

# DOG ENRICHMENT & COMFORT DO-IT-YOURSELF PACKET



**THANK YOU for your interest in helping the animals of the  
Animal Welfare League of Arlington!**

This Do-It-Yourself packet outlines several fun and easy projects that will help our animals have a better experience while in our care!

If you have any questions about a project, or would like to know what would benefit our organization the most, please contact the Animal Welfare League of Arlington at (703) 931-9241 or email us at [mail@awla.org](mailto:mail@awla.org).



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# WHAT IS ENRICHMENT?

Enrichment is something that encourages the natural behaviors in an animal, such as sleeping, eating, playing, and learning. It can be almost anything: toys, socializing with another animal, or even taking a walk are all enrichment that greatly benefit your pet's health and overall well-being. It reduces stress and can provide physical and/or mental stimulation.

## **There are five categories of enrichment:**

1. Environmental, like spending time outside or exploring a new area
2. Sensory, such as a snuffle mat or scratching post
3. Cognitive, which includes puzzle feeders and toys
4. Food, which can mean any sort of fun food or treats
5. Social, for instance, giving them time to interact with other animals or with you

When you donate any of these projects listed below to the Animal Welfare League of Arlington, they will be used to provide enrichment for each of our animals in our shelter, to help them feel loved and relaxed. Your donations will go directly to our animals and will be used to provide physical and mental exercise to keep them active, healthy, and happy.

**The projects below will be given to the dogs in our care and are ranked easiest to hardest. We appreciate any and all donations and thank you for your care for animals, time, and effort!**

# START A FUNDRAISER

Do something you love to help support the animals! Creating and participating in a fundraiser is a great way to help the many animals at the shelter.

## How to Start a Fundraiser

1. Visit our website to help set up your fundraiser ([CLICK HERE](#))
2. Choose an activity or item you would like to sell to raise money
  - a. Running for a Cause
  - b. Dog Wash
  - c. Baking Cookies/Treats
  - d. Selling handmade Bracelets etc.
3. Create Flyers for your goods/service and hang around neighborhood (or email them out to your friends)
4. Raise money by having people sponsor your activity or by purchasing your goods.
5. Donate the money directly to the AWLA or go out and buy suggested item that would most benefit our animals.

## Best Items to Purchase for Dogs

Visit our [ONLINE WISHLIST](#)

### IN-KIND DONATIONS

Outward Hound Puzzle Feeders

Red/Black Kongs

Xylitol Free Creamy Peanut Butter

EZ Squeeze Cheese



# FOSTER FAMILY PET SUPPLY GO-BAGS

To support the furry friends at our shelter, you can create bags of their favorite things to make the transition to a foster home easier. Here are a few items we would love for each type of animal. If you buy an item in bulk, you can split the item between multiple bags.

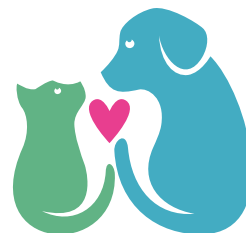
*NOTE: Check out your local dollar store for buying toys!*

## DOGS

- Leashes (We prefer 6 foot with 2 handles if possible. NO retractable)
- Medium/Large Martingale Collars
- Large Fun Slow Feeder - You can pick from a variety
- Treats
- EZCheese Spray Cheese(Found on Amazon)
- Tuffy Brand Dog Toys (Found on Amazon)
- Calming Spray

## CATS

- Small Fun Crinkle Cat Toys
- Churro Cat Treats or Tasty Crunchy Treats
- Catnip
- Feliway Spray
- Cat Scratch Board
- Slow Feeder



## SMALL COMPANION ANIMALS

- Care Fresh
- Treats
- Washable Cage Liners
- Chew Toys (Another fun option) - Need more for Dental Health
- Slow Feeder or Fun Wooden Feeder

# BUSY BOXES

Level of Difficulty: 🗝️

What you'll need:

- Empty Cardboard Box
- Empty Toilet Paper Rolls
- Newspaper
- Scissor/sharp knife
- Tennis Balls

1. Using a sharp knife/scissors, poke one or two thin holes on each side of the cardboard box. These will act as whiff holes for your pet to sniff the treats inside.
2. Stuff the box with goodies. You can put a bunch of toilet paper rolls vertical to make tubes, add wrapping paper/newspaper balls for the pet to shred etc. Get creative with the items above.
3. Add challenges by closing box or wrapping it up.
4. If making for your own pet, sprinkle their favorite foods into the box for them to find! If donating, please donate without any food inside, and we will add it to the toy for the pets.



# NO-SEW SOCKS

Level of Difficulty: 🦷

What you'll need:

- Long sock
- Tennis balls
- Optional: Empty water bottle (label, plastic cap/loop removed)

There are several different ways you can make this toy:

## Option 1 - Long sock & Tennis Ball/Water bottle (A)

1. Taking the toe end of the sock, tie it into a knot. Tie another knot 1"- 2" away before sliding a tennis ball or water bottle into the sock, letting it sit on the second knot. Make a third knot on top of the tennis ball to hold in place.
2. Continue making knots down the length of the sock, leaving 1"- 2" between each knot.
3. If using the tennis ball, tie the ends of the sock together to form a circle.

