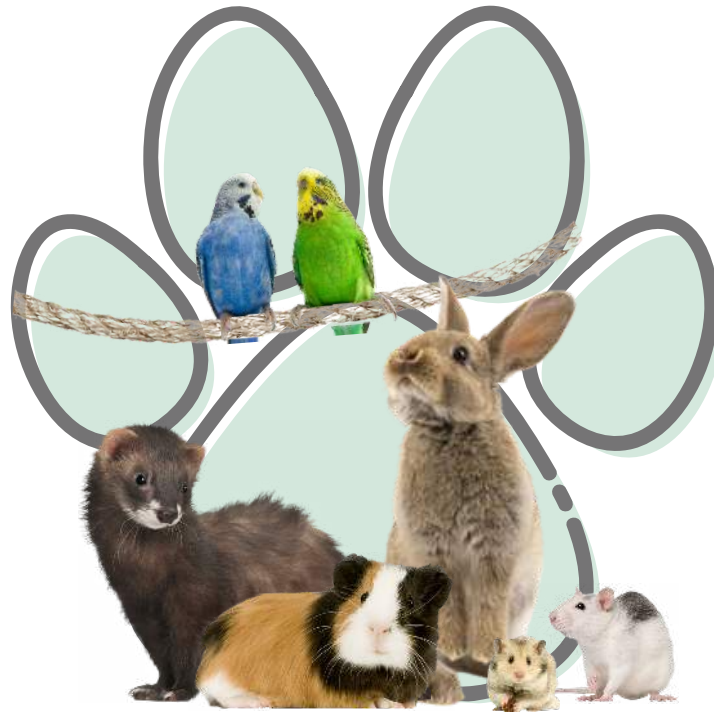


SMALL ANIMAL ENRICHMENT & COMFORT DO-IT-YOURSELF PACKET



[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.



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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 small animals 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 Small Companion Animals

Visit our **ONLINE WISHLIST**

IN-KIND DONATIONS

Oxbox Timothy Hay
Carefresh Pet Bedding



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.

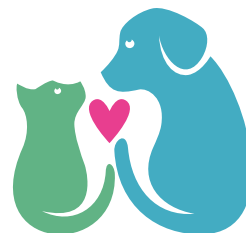
NOTE: Check out your local dollar store for buying toys!

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

HAY TUBE

Level of Difficulty: 🟡

What you'll need:

- Toilet Paper or Paper Towel Tubes
- Timothy Hay
- Sisal Rope
- Scissors



Option 1--Hanging Tube

1. Use your scissors to poke one hole midway through tube (big enough to pull the sisal rope through)
2. Tie a knot 1" from one end of the rope that is larger than the hole. Pull the rope through the hole, so the knot is inside of the the tube.
3. Fill the tube with hay. (The string will be used to hang the tube to an enclosure.)

Option 2--Hay Log

1. Use scissors to cut small shapes out of the tube.
2. Stuff the tube with hay and arrange it such that it sticks out of the holes.

If you want to donate an extra gift to go along with this toy, here are few of our pet's favorite things:

- [Treats](#) or Fresh Herbs
- Timothy Hay

TOILET ROLL BATTING BALL

Level of Difficulty: 🗝️

What you'll need:

- Toilet Paper Roll
- Scissors
- Treats

1. Using a pair of scissors, cut the toilet paper roll horizontally into 3 or 4 small ~1in rings
2. Fit the rings inside of each other making a balls
3. Add treats

If you want to donate an extra gift to go along with this toy, here are few of our pet's favorite things:

- [Treats](#) or Fresh Herbs
- Timothy Hay



If you want to try an advanced craft, check out the [weaved toilet paper ball here](#)

TREAT PINATAS

Level of Difficulty: 🟡

What you'll need:

- Brown Paper Bags
- Twine
- Timothy Hay
- Treats or Fresh Herbs

1. Fill the brown paper bags with a handful of timothy hay and treats
2. Twist the end of the bag shut.
3. Close off bag by tying a bow made from twine
4. Tear a couple small holes at the bottom of the bag for the animal to sniff the treats.

