

## HOW TO ORGANIZE THESE ACTIVITIES ?

- ↪ gradually (one new thing at a time)
- ↪ respect the dog's progress
- ↪ give him time to observe and analyse the situation with all of his senses
- ↪ give him time to take a break if required
- ↪ let him take initiatives

**A curious dog is a healthy dog !**



## MEASURE THE DIFFICULTY

- ↪ exercises which are too difficult will be unsuccessful resulting in our dog possibly losing his self-confidence
- ↪ exercises which are too easy will be unchallenging and therefore frustrating

**Balanced exercises = a balanced dog !**

## WHY SHOULD WE ORGANIZE ACTIVITIES WITH OUR DOG ?

- ↪ to improve our relationship
- ↪ to develop both our dog's mental and physical abilities (his body, all 5 senses and his brain)
- ↪ to build up his self-confidence
- ↪ to keep him busy and amused, avoiding long boring days

*To keep things simple in this brochure, we refer to dogs as "he",*

**Mental stimulation helps fight the brain from aging !**



## WHEN SHOULD WE START THESE ACTIVITIES ?

- ↪ 2 or 3 days after the arrival of the dog (allowing him to familiarize himself with his new surroundings)
- ↪ at the beginning, based on the puppy's / dog's abilities, one object or sound at a time, one novelty per day (certain dogs are more sensitive, eg puppies)
- ↪ continue every day (with moderation if necessary)

**Keeping a diary may help keep track of the evolution and diversity of the activities**

## OUR DOG'S RESTING TIMES ARE IMPORTANT

- ↪ respect the dog's daily resting requirements (between 14 and 18 hours for an adult dog and up to 20 hours for a puppy)
- ↪ in case of an exceptional activity, a few days rest will be necessary (at least 2 days maybe more, each dog is different)



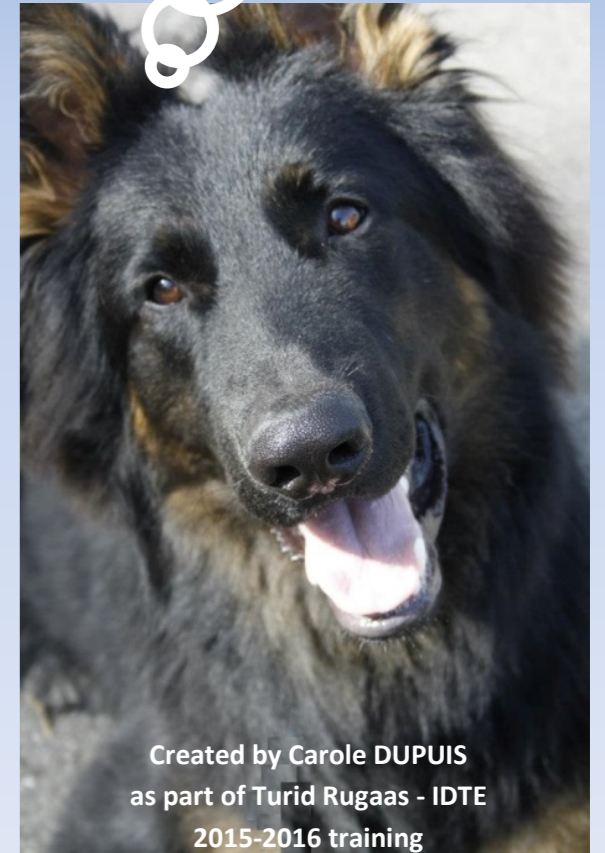
## WE SHOULD NOT THROW REPETITIVELY

Throwing a toy maintains nervousness, reactivity and our dog's predation instinct. This could also result in serious physical injuries.



**For more information please contact :  
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**Let's do  
something fun  
together !**



Created by Carole DUPUIS  
as part of Turid Rugaas - IDTE  
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### ...WALKS...



- ☞ harness and long lead or off lead (depending on area)
- ☞ walking slowly to allow our dog to use all of his senses
- ☞ different places regularly
- ☞ variety in what we offer (town, forest, parking lots, construction sites,...)
- ☞ alone or with other dogs
- ☞ or we can just watch the world go by together

#### Why :

- ☞ develops our dog's self-confidence
- ☞ allows the dog to use all of his senses

#### Remarks :

- ☞ important to allow our dog to make choices (walk on our left or right, in front or behind us, choose where to go, at what speed, where to stop,...)
- ☞ use a harness adapted to the dog (shoulder-blades, under-arm and throat free)

Recommended book and DVD :  
*My dog pulls, what do I do ?* by Turid RUGAAS

Discover  
the world together...

### ...TREAT SEARCHES...

**First step :** a few treats in a small area in front of the dog

#### Progression of the difficulty :

- ☞ at first the dog sees the treats being placed, we then do it without the dog watching us
- ☞ more treats in a larger area
- ☞ first at home, then in the garden, then on walks and in the rest of the world



#### Why :

- ☞ develops our dog's concentration
- ☞ develops our dog's ability to control his movements

#### Remarks :

- ☞ easy to do
- ☞ all dogs have this natural ability
- ☞ it is possible that our dog will take himself out of it and return later
- ☞ we use treats that our dog likes

Recommended book : *Playtime for your dog, keep him busy throughout the day*  
by Christina SONDERMANN

Can be done  
many times a day

### ...TOY SEARCHES...

**First step :** we choose a toy our dog likes and whilst our dog is watching we place it in an open box

#### Progression of the difficulty :

- ☞ we place the toy in a bag, in a closed box,...
- ☞ we use different objects
- ☞ we hide the toy, without the dog watching us

#### Why :

- ☞ develops our dog's self-confidence
- ☞ our dog learns to cope with challenges



#### Remarks :

- ☞ the box and the dog should be in proportion to each other
- ☞ the objects need to be safe
- ☞ the objects and containers are changed regularly

Recommended book : *The canine kingdom of scent*  
by Ann Lill KVAM

Recommended DVDs : *Nose work, search games and Nose work, scent discrimination*  
by Ann Lill KVAM and Turid RUGAAS

We can hide anything  
...our keys, wallet, shoes...

### ...ENRICHED ENVIRONMENTS...

Spread various every day objects (umbrellas, boxes, kids toys,...) on a few square metres to create an area that can be explored



#### Why :

- ☞ develops our dog's self-confidence
- ☞ our dog learns to cope with challenges
- ☞ allows the dog to use all of his senses

#### Remarks :

- ☞ adapt to the dog's mental and physical abilities (certain dogs are more sensitive, eg puppies)
- ☞ objects and areas must be changed regularly



The sky is the limit !