



Welcome to your new furry friend's life! Enriching your cat's environment is essential for their well-being. This guide provides simple and effective ideas to keep your cat mentally and physically stimulated.

What is Enrichment?

Enrichment at its core means improving your cat's overall quality of life by giving them things that keep them happy, healthy, and fulfilled. Enrichment activities stimulate your cat's mind, body, and senses while giving them a healthy outlet for their natural behaviors. If your cat is not interacting or gaining something positive from the enrichment you are supplying, then it is not enrichment! The right activities for your cat can prevent boredom, alleviate anxiety, and prevent behavioral issues. They help keep your cat happy and healthy!

Why is Enrichment Important?

- Mental stimulation helps reduce anxiety, boredom, and destructive behaviors
- Physical activity keeps cats fit and reduces the risk of obesity
- Strengthens your bond with your cat by providing positive shared experiences

Types of Enrichment

- Physical Enrichment - Keep your cat active with activities that:
 - Encourage chasing, pouncing, stalking, and hunting (use wand or interactive toys that mimic prey)
 - Provide climbing and perching options (cat trees or safe furniture)
 - Offer cozy hiding spots for security
 - Add multiple scratching posts to support natural scratching and stretching
- Mental Enrichment - Engage your dog's brain with:
 - Puzzle toys (e.g., cat Kongs, lick mats, treat-dispensing balls or other food puzzles)
 - Scent games (lay out catnip for your cat, hide treats or toys around the house and let your cat search)
 - Training sessions (teach new tricks or reinforce old ones. Yes, you CAN teach a cat tricks!)
- Sensory Enrichment - Appeal to your dog's senses with:
 - New scents (try a new smelly cat treat, buy a new toy or expose them to various textures)
 - Visual stimulation (provide them with access to a window, cat tv, and/or interactive toys with movement, lights or changing patterns)
 - Auditory enrichment (classical music, or nature sounds)
 - Teach your cat to walk on a leash and bring them for a walk outside
- Social Enrichment - Provide opportunities for positive social interactions with:
 - New people (if your cat enjoys interacting with visitors, invite friends or family to meet your cat in a calm setting)

***Tip: If you've just adopted a cat, allow them time to settle in before introducing new people, animals, or too many new experiences.**

Enrichment Product Links

Interactive Cat Toys

- [Moving Cat Ball](#)
- [Automatic Cat Toy With Feathers and Butterflies](#)
- [Automatic Wand Toy](#)

Puzzle Toys

- [Digging Puzzle Toy](#)
- [Wobble Toy](#)
- [Puzzle Feeder Board](#)

Cat Scratchers

- [Scratcher with Built in Puzzle Toy](#)
- [Vertical Cat Scratcher](#)
- [Scratcher bed](#)
- [Folding Scratcher with Ball Track](#)

Cat Trees

- [Large Cat Tree](#)
- [Small Cat Tree](#)



DIY Enrichment Tips

DIY Reach Feeder

What You'll Need:

- 3–4 toilet paper rolls
- A shoebox with a lid (or a soft drink box)
- A pen or pencil
- A sharp knife
- Cat kibble or treats

Instructions

1. Use a pen or pencil to trace the ends of the toilet paper rolls onto the lid. Make several outlines in different spots - one for each roll.
2. Carefully cut out the traced circles using a sharp knife. Try to stay right on the lines so the holes aren't too large; the rolls should fit snugly.
3. Insert the rolls into the holes, then drop some kibble or treats inside each one.
4. Give the box to your cat and let them enjoy!

Cardboard Treat Dispenser

What You'll Need:

- Empty toilet paper roll
- Scissors
- Cat treats or kibble

Instructions

1. Make a Hole: Use scissors to create a small hole on one side of the roll. It should be just large enough for treats to fall out when the roll is moved.
2. Seal One End: Fold one end of the roll closed by pressing the sides together. Tuck in the edges if you want a tighter seal.
3. Add Treats: Place 2–3 treats or a small amount of kibble into the open end.
4. Close the Other End: Fold the open end shut the same way, pressing the sides together to seal it.
5. Play Time: Give it to your cat and let them bat it around to release the treats!

Fleece Spiders

Materials Needed:

- Fleece fabric
- Plastic rings
- Scissors

Instructions:

1. Cut the Fleece into strips about 4–6 inches long and roughly ½ inch wide. The measurements don't need to be exact.
2. Start the Base: Hold a plastic ring in one hand.
3. Take a fleece strip, fold it in half to form a loop, then pull the loose ends through the loop around the ring to secure it. Tie it once more to keep it in place.
4. Continue attaching strips all around the ring until it's full. The more strips you add, the fluffier your spider will be.
5. Ready to Play:
6. Once filled out, your fleece spider is ready for your cat to enjoy!