If you want to donate an extra gift to go along with this toy, here are few of our pet's favorite things:

- Treats or Fresh Herbs
- Timothy Hay



VIDEO FOR HELP

**** Start at 3:15****



FORAGING DIG BOX

Level of Difficulty: 🟡

What you'll need:

- Cardboard Box (minimum size: shoe box)
- Newspaper
- Plain Cardboard
- Toilet Paper Rolls
- [Treats](#)

1. Shred the newspaper, plain cardboard, toilet paper rolls as much as you want.
2. Place all shreds into the cardboard box. Fluff the scraps. You can even scrunch paper into balls.
3. Toss in treats to the forage box
4. Give to your small companion animal to dig/place in for treats.

If you want to donate an extra gift to go along with this toy, here are few of our pet's favorite things:

- [Treats](#)



VIDEO FOR HELP

**** Start at 7:00****

Directions & Photo Credit: Blueberry the Bunny

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HAY TREE STANDS

Level of Difficulty: 🟡

What you'll need:

- Plain Untreated Cardboard
- Newspaper/Packing Paper
- Toilet Paper Rolls
- Non-Toxic Elmer's Glue
- Scissors/X-Acto Knife



1. Using a pair of scissors or X-acto knife (with supervision), cut plain cardboard into 6in x 6in squares.
2. Glue around one end of the toilet paper roll and place in center of cardboard square. Set aside to let dry.
3. Shred newspaper or packing paper in to large pieces. By tearing or using scissors, place a few different pieces around the toilet paper roll. Spread apart to make different levels.
4. If you have timothy hay, grab a small handful and put in the top of the toilet paper roll.

If you want to donate an extra gift to go along with this toy, here are few of our pet's favorite things:

- [Treats](#) or Fresh Herbs
- Timothy Hay

HAY WREATH

Level of Difficulty: 

What you'll need:

- Brown Paper Bag
- Timothy Hay
- Sisal Rope
- Scissors



1. Cut off the bottom of the brown paper bag. Cut the remaining tube vertically, so the bag lays flat like one sheet of paper.
2. Going vertically up the bag, cut the bag into long strips (about 1" thick).
3. Take about a handful of hay and mold it into a circle. **(A)**
4. Start with one strip of paper and wrap it around the hay, repeating as you go all the way around the circle with as many strips as necessary. It is okay if the hay sticks out. **(B)**
5. With the last strip, wrap the end over the first loop on the ring and use the sisal rope to tie in place. You can tie the rope again to make a loop from which the ring can hang. **(C)**
6. Trim the extra rope and any hay that's sticking out too far.

If you want to donate an extra gift to go along with this toy, here are few of our pet's favorite things:

- Timothy Hay



VIDEO FOR HELP

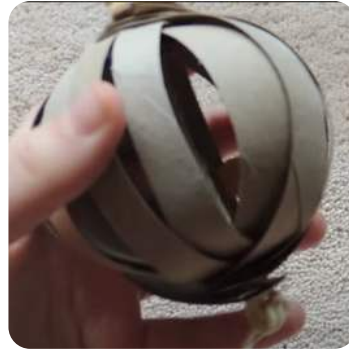
Directions & Photo Credit: RSPCA

TREAT BALL

Level of Difficulty: 

What you'll need:

- Toilet Paper Tubes (2-3)
- Hole Puncher
- Scissors/Ruler
- Sisal Rope
- Optional: Paper Strings



1. Cut each toilet paper tube down the entire length to make one sheet. Cut down the long edge of each sheet to make ½" thick strips
2. Using the hole puncher, punch a hole on both ends of each strip.
3. Cut a 5"-7" rope. Make a large knot on one of the ends (might need to do multiple knots).
4. Thread the rope through one hole of all of your stripes.
5. Starting from the strip on the top of the stack, thread the rope through the other hole. Continue down the stack until all are threaded.
6. Push down the strands to give it more of a "ball" appearance.
7. Finish it off by tying another series of knots to create a large knot at the top of the ball.
8. Fill with paper strings for a fun toy or your pets favorite treats.

