SeeDIY / FREE PRINTABLE / US LETTER

Dog Brain Games

7-day enrichment checklist

01 / KEEP IT EASY + SUPERVISED

- ☐ Start with 3–5 minutes. Stop while your dog is relaxed and interested.
- ☐ Count food rewards within the daily ration; use food suitable for your dog.
- ☐ Supervise every game. Remove small parts, staples, tape and shreddable hazards.
- ☐ Avoid fabric/cardboard games if your dog eats those materials; choose hand games instead.

02 / YOUR 7-DAY PLAN

- ☐ Monday / Find it: scatter a few treats in plain sight on a clear, non-slip floor.
- ☐ Tuesday / Which hand: reward a calm sniff at the hand hiding a treat; no forcing.
- ☐ Wednesday / Cup search: use one sturdy cup, then two; let your dog watch the hiding.
- ☐ Thursday / Towel fold: hide food in a loose fold, not a tight knot. Supervise closely.
- ☐ Friday / Muffin tin: use open wells first; add only large, safe covers your dog cannot swallow.
- ☐ Saturday / Easy scent trail: place a few visible treats leading to a reward.
- ☐ Sunday / Repeat a favorite: choose the easiest successful game and end on a win.

03 / ADAPT TO YOUR DOG

- ☐ Help sooner if your dog freezes, paws frantically, barks or walks away.
- ☐ Make one thing harder at a time; return to an easier version if frustrated.
- ☐ Games complement walks and rest; they do not treat anxiety, aggression or medical issues.
- ☐ Seek a veterinarian for sudden behavior changes; use qualified reward-based help as needed.

04 / QUICK WEEKLY NOTES

- ☐ Favorite game: _____ Comfortable session length: _____
- ☐ What was too hard? _____ Next week, simplify: _____

Optional recommended plans: https://www.seediy.com/go/dogs

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