

Canine Enrichment and Stress Reduction (sample schedule below)

Before planning your enrichment program, use the MAKE A PLAN process on the shelterhealthpro website to assess your dog for safety, skills, and personality.

Enrichment is:

- An ongoing process, not a single object or event
- Only enriching if the animal chooses to interact with it or is affected positively by it
- Specific to the dog based on its assessment (See Animal Assessment)

A daily enrichment schedule includes all opportunities for enriching the animal's life. It incorporates a combination of sensory, physical, environmental, cognitive and social activities. You can find a wide variety of options in Enrichment for Dogs and Puppies.

- You can use a designated enrichment cart or container such as a tote or plastic carryall that contains the various enrichment items for the kennels as well as a copy of your enrichment schedule
- Track the rotation of toys so that all dogs see a different toy each day. Staff or volunteers can swap out toy boxes as part of their daily care schedule
- Record individual preferences and needs of each individual dog
- Introduce a different scent as part of your daily kennel cleaning
- CD Players can be placed in the room to play appropriate music or audio books (It is important to choose music that is soothing and calming to dogs)
- Physical activity should be provided each day

On the sample schedule below:

- The top row designates items that are consistently provided everyday day for every dog: Scent of the Day, Music/Audio Book/Leash Walk
- On each row beside the dogs name, list additional daily items for individual dogs

- Items that need to be excluded for the individual dog can be listed with their name

Canine Enrichment Schedule T – Toy S – Socialization F – Enrichment Feeding

Dogs Name/ exclusions	Sunday Scent of the day Music Leash Walk	Monday Scent of the day Music Leash Walk	Tuesday Scent of the day Music Leash Walk	Wednesday Scent of the day Music Leash Walk	Thursday Scent of the day Music Leash Walk	Friday Scent of the day Music Leash Walk	Saturday Scent of the day Music Leash Walk
Ripley (no stuffed toys)	T: Tennis Ball S: Off-leash Play Yard 20min F: Retriever Roll Rawhide	T: Rope Toy S: Basic obedience 15min F: Lunch Bag Treats	T: Frisbee S: Off-leash Play Yard 20min F: Ice Cube Treats	T: The Toy Box S: In-Kennel Reading 20min F: Food Puzzle	T: Tennis Ball S: Off-Leash Play Yard 20min F: Stuffed Kong	T: Wobble Ball S: Basic Obedience 15min F: Ice Cube Treats	T: The Toy Box S: In-Kennel Reading 20min F: Food Puzzle