



Humans have quite enriching lives. Whether it is school, work, social activities - there's a lot we have to do. Cat's need enriching lives, too. One key to a happy, healthy cat in the home is enrichment. Enrichment activities geared towards cats' instinctive needs such as hiding, jumping, stalking, pouncing and playing all provide fulfillment for their mental, physical, and emotional needs. It helps keep them busy at home and can reduce their desire to find undesirable ways to enrich themselves, such as scratching and clawing furniture. Check out this list of awesome "*Boredom Busters*" to enrich your newest family member.

Purchasable Items

Kong, PetSafe, Petstages, Pet Safe, Busy Buddy (and so many more) are all companies that have great options for toys that can be filled with food or treats. As your cat plays with these types of toys, they receive a reward when they move the toy in the right way. This encourages them to continue engaging. These toys are often made of durable materials, such as hard plastic or rubber that can be easily cleaned for the next play session.



Kong, Mad Cat, Petstages, and Ethical Pet all make great "kicker" toys for your cat to express their natural hunting behaviors. These types of toys are typically larger in size compared to other cat toys, like mice or balls. They like to tackle, grab, and "bunny kick" these toys during play. They are often made of various materials and stuffing and are typically machine washable.



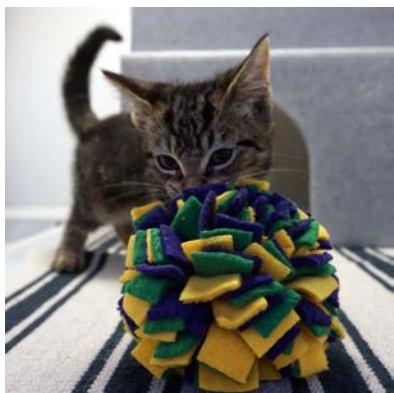
Cat Wands are a great toy to engage with your cat in *prey-play*. This is often their favorite kind of play! Wands are made by various brands and can have a variety of lures such as feathers, shingles, or toys located at the end to keep your cat entertained. Some also have interchangeable lures to switch it up!



Puzzle Toys are a great addition to add to meal time or to hide treats in for a fun activity. They meet your cat's need for foraging and using their keen sense of smell. There are a variety of brands and materials that you can use depending on your cat's engagement. Puzzle toys are interactive toys that require the cat to solve a task in order to receive the reward located inside the toy.



Snuffle Mats or Balls are a foraging feast! These items are great to keep your cat's nose busy. They come in a variety of sizes, patterns, and difficulty levels depending on your cat's needs. They are made of material, usually fleece and can hide cat kibble or treats really well. Your cat must use their nose to dig through the materials and find each piece, a great brain working activity.



Window Perches are a great way to provide enrichment for your cat even when you are away. It allows them to watch and stalk as things pass by outside. It's a safe way to allow them to see the outdoors. They come in a variety of styles, methods of hanging, and prices.



Do-it-Yourself Items

Catnip Toys are a great DIY for items that you already have in your home. Adding catnip to a few of your toys throughout the week can spark your cat's interest, but when ingested can cause a calming effect for them. Catnip targets the cat's "happy receptors" through the chemical nepetalactone. You can add a couple toys to a bag or container, add catnip and shake to coat them. Once coated, place them around the area that your cat typically plays.

Supplies Needed: Cat toys, catnip, container or bag



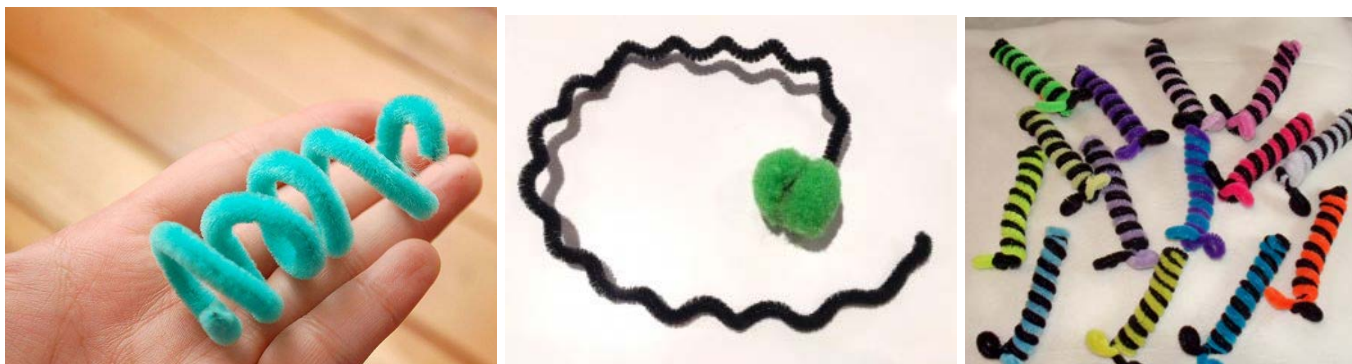
Scent Poppers are a fun way to add fun things to smell to your cat's day! These items are easy to make using items from inside or outside of your home. Using paper, scraps of material, and twine or pipe cleaners, you can make a popper full of things that entice their noses. Take an herb like catnip or valerian root, or a pinch of leaves or grass from outdoors. Place them in the center of the paper or material, then twist it around before tying off with twine or a pipe cleaner. Watch as your cat rolls and bats their new toy around!

Supplies Needed: Paper or material, pipe cleaner or twine, catnip or herb



Pipe Cleaner Springs & Swirls are a great cat toy, but also a fun activity! These are easily made by bending and twisting pipe cleaners. They can be bent into a variety of shapes such as springs or multiple twisted together for a swirl pattern. Due to the fuzzy material, they hold catnip and other herbs well for additional stimulation.

Supplies Needed: Pipe cleaner, catnip or herb (*optional*)



Kicker Socks are an easy DIY that makes a big impact for your cat! Creating a DIY kicker toy fulfills your cat's need for prey-play and allows them to get out energy. This activity requires filling a sock with polyfill, material, or even shredded paper and adding catnip before tying off. Your cat will be thankful to have something they can grab onto and kick.

Supplies Needed: Socks, polyfill or another filling, catnip



Toilet Roll Recyclers are a great way to reuse items that you would have otherwise thrown out. This DIY makes for a great craft or family activity. Toilet paper rolls can be used to create a variety of shapes that can be used for play or for dispensing treats. By cutting the rolls into strips you can

create a ball, adding cuts to the ends can make rollers, and adding holes can create food dispensing treats.

Supplies Needed: Toilet paper rolls, scissors, a hole punch, box and more depending on the style you wish to create!



Egg Cartons are another great way to recycle items in your home. These make for great DIY puzzles for your cat. Add treats to each cup, then cover with crumpled, shredded paper or small cat toys such as a ball (you can even make them DIY using the toilet paper rolls)! Close the top if you would like to add more difficulty.

Supplies Needed: Egg carton, paper, toys, or another filling, treats



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