If you want to donate an extra gift to go along with this toy, here are few of our pet's favorite things:

- [Treats](#) or Fresh Herbs
- Timothy Hay



VIDEO FOR HELP

Directions & Photo Credit: Once Upon a Pig

HIDDEN TREAT PUZZLE

Level of Difficulty: 🦷

What you'll need:

- Empty Tissue Box
- 3-4 Toilet Paper Rolls
- Scissors
- Treat
- Optional: Ruler/Pen

1. Cut off the top of the tissue box, leaving a 1"- 2" wall around the bottom. It can be helpful to measure out and mark a line using a ruler/pen.
2. Cut all the toilet paper tubes in half
3. On one end of each tube half, fold down the ends making a concave arched shape. This creates a handle for the pets to grab
4. Arrange the tubes inside the tissue box, open side down.
5. Hide treats under some of the tubes for your pets to discover.

If you want to donate an extra gift to go along with this toy, here are few of our pet's favorite things:

- [Treats](#)



CHEWING TREE

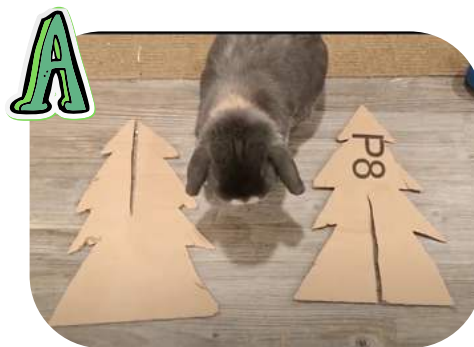
Level of Difficulty: 

What you'll need:

- Large Flat Piece of Plain Cardboard
- Marker/Pen
- Tree Outline (Next Page)
- Ruler
- Scissors/X-Acto Knife



1. Cut out the tree outline on the following page
2. Using the tree outline and a marker, trace two trees on flat cardboard. Cut out with scissors or X-acto knife.
3. On one tree, trace and cut a slit from the bottom to the dot in the middle of the tree. On the second tree, trace and cut a slip from the top to the dot in the middle of the tree. **(A)**
4. Holding the trees perpendicular. Slide the tree with the cut on the bottom on top of the tree with the slit at the top.
5. Stand your tree upright and decorate with hay (optional).



