

A photograph of two dogs, a bulldog and a pit bull mix, running on a grassy field. The bulldog is on the left, looking forward with a serious expression. The pit bull mix is on the right, running slightly ahead and smiling with its mouth open. A person's leg in blue jeans and a black shoe is visible on the left, running alongside the dogs. The background is blurred, showing other people and a fence. The image is framed by a large, curved, magenta-colored graphic element that sweeps across the top and bottom right corners.

BRAIN GAMES

2018
E-book

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INTRO

Playing brain games with our dogs have become extremely popular in the last few years, which is great for our dogs. Brain games are so beneficial & enriching for our dogs and their wellbeing.

There are many benefits to playing brain games with your dog as they get the brain working, encouraging dogs to work using their memory & problem solving whilst giving them mental stimulation. Dogs learn through play.

By using or playing brain games you can help occupy your dog and keep them busy, keeping them out of trouble and some games are brilliant for promoting calmness.

Some brain games can help fulfil certain needs some dogs or breeds have such as scent work, digging or to chase.

Mental stimulation is just as important as physical stimulation and can help achieve a tired and chilled out dog.



MAGIC POTS

Watch your dog use their short-term memory to reveal the hidden object...

What you need - 10 Plant pots, tubs or boxes, lead, another person, dog ball or toy.

INSTRUCTIONS

- Whilst you set up, keep the dog out of sight. Using 10 plant pots, tubs or boxes, place them upside down in a line. This game can be played indoors or outdoors.
- Place a dog ball, toy or treat under one of the pots.
- Bring your dog into the area on a lead and ask your second set of hands to hold your dog. You (without the dog) go up and lift each pot up individually, saying 'sorry' in a sad tone when an empty pot is revealed.
- Be ready to say 'yes' in a bright and excited tone when you find the hidden toy or ball. The dog is able to see the item but not able to get to it at this point.
- Take your dog up to the beginning of the starting line and release your dog off to 'find'.
- Praise your dog loudly when they do uncover the hidden object.

TOP TIP

If your dog is starting to go directly to the right pot, increase the difficulty by adding more pots or by placing them randomly.

PUZZLE PLAY

Let's work those brains!

Puzzle toys are great at getting the dog using their brains. Often these are based on children's slot puzzles where parts are to be moved up, down & sideways by pulling and pushing with their nose or feet.

WHAT YOU NEED

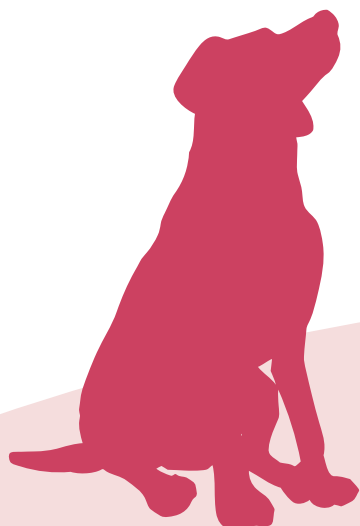
Any puzzle toy, healthy treats

INSTRUCTIONS

- While your dog is out of sight, distribute the treats in the slots beneath the surface of the puzzle that you are using, moving the slots around to cover the placed treats.
- Bring your dog out and see what they can do.
- Depending on the difficulty level of the puzzle, your dog may be busy for several minutes.
- Always supervise your dog whilst they are using puzzle toys.

TOP TIP

You can feed your dog their daily meals using puzzles which is great for those dogs that gobble their food far too quickly!



BOTTLE FEEDING

You do not need expensive toys to play with your dog.

This game is great and demonstrates the art of using what you likely have laying around or in the recycling bin. Remember to always supervise your dog.

WHAT YOU NEED

A plastic bottle, healthy treats.

INSTRUCTIONS

- Place some treats inside a clean plastic bottle.
- Place the bottle on the floor standing upright.
- Release your dog and let them have fun figuring out how those tasty treats are going to come out.

TOP TIP

You can use your dogs daily kibble instead of treats. To increase the difficulty of this game, roll up a piece of paper lengthways and place halfway into the bottleneck. Yes, it really does look like a message in a bottle.



LET'S GET SNUFFLING!

This game is great for keeping dogs busy whilst stopping them from wolfing down their food.

WHAT YOU NEED

Kibble or healthy treats, a snuffle rug.

INSTRUCTIONS

- Use the mat to spread food or treats throughout, hiding them between the fabric pieces.
- Place down and release your dog.

TOP TIP

You can create your very own snuffle rug yourself-check out how online.

CARDBOARD CHAOS

Watch your dog have fun with some cardboard chaos whilst your dog enjoy themselves.

