

ENRICHMENT AND DIY ENRICHMENT IDEAS—CATS

Enrichment refers to a variety of activities and strategies designed to keep your cat mentally and physically stimulated. Enrichment is essential for preventing boredom, reducing stress, and promoting a happy, healthy cat. Tailor your cat's enrichment activities to their individual preferences and needs. Regularly changing the enrichment routine will help keep your cat engaged, happy, and mentally stimulated. Remember to supervise your cat during DIY enrichment activities and ensure that any materials or objects used are safe and non-toxic for your pet.

GENERAL ENRICHMENT

INTERACTIVE TOYS: Toys that mimic the movement of prey, like feather wands or laser pointers, can engage your cat's hunting instincts. Puzzle toys that dispense treats can challenge your cat's problem-solving abilities.

CLIMBING AND SCRATCHING: Cats love to climb and scratch. Consider installing cat trees, shelves, or providing scratching posts to allow your cat to climb, scratch, and explore.

CATNIP AND CAT GRASS: Catnip can induce playful behavior in many cats. Cat grass provides a safe and healthy way for cats to indulge their natural grass-chewing instincts.

WINDOW VIEWS: Cats enjoy observing the outside world. Provide access to windows with a view, or set up a window perch to allow your cat to watch birds and other wildlife.

HIDE-AND-SEEK: Hide treats or toys around your home to encourage your cat to explore and hunt for them.

SENSORY STIMULATION: Offer a variety of textures and materials for your cat to explore, such as soft blankets, crinkly paper, or cardboard boxes.

BUBBLES: Blow cat-safe bubbles for your cat to chase and paw at. Some cats find this highly entertaining.

FEATHERED TOYS: Toys with feathers or small, soft prey-like objects can stimulate your cat's hunting instincts.

CAT FURNITURE: Invest in cat furniture like condos, tunnels, and hammocks. These provide hiding spots, perches, and cozy resting places.

INTERACTIVE FEEDERS: Slow-feeders and treat-dispensing toys can make mealtime more interesting and help prevent overeating.

CAT TV: Some cats enjoy watching videos designed for cats. You can find these online, and they often feature moving images of birds or fish.

TRAINING AND LEARNING: Teach your cat new tricks, such as high-fives or targeting. Clicker training can be a fun way to engage your cat's intelligence.

PLAYTIME WITH YOU: Spend quality time playing with your cat using toys that simulate prey, like fishing rod toys or wand toys.

TREAT HUNT: Hide treats around your home and encourage your cat to search for them using their sense of smell.

DIY ENRICHMENT

CARDBOARD PLAYHOUSE: Create a playhouse by stacking and attaching cardboard boxes of various sizes. Cut holes in the boxes for your cat to enter and exit. Cats love to explore tight spaces.

CATNIP TOYS: Make homemade catnip toys by sewing small fabric pouches and filling them with dried catnip. Sew them closed and let your cat play and roll around with them.

TOILET PAPER ROLL PUZZLE: Save empty toilet paper rolls and create a puzzle by folding the ends and placing treats or kibble inside. Your cat will have to bat and unroll the roll to get to the treats.

HOMEMADE TREAT DISPENSER: Repurpose a clean, empty plastic bottle by cutting small holes in it. Fill it with kibble or treats and let your cat bat it around to release the treats.

DIY CAT TUNNEL: Create a tunnel by connecting several cardboard boxes together or by using large cardboard tubes. Your cat can hide, pounce, and explore inside.

WINDOW BIRD FEEDER: Attach a bird feeder to a window outside. Your cat will have hours of entertainment watching birds up close.

HOMEMADE SCRATCHING POST: Make a simple scratching post by attaching sisal rope to a wooden post or an old piece of furniture. Cats love to scratch and sharpen their claws.

PAPER BAG PLAY: Give your cat a paper bag to explore. Many cats enjoy the crinkling sound and the opportunity to hide and pounce from within the bag.

FROZEN TREATS: Freeze small amounts of wet cat food or low-sodium chicken broth in ice cube trays. Offer them as occasional frozen treats for your cat to bat around and lick.

SCENT TRAILS: Dab a favorite scent, like catnip or a bit of wet food, on various surfaces in your home to create a scent trail for your cat to follow.

DIY PUZZLE FEEDER: Drill holes into a plastic container or box and fill it with kibble or treats. Your cat will have to paw at it to release the food.

INTERACTIVE PLAY: Spend quality time playing with your cat using toys that simulate prey, such as a string with a toy at the end. Engage in a game of chase, and let your cat "catch" the toy.