



BEAT THE RAINY DAY BOREDOM BLUES

My Top 6 Quick Activities

TO GIVE YOUR DOG SOME FUN AND
ENRICHMENT ON RAINY OR EXTRA
BUSY DAYS

RESCUEDBYTRAINING.COM

FIRST, A VERY WARM

WELCOME



Hi, I'm Kate. I'm a professional dog trainer and certified behavior consultant specializing in fear, aggression and separation anxiety. I've helped over 2250 dogs overcome issues their guardians thought were impossible – fear of strangers, resource guarding, growling at toddlers and more. With over 6600 hours of hands-on training fearful dogs, I have the relevant experience to rescue you and help you enjoy your dog again.

So whether you need help with a growly, bitey, fraidy dog, or are preparing for life with a new baby or your new dog just needs some manners, I can help and we can work together to improve your and your dog's quality of life.



facebook.com/rescuedbytraining



@rescuedbytraining



youtube.com/RescuedByTraining

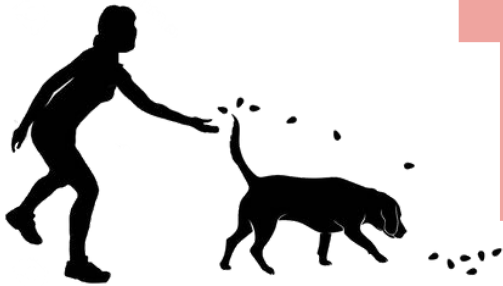


DO YOU WANT INSTANT RELIEF?

I won't lie: there is no 1-for-1 substitute for quality [training and behavior modification](#). But, there are a lot of ways to manage and prevent problem behaviors and ensure we're meeting our dog's species and breed specific needs through enrichment opportunities.



MY TOP 6 QUICK ACTIVITIES TO DO WITH YOUR DOG



1 FIND IT

This quick and easy training game is a great way to get your dog moving and using their nose. Say "find it" and then toss a few treats directly in front of your dog. As he learns to look to the ground when you say find it, increase the distance you are tossing. A long hallway is a great place to toss for indoor distance.

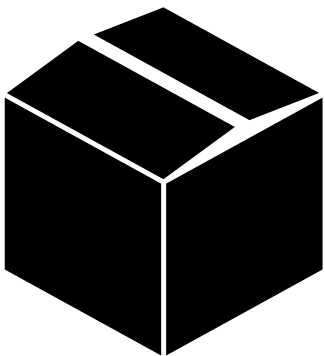
[VIDEO HERE](#)



2 TOUCH

This is a really easy cue to train and can be helpful longterm as a redirect cue, a pseudo-recall cue or a way to move your dog from one place to another without any need for physical pressure or manipulation.

[VIDEO HERE](#)



3 BOX DISSECTION

Fill a recycling box with your dog's toys, towels, packing paper, empty water/soda bottles or empty toilet paper rolls and then mix in some small treats. Fold the flaps of the box over and let your dog dissect and open the box and have a great time pulling out all the items and finding the treats.

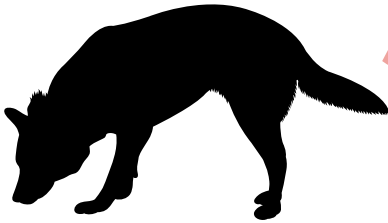
[VIDEO HERE](#)



4 TRICK TRAINING

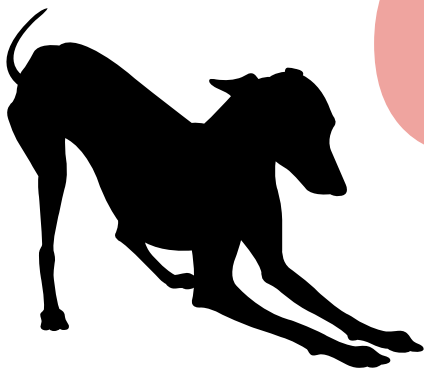
Trick training is a great way to give your dog's brain an extra workout with low pressure on what you're working on. Unlike life skills training, like recall, that is really important, trick training can be all fun. Shake/paw, leg weaves, go left/go right, sit pretty/up nice, the list is endless! Just have fun with it!

[VIDEO HERE](#)



5 HIDE AND SEEK - FOOD

Another great way to engage your dog's nose and work their brain. Put your dog away while you hide treats around your home (start with one room!) and then let your dog out to find them. You can help direct them at first but they'll pick up on the game quickly and will start scavenging on their own quickly. I especially like saving empty toilet paper rolls, putting the treats in the tubes, folding the ends over and then hiding the tubes for them to find.



6 HIDE AND SEEK - RECALL

Any time you can practice your recall (coming when called) with your dog, is good. Without tipping your dog off, go hide in another room (have your special recall reward food on you!) and then recall your dog and let them find you. When they do, have a big celebration and give your dog a jackpot payoff of their special high value food, meaning you feed them for 20 seconds straight! This will help strengthen your recall and will be great fun for your dog!

WAIT A SECOND...



Let me guess. You're wondering how these simple tasks can really help your dog's behavior, right? Here's the thing. **Enrichment isn't optional.** It's not a nice, extra thing we should be doing for our animals - **it's a critical part of their well-being, health and happiness.**

Having the ability to do normal dog behavior is one of the Five Freedoms, "freedom to express normal behavior." **Enrichment is ensuring we are meeting all of a species needs.** This is not optional - it is essential to your dog's quality of life.

Dogs come pre-wired with many skills like sniffing, chewing, dissecting and scavenging that many domesticated dogs don't have a good outlet for. Family dogs often find themselves with endless hours

of lounging around and not having an ability to use these skills, which can lead to **boredom, destruction, frustration** (for owners and dogs!) and decreased quality of life.

But let's be clear, **the point of enrichment is not to tire your dog out** - it is to providing outlets for natural behaviors. This not only improves quality of life but is essential to their overall health, mental and physical and often has a happy side effect of tiring them out. But exhaustion is not the end goal of enrichment.

But as my [private clients](#) will tell you, enrichment is always part of our overall training plan, along with management.

NEED MORE HELP?

Did you know that I publish a new blogpost each week, packed with important info on all things dog behavior? Check it out [here](#). I know you'll find it super valuable.

Need some 1:1 help with your dog? A private consult with me will get on the right path.

BOOK NOW

