

6 Great Dog Activities for at Home



Rainy days, sick days or lazy days are a fact of life. Try some of these activities to keep your pooch occupied and thinking.



Hide & Seek

Benefits: Relationship building, practice recall and promotes problem solving.

This game can be played indoors or outdoors. If your dog doesn't have a good "place/stay" command you may need to engage a second handler to hold the leash while you hide. Once hidden, say "come find me" or even just call your dog's name and entice them to locate you. Give lots of praise when your dog completes the mission.

Go Find it

Benefits: Engages the dog's nose and promotes problem solving.

Take a handful of some high-value treats or favourite toys. Either tether your dog or have them sit in place and allow them to watch you place them throughout the house (under furniture, behind throw pillows, etc.). Now, give your dog the cue to "go find it" and follow your dog encouraging them to locate them. Every time they find one make sure to give praise. You can continue to make the game harder as your dog becomes a pro.



Puzzle Games & Food Dispensing Toys

Benefits: Engages the dog's nose, promotes problem solving and provides light exercise.

A simple way to challenge your dog's mind is to make them work for their meals. This can easily be done by either making your own toys from your recycling or using treat dispensing toys or puzzle games.

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Chew Time

Benefits: Relieves tension and stress, promotes relaxation, provides light physical exercise.

Dogs actually relieve tension through the mouth so laying down and having a good chew is the equivalent of yoga, meditation or taking a bubble bath with a glass of wine for a human. Make sure to offer an appropriate chew article for your dog's size. Most independent pet stores offer a variety of articles and can guide you appropriately.

Play the 'Invisible Line Game'

Benefits: Teaches environmental barriers, promotes impulse control.

This is a quick game that can be played in multiple areas of the home and uses body language to teach environmental restrictions in various circumstances. Using your body like a goalie, stand in front of your dog in a hallway or doorway and wait for your dog to offer a sit or down. Then, slowly add in distance, distraction and duration, rewarding your dog for staying behind the invisible line at each new level of difficulty. For more detailed instruction check out our videos online.



Umbilical Work- Follow the Leader

Benefits: Teaches respect for personal space, promotes impulse control, builds relationship and confidence in handler.

It is essential when practicing this activity that both you and your dog are fitted with proper gear. We recommend the JWalker Harness and Utility Belt. You will also need a treat pouch or pockets. Using your body only (no hands) walk around your home or yard engaging in normal activities. reward your dog only on the side you would like them to walk. Reward your dog for following and walking without leash tension, reward them for engaging with you and reward them for correcting themselves when they make a mistake. For more information check out our tutorial video and shop.jwalkerdog.com