WHAT YOU NEED

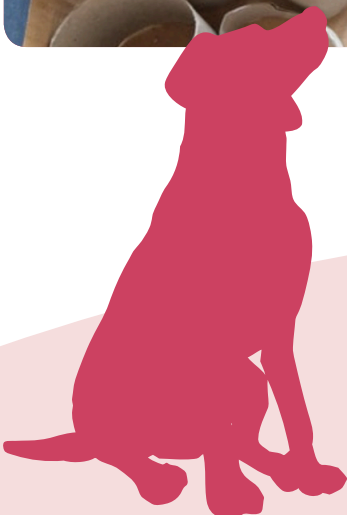
A shoebox or box, cardboard tubes, healthy treats.

INSTRUCTIONS

- Cut the cardboard tubes into various lengths and place upright into the box or shoebox.
- Once the base is full of cardboard tubes, spread treats throughout.
- Place on the floor and release your dog.

TOP TIP

To increase the difficulty, if using a shoebox place the lid on top on the box. Now your dog will have to figure out how to get into the box first before they get to the inside.



GIFT BOXES

Watch your dog find and unwrap their gift boxes for the hidden gems.

WHAT YOU NEED

Cardboard tubes, healthy treats, a box.

INSTRUCTIONS

- Using a cardboard tube, push up the bottom end into itself.
- Place a treat inside and seal the open end as you have done with the bottom.
- Now you have a little gift box.
- Once you have done a few gift boxes place them and fill a box up.
- Release your dog.

TOP TIP

To increase the difficulty of this game, only place a few cardboard tubes with food and leave the rest empty. See if your dog can distinguish between them and find the ones with the hidden gems.



LET'S GET DIGGING!

Yes, it may sound like a homeowners nightmare, but by giving your dog an outlet (if they are into digging) in their own place, can help stop the death of your lawn!

WHAT YOU NEED

Sandpit, sand, wood chip or soil, an uncooked bone, smelly sausages or toys.

INSTRUCTIONS

- Place the items of sausages, uncooked bones or toys into the sandpit.
- To begin with, do not bury them fully at this stage.
- Encourage your dog to find and dig in their sandpit and reward them loudly once they find their reward.

TOP TIP

If you catch your dog digging outside of the given sandpit, redirect them back into the sand pit and reward loudly once there.



BLANKET TIME

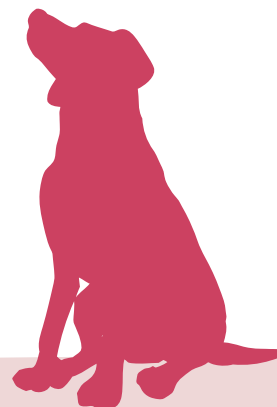
Watch your dog unravel.

WHAT YOU NEED

A towel or blanket, kibble or healthy treats.

INSTRUCTIONS

- Cover the blanket or towel in kibble or healthy treats.
- Slowly roll up the towel or blanket with the treats hidden inside.
- Release your dog.
- Using their nose they should be able to unroll the blanket/towel, revealing some yummy goodies as it starts to unfold.



TOP TIP

Why not try feeding your dog their dinner this way?

MUFFIN TIN TRAY

This is a fun way of trying different tastes and textures with your dog and seeing which your dog likes best. Think of it as a taster session.

WHAT YOU NEED

A muffin tin, tennis balls, different foods.

INSTRUCTIONS

- Place a piece of food in each part of the muffin tin and place a tennis ball on top.
- Serve the tray to your dog.

TOP TIP

I love using a variety of dog-safe fruit and vegetables for this game.

APPLE BOBBING

Yes! This is exactly what you are thinking.

A great game for when the weather is warm, and a fun game to do outside. Use whatever dog-friendly treats or foods you can think of.

WHAT YOU NEED

A bowl, water, dog-friendly treats or food.

INSTRUCTIONS

- Fill a bowl up with water and place your chosen dog-friendly foods inside the bowl of water.
- This game will help cool your dog down whilst having fun.

REMEMBER

If using apples, cut the apple into bite-size chunks ensuring the pips have been removed.



RAINING BUBBLES

Bubbles aren't just for children, dogs love them too!

WHAT YOU NEED

Dog safe bubbles, bubble machine (optional).

INSTRUCTIONS

- If using a bubble machine simply fill the device as instructed with dog safe bubbles.
- If not, we love the old fashioned way of blowing them out through the stick.

REMEMBER

Always use dog safe bubbles as a dog will primarily pop them with their mouth.

HIDE & SEEK

This game can be played around the home or out on a walk.

WHAT YOU NEED

A toy or treat to reward.

INSTRUCTIONS

- Ask your dog for a stay. Go and hide then call their name once or say their release cue.
- When they find you praise and reward them with a toy or treat.

TOP TIP

Carry a smelly treat on you when you go off to hide when introducing this game to your dog to help make it that bit easier for your dog.

OBSTACLE COURSE

Make your very own obstacle course out of anything!

WHAT YOU NEED

Something to go under - Tables, chair

Something to go through - Tunnel, table, a den between two objects using a bed sheet

Something to go over - A step, stool, a child's toy

Something to weave through - Chairs, cones.

INSTRUCTIONS

- Make up your obstacle course as you see fit and lure your dog around the course.

