



OUR TOP FIVE INDOOR ACTIVITIES TO DO WITH YOUR DOG ON A RAINY DAY!

#1 TOWEL ROLL

Grab a towel, lay treats or dinner along it, and roll it up, simple as that! Your dog will need to figure out how to get the treats by nudging the towel forwards so that it unrolls revealing the goodies. This one is a good problem solving activity and the action of nudging is also a good stretch for the neck. Want to level up? Grab a bunch of towels and hide them around the house so your dog has to first find them, and then unroll them!



#2 THE FLOOR IS LAVA

Remember when you used to play this as a kid? Well your dog still wants to play it now! Grab some objects from around the house that are raised, they don't all need to be the same height, in fact varying heights add to the challenge. We use stools, chairs, boxes, cushions, and more. Get your dog up onto the first object and either lead them with a treat, or lay out a treat trail across the objects to get to the other side. Remember, the floor is lava! This is another good one for building body awareness, balance, reaction time, and confidence in your dog.



#3 CUSHION WALK

Get a bunch of cushions from around the house, you can use couch cushions, pillows, small, large, firm, soft, anything goes! Chuck them all into a big pile and sprinkle your dog's food throughout them. Let your dog sniff out the good stuff, whilst exploring through the cushions. This is a great dinner time game as it takes up time and uses brain power. The act of walking over the cushions will require stability from your dog so in turn this trains the core, leg muscles, reaction time, and balance, all whilst working on their confidence.



#4 BOX IN A BOX IN A BOX

We've all got cardboard boxes laying around the house from the aftermath of online shopping, and they're just waiting to go to the recycling. Why not let your dog break them down for you? Get a bunch of different sized boxes and put them all inside each other. Sprinkle your dog's dinner throughout the boxes, and let them at it! You can add to the challenge by filling the space even more with toilet roll tubes and rolled up newspaper. Not only will this keep your dog busy for much longer than the average dinner time, it also gives them a brain workout and appeals to their natural sense to sniff things out. The act of having to put their nose into unfamiliar things is also a great confidence booster, and will have benefits from puppies to senior dogs alike.



#5 PROPRIOCEPTIVE TRACK

Proprioception is your dog's ability to know where their limbs are in relation to their space around them. You'll know if your dog has average proprioception if they tend to be clumsy and often trip or fall. Build a proprioceptive track by getting a bunch of different textures together on the floor. This could be towels, newspaper, dog beds, cardboard, wood, tile, or anything else you can think of. Get your dog to walk back and forth over your track, the easiest way to do this? Sprinkle food over it! The different textures should make them aware of their foot placement and build a stronger body awareness, meaning less chance of injury and less trips to the vet for you!



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