## Option 2 - Long Sock (B)

1. Tie a knot on each end of the sock.
2. Then, continue down the length of the sock, tying knots every 1 in. until the end.





# SNUFFLE BALL

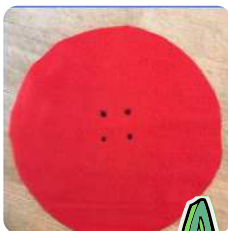
Level of Difficulty: 

What you'll need:

- Fleece or Felt (1 yard)
- Round object (~ 8" diameter)
- 4 Zip Ties (minimum 8")
- Fabric Scissors
- Fabric Marker
- X-acto knife
- Sandpaper



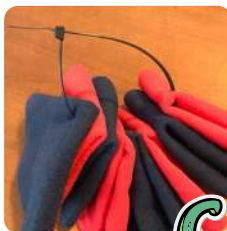
1. Lay your fleece or felt on a flat surface. Create 32 circles by placing your round object on top of the fabric and trace with a marker. Cut out circles
2. Fold each circle in quarters to create a pizza slice shape and punch a hold through the tip using your X-acto knife  $\frac{3}{4}$ " up from corner. You can create a small  $\frac{1}{4}$ " snip with your scissors. (when you unfold, you should see 4 holes or slits near the center of your circle). **(A)**
3. Refold the circles into quarters and run 1 zip tie through the wholes. Place 8 circles on each of the 4 zip tie. DO NOT CLOSE ZIP TIES YET. **(B)**
4. Close 1 zip tie loosely. **(C)** Attach the other zip ties from different sides on the first zip tie. **(D/E)**
5. Close the zip ties very tight and cut the ends off as far as possible.
6. Use sand paper to make ends of cut zip ties less sharp.



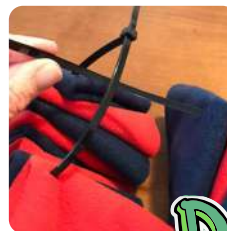
**A**



**B**



**C**



**D**



**E**



**VIDEO FOR HELP**

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Directions & Photo Credit: Puzzle Dog



# BRAIDED TUG

Level of Difficulty: 

## What you'll need:

- 3 ¼-yard pieces of different colored/patterned fleece
- Scissors/Rotary Cutter
- 2 Rubber Bands
- Optional: Tennis Ball



1. Fold fleece in half to cut long strips
2. Cut into three 4" strips from the folded edge.
3. Unfold the fabric strips and stack one strip from each color/pattern together
4. Wrap rubber band around the edge of the fleece stack, about 4" from the end.
5. Braid the three strands together tightly. **TIP:** The easiest way to get a tight braid is to hold the rubber band-wrapped edge between your knees, but you can also tape it or pin it to a solid work surface.
6. Make braid about 20"- 27" long, leaving 4" unbraided fleece at the end. Wrap the second rubber band on the end of the unbraided fleece.
7. Make a knot where the rubber band is located. Cut the rubber band and pull the knot very tight. The tighter the knot the longer it will last.
8. Trim both unbraided ends so they are roughly the same length.

**Optional:** if you find the rope is too long, you can tie a knot or two in the center. You can also cut two slits in a tennis ball and run your rope through the holes for extra fun.



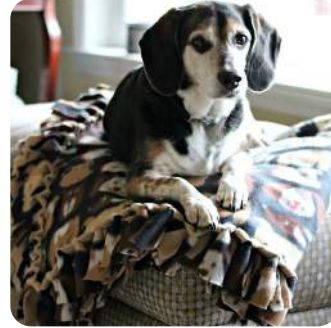
**VIDEO FOR HELP**

# SNUGGLE BLANKET

Level of Difficulty: 🦷🦷

What you'll need:

- Fleece (80" x 36")
- Fabric Scissor/Rotary Cutter
- Fabric Ruler
- Optional: Safety Pins



1. Lay the your fabric material out on a flat surface. Fold your material in half to create a 40" x 36" rectangle. Cut along folded edge to create 2 separate rectangles.
2. Lay both rectangles on top of each other. Trim off any ends with rotary cutter to make sure the rectangles line up near perfect.
3. Cut out a 3" x 3" square from each corner to prevent bunching of the materials at the end.
4. Then, go around the borders and cut tassels that are between roughly 1" wide and 3" long. Make sure you are cutting both pieces of fleece in the same cut.
5. Take the corresponding tassels from both the top and bottom pieces and double knot them together. You can also choose to take both ends, wrap them around your finger to make a loop, and push the ends through the loop. Pull tight. Repeat, tying each and every tassel from both pieces all the way around the border of the two fleece pieces.

**Note:** If you intend to donate your blanket to the Animal Welfare League of Arlington, please **DO NOT** add any stuffing, as this can be a hazard for our dogs.