TOP TIP

If your dog is unsure about a part of the course, don't force them. Instead, try and build up their confidence with that part of the course slowly and remember to keep it fun.



FLIRT POLE

If your dog has the need to chase, then this is the game for you.

WHAT YOU NEED

A lead, tuggy toy. Alternatively, you can buy a flirt pole.

INSTRUCTIONS

- Attach the tuggy toy to the end of the lead.
- Entice & encourage your dog to follow and chase the toy.
- Allow your dog to win the toy every so often, then ask for them to drop or swap it for a treat then play the game again.

TOP TIP

This is a good game to help burn off some extra energy, as well as burning energy off more quickly. If you do not have time for your usual walking time or length, this game can help.



FROZEN CUPS

This game is best played on a warm day with the added benefit of helping your dog to cool down.

WHAT YOU NEED

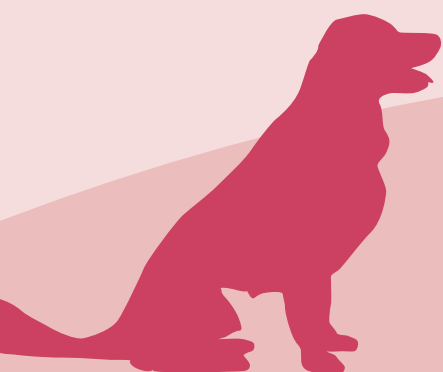
Plastic cups, string, low-fat natural yoghurt or any freezable treat.

INSTRUCTIONS

- Pierce a hole through the middle or bottom of each cup.
- Place some string through the hole and tie a knot.
- Fill the cups up with their treats such as yoghurt and freeze.
- Once frozen hang the cups up outside, along the fence, garden chairs, table or the washing line.
- You want the cups to be just in reaching point for your dog.

REMEMBER

Always supervise your dog when food and objects are being used.



SPLISH, SPLASH, SPLOSH

Some dogs enjoy nothing more than a good splash around and watching them splish, splash and sploshing about can be just as enjoyable for us to watch.

WHAT YOU NEED

Paddling pool, water, toys or balls.

INSTRUCTIONS

- Fill the paddling pool up with tepid water.
- Throw in your dog's ball or toys to encourage them to go and fetch them.

REMEMBER

This game is a great way to cool our dogs down in the heat. Keep the pool in the shade, even a wet dog which is in and out of water can still suffer from heat stroke.



CHOOSE A HAND

This game can be a fun starter game into the scent work world.

WHAT YOU NEED

Smelly treats.

INSTRUCTIONS

- Place a treat inside one of your closed hands and hold both hands out to your dog.
- See if your dog can identify which hand the treat is in.

REMEMBER

If your dog scratches or mouths at your hand, this game may not be right for them just yet until some manners and impulse control around food and hands have been learnt.

HIDDEN TREASURE

Think of this game as an Easter egg hunt, but for dogs!

WHAT YOU NEED

Healthy treats, frozen treats or your dog's dinner.

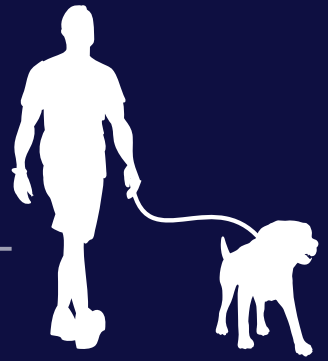
INSTRUCTIONS

- Hide pieces of food up throughout your garden and even in the grass.
- Be creative.
- Release your dog and watch them go on a hunt.

TOP TIP

This game can be a great change up to how your dog usually eats their dinner and can help with dogs that gulp their food down.

Dog Training College



We are a **team** that build **relationships**

We believe dog training should be fun, kind and...

Effective

We are on a journey of...
Discovery

We strive for

Progress

not **perfection**

We see **opportunity**, not...

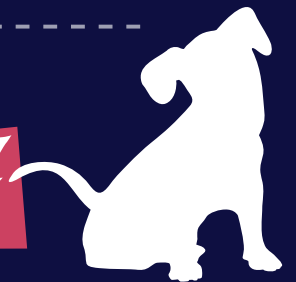
Impossibility

We are responsible **dog owners**

We know that **dog training** is...
& we never stop

Learning

24/7



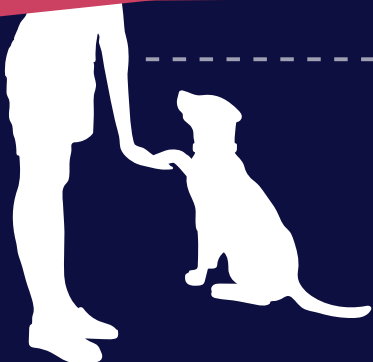
We inspire **creativity and embrace...**

We do not believe that any dog is...

Untrainable

Curiosity

We build confidence through **enrichment and games**



We believe dogs teach **us** as much as we teach **them**

We are **Dog Trainers**