



# Indoor Activities

This document covers mental and physical activities that you can do indoors to meet your dogs needs

## Play & Exercise

- [CCA's FREE Play & Exercise Module](#) (From [Feisty Fido](#) Curriculum)

## Work To Eat

Young puppies, adolescents and adult dogs alike all love to chew. It provides low arousal enrichment, an outlet for their natural urge to chomp, and having a few lying around provides a great alternative to attention seeking and destructive behavior (remember to always supervise your pup when they have a chew)

- [Antlers](#)
- [6" or 12" Bully Sticks](#)
- [Himalayan Dog Chew](#)
- [Turkey Necks](#)
- [Beef Tracheas](#)
- [Roasted Pork Ribs](#)

## Chewing

Young puppies, adolescents and adult dogs alike all need to chew. Having a few lying around provides a great alternative to attention seeking and destructive behavior. Dogs should get novel items to chew on a daily basis.

### Edible Chews

- [Antlers](#)
- [6" or 12" Bully Sticks](#)
- [Himalayan Dog Chew](#)
- [Turkey Necks](#)
- [Beef Tracheas](#)
- [Roasted Pork Ribs](#)
- [Gorilla Chew - Natural Wood](#)
- [Benebone WishBone](#)



## Licking:

Repetitive licking helps lower the sympathetic nervous system, soothe a stressed or anxious dog, and help a puppy self-soothe during separation training. I recommend at least one stuffed, frozen lickable enrichment daily

- [Classic Kong](#)
- [Marrow/White Bones](#)
- [LickiMat](#)
- [Adhesive lickable mat](#)
- [Toppl](#)

## Puzzle Toys :

These interactive toys encourage your dog to think, move, sniff and problem solve. Excellent energy busters, confidence builders, and a great way to slow down a fast eater!

- [Bob-a-Lot](#)
- [Kong Wobbler](#)
- [Kong Gyro](#)
- [Orbee Snoop](#)
- [Orbee Link](#)
- [Treat Maze](#)
- [Toppl](#)
- [Nina Ottosson Dog Smart](#)
- [Nina Ottosson Puzzle](#)
- [Nina Ottosson Brick](#)
- [Nina Ottosson Tornado](#)
- [Nina Ottosson Hide'N'Slide](#)
- [Nina Ottosson Twister](#)
- [Nina Ottosson Casino](#)

## Searching/ Sniffing Games

Did you know your dog has up to 300 million scent receptors, compared to our measly 5 million. Encouraging them to engage their powerful olfactory senses lowers sympathetic arousal, helps produce happy neurochemicals, and can have a powerful effect on overall behavior

- [Snuffle Bowl](#)
- [Snuffle Mat](#)
- [Searching Games](#)
- [DIY Food Toy Box Video](#)
- [DIY Toy Box Hunt Video](#)



- [Scent games](#)

## Canine Fitness

- [Canine Fitness: Why ALL Dogs Need It And 3 Easy Exercises To Start](#)
- [Intro to Canine Fitness With Lori Stevens](#)

## Brain Games

- [33 Ways to Keep Your Dog Busy Indoors](#)
- Check out [Dog Training by Kikopup](#) for FREE trick tutorials
- Shaping games, e.g. [101 Things to do With a Box](#)