**VIDEO FOR HELP**

# SNUFFLE MAT

Level of Difficulty: 

What you'll need:

- Sink Mat with Square Holes ([Target Link](#))
- Fleece (up to 1.5 yards)
- Fabric scissors
- Ruler
- Optional: Cardboard, Marker, Hole Punch/X-acto knife



1. Lay the fleece on a flat surface. Using your fabric scissors, cut strips that are 6"- 8" x 1"
2. Taking one strip at a time, thread the strip of fleece through two adjacent holes and double knot.
3. Take the next strip and pull one side of the strip through the second hole alongside the strip already there, towards the side with the double knot. Then, take the other end of the strip and push it through the next adjacent hole. Double knot on the same side as the original knot.
4. Continue until you finish one length of the rubber mat. Repeat for the rows on your board.
5. When you are done completing all rows horizontally, you will repeat the steps but connecting the holes vertically. Take a strip and push it through the first hole, then connect it to the first hole in the row below.
6. Repeat process until the mat is complete. Flip the mat over and check to make sure you created bridges between every hole in each of the four directions.

**Optional:** If you would like to make your own mat, you can use sturdy cardboards. Draw a grid of 1" x 1" squares and use a hole punch at each intersection. The reason we ask for sink mats as the base is to make them reusable.



**VIDEO FOR HELP** 11

# SQUARE KNOT TUG

Level of Difficulty: 

## What you'll need:

- Fleece
- Fabric scissors
- Ruler



1. Cut four strips from the fleece. 2" wide by 45" long.
2. Tie a regular overhand knot at one end, leaving a few inches of fabric as a tail. Pull the knot tight.
3. Begin tying square knots.
  - a. Open and arrange four strips into a plus sign.
  - b. Take the strip on top and pull it to the bottom, a little to one side - make sure it always stays on this side as you continue. Take the bottom strip and fold it towards the top, again staying on the same side. This creates 2 loops. **(1)**
  - c. Take the strip on the right and pull it towards the left, going **over** the first vertical strip and **under** the second strip. Take the left strip and fold it towards the right, weaving **over** the first vertical strip and **under** the second. **(2)**
  - d. Pull all strips as tightly as possible. **(3+4)**
4. Repeat until you have about 4" left. Tie off the end with another overhand knot and pull tightly. **(5)**
5. Trim off the tails to make them even and split the ends of all four strands into two to make the ends fuller. **(6+7)**

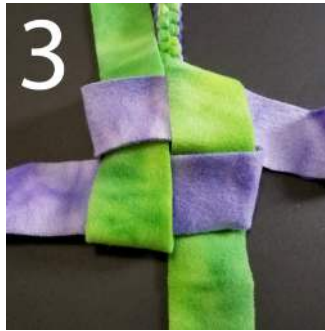
## VIDEO FOR HELP

Directions + Photo Credit: CreateLoveGrow



# SQUARE KNOT TUG TOY

Level of Difficulty: 



# OCTOPUS DOG TOY

Level of Difficulty: 

## What you'll need:

- Tennis ball
- T-shirt (or 1/2 yd. of fabric)
- Scissors
- Ruler



1. Laying the shirt on a flat surface. Starting at the armpits, measure out 3 sections of fabric. One 2" tube and two 6" tubes. Cut out strips. **(A)**
2. Cut through one end of each tube to create long strips of fabric.
3. Lay the 2 wider (6") fabric strips out to make an "X". Put the tennis ball in the center, and wrap the fabric around the ball. **(B)**
4. Use the 2" fabric strip to secure the wrap, and knot it tightly several times. Trim up the 2" fabric strip and discard the extra. **(C)**
5. Now you should have something that looks vaguely like an octopus with four floppy tentacles. Cut one of the tentacles into 3 strips and braid them together. Knot the end. Repeat with other tentacles **(D+E)**
6. Make sure all knots are tight and trim up loose ends. **(F)**



# OCTOPUS DOG TOY





# CANVAS BED COVER

Level of Difficulty: 

## What you'll need:

- 2.5 yards Heavy Weight Cotton (other suggestions: broad cloth, canvas)
- Fabric Scissors
- Pins
- Iron
- Sewing Machine
- EZ Steam Tape
- 24" Long zipper or longer

1. Lay the your fabric material out on a flat surface. Cut two 41" x 37" rectangles.
2. Lay materials right sides together and pin one long edge. Mark 8" in from each of the pinned edges.
3. With your sewing machine and starting from one edge, sew a  $\frac{5}{8}$ " seam from edge to your first mark with a 2.5L sewing stitch.
4. With a  $\frac{5}{8}$ " seam, sew from the first mark from your second mark using a basting stitch.
5. Repeat step 3 in sewing from your second mark to the other edge with a 2.5L sewing stitch. Press seam open.
6. On the back side of seam, use EZ Steam tape and measure out the length of the zipper. Press with Iron and remove peeled paper. Lay zipper upside down on the sticky tape.
7. Using a zipper foot, sew around zipper with a regular sewing stitch. Cut out basting stitch the length of zipper. Open zipper  $\frac{1}{2}$  way.
8. Fold right sides together and pin around remaining 3 sides. Sew around with  $\frac{1}{2}$ " seam. Turn inside out and punch out corners.