and interests.

## Step 3

Map out your ideas on the calendar to the right to plan your week.

## Step 4

Rotate your activities each week, changing the days, the toys you use, the way you play and where you walk. Use your calendar to help you plan.

## Congratulations!

**You've successfully designed a personalised enrichment schedule for your dog. By providing a variety of stimulating activities every week, you're helping them lead a happy and fulfilling life.**

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### Tuesday

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### Wednesday

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### Thursday

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### Friday

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### Saturday

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### Sunday

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