

WHAT IS AN ENRICHED ENVIRONMENT?

The idea is to create **places to explore**, by arranging various objects on a few square meters. Instead of throwing away clothes, boxes and things we no longer use, we can offer them to our dogs for their enjoyment. Our dog explores **without our intervention**.



Walks are also enriched environments, so let's remember to change places regularly and walk VERY slowly to allow our dog to explore.



A curious dog is a healthy dog!

At home or in the garden, let's arrange exits: the door to the room remains open or there is access to an object-free area in the garden. It is important that our dog has the freedom to **take a break** when he needs it and has the **choice** to stay or go.

RECOMMENDED BOOK AND DVD

-  *Calming signals: On talking terms with dogs* by Turid RUGAAS (book)
-  *The wee signs of the dog* by T. RUGAAS (DVD)



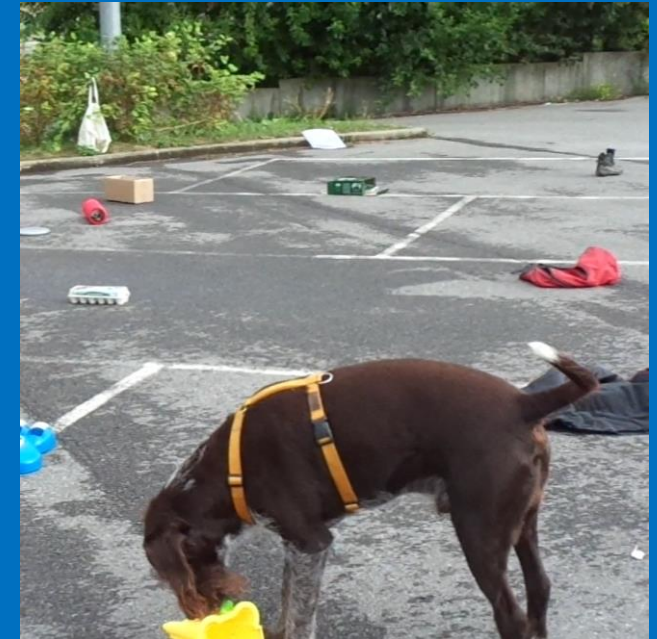
FOR FURTHER INFORMATION

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AN ENRICHED ENVIRONMENT?



A WELL-ROUNDED ACTIVITY!

USING ALL THE SENSES

While exploring an enriched environment, our dog uses all his senses: he can **observe**, **listen**, sniff the objects (sense of **touch** and **smell**), or possibly **chew** on them.



THE RIGHT OBJECTS FOR OUR DOG

- 🐾 **puppies:** 3 or 4 objects will be enough
- 🐾 **short legs or seniors:** avoid high edges to step over or steep slopes
- 🐾 **fears:** let's put objects that our dog is afraid of at a greater distance (noisy, moving, traumatic objects,...)
- 🐾 **new objects:** for renewed curiosity, swap objects with neighbours or family members

ALSO BENEFICIAL FOR THE MIND...

- 🐾 **autonomy and initiative:** our dog explores without commands or guidance.
- 🐾 **focus:** as with any activity, the more we practice, the better we get
- 🐾 **intellectual capacity:** easy to offer to our seniors, to keep their brains working
- 🐾 **self-confidence:** having the choice, exploring at his own pace and according to his wishes teaches our dog that the world is not dangerous and that he can overcome challenges
- 🐾 **anti-stress:** choice, self-confidence and feel-good hormones reduce stress levels
- 🐾 **social activity:** it is natural for our dog to share his activities with another dog



... AS FOR THE BODY

- 🐾 **stability:** walking, stepping in or over something slowly, maintaining posture, ... all of this allows the deep muscles (close to the joints) to develop, which provides greater stability
- 🐾 **proprioception:** by moving in or over obstacles, our dog develops a better awareness of his body in space



- 🐾 **sensory nervous system:** using all their senses allows puppies to develop their neurons and seniors to maintain them
- 🐾 **feel-good hormones:** licking pâté or processed cheese off objects automatically generates feel-good hormones