

# free DIY Mental Stimulation Guide for Dogs

Boost Your Pup's Brain with Easy Home Ideas & Checklists

## Welcome to Your Free DIY Mental Stimulation Guide!

As a dog guardian with three pups (Delta, Zeus, and Alpha), I know how boredom can lead to chaos. This guide summarizes easy, budget-friendly ideas from my blog post to keep your dog's mind sharp, reduce anxiety, and strengthen your bond. Use the checklists to track materials, spot boredom signs, and customize for your pup's breed or age. Why It Matters: Just 15 minutes of mental play can tire your dog more than a walk!

### Quick Stats:

- 30% of dogs show destructive behaviors from boredom.
- Enrichment cuts this by up to 63%. Ready to start? Flip through for ideas, checklists, and tips. Share your results on YouTube: Shruti and Delta

### Spot Boredom Early:

5 Key Signs Checklist Use this to assess your dog—check off what you see and note dates.

1. Excessive chewing on non-toys (e.g., shoes, furniture)

Notes: \_\_\_\_\_

2. Lethargy or disinterest in play

Notes: \_\_\_\_\_

3. Hyperactivity bursts (zoomies)

Notes: \_\_\_\_\_

4. Whining or pacing restlessly

Notes: \_\_\_\_\_

5. Destructive digging/scratching

Notes: \_\_\_\_\_

Tip: If 3+ checked, start with 1-2 DIY ideas daily. Track improvements weekly.

# Materials Master Checklist

## Essential Household Items for DIY Enrichment

Stock up and check off what you have—affordable and reusable!

- Toilet paper rolls (for puzzles)
- Cardboard boxes (for mazes)
- Treats/kibble (high-value rewards)
- Peanut butter (xylitol-free)
- Old towels/fleece (for rolls/mats)
- Tennis balls/cups (for games)
- Empty bottles/rope (for spinners)
- Kong toy (or similar rubber chew)
- Rubber mat (for sniff mats)
- Non-toxic markers/scissors (for crafting)

Bonus: Dog-safe fruits/veggies for variations.

Tip: Shop thrift stores for extras—keep a "dog DIY bin" handy!

Thanks for Downloading!

You've got the tools to spot boredom and prep materials—now dive into the full DIY ideas in my blog post for step-by-step guides, adaptations, and real-life tips. Visit [thehappypuppers.com/mental-stimulation-for-dogs-diy](http://thehappypuppers.com/mental-stimulation-for-dogs-diy) to explore all 11 activities, plus breed-specific tweaks and more.

For video tutorials (like me building a sniff mat with Alpha), subscribe to Shruti and Delta on YouTube ([youtube.com/c/shrutinanddelta](https://youtube.com/c/shrutinanddelta)). Share your pup's progress—tag @TheHappyPuppers on social!