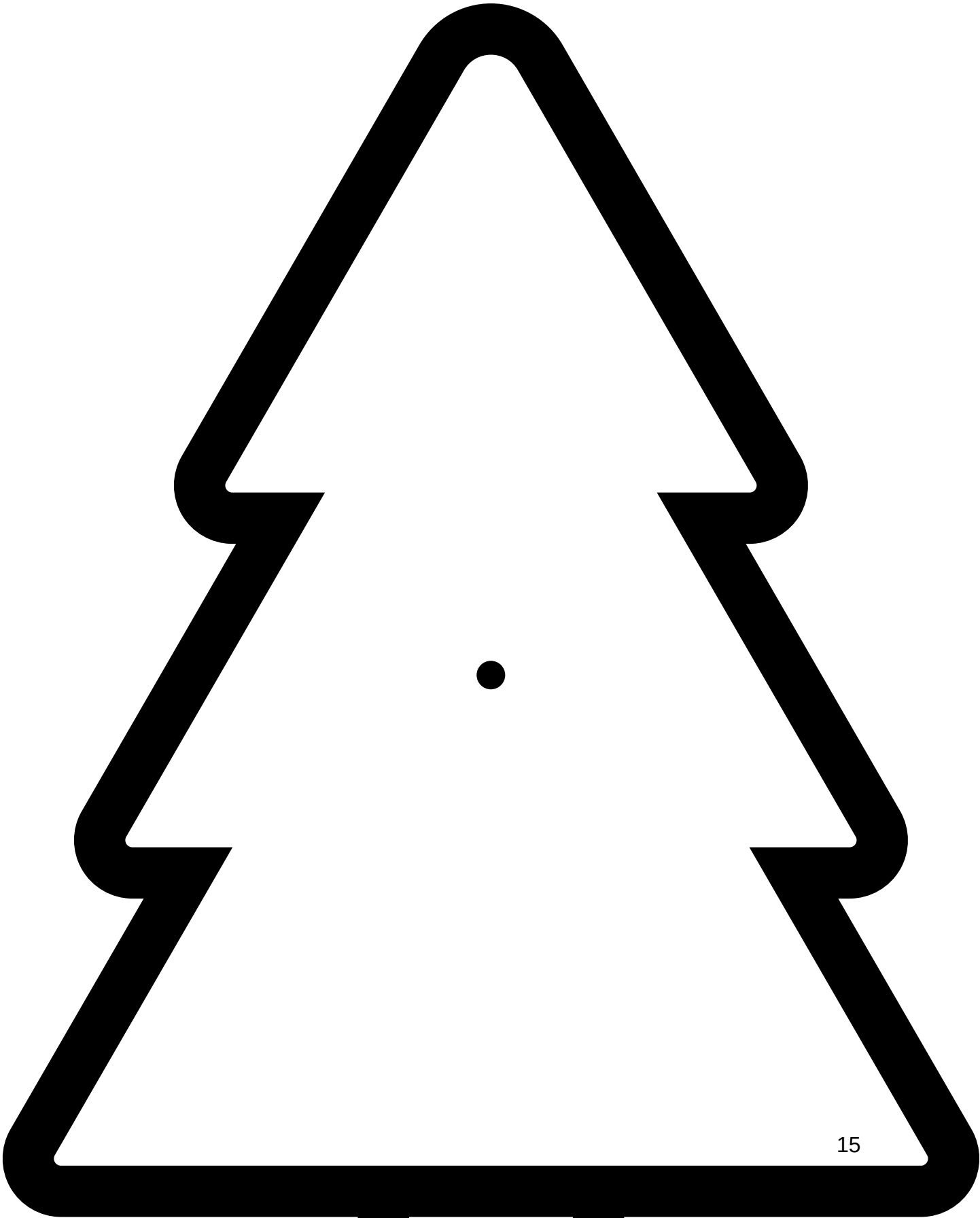
VIDEO FOR HELP

**** Start at 1:05****



Directions & Photo Credit: Blueberry the Bunny

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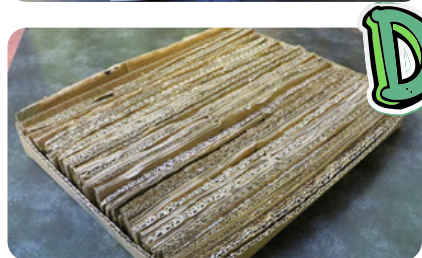
CARDBOARD SHRED MAT

Level of Difficulty: 

What you'll need:

- Cardboard Boxes (with all tape and labels removed)
- X-Acto Knife
- Scissors
- Ruler

1. Using the scissors or knife, cut 1.5" up from the bottom of the box and follow around the bottom to create a tray. **(A)**
2. Cut the leftover cardboard and any additional cardboard you have into strips that are 1.5" wide and the same length as the tray. If you'd like, you can make the strips slightly wider so that they'll be just taller than the tray. **(B)**
3. Arrange the strips in the tray so they lay on their side. You may need another cardboard box to make enough strips to pack the tray, so it is tight and secure. **(C,D)**



HANGING CHEW

Level of Difficulty: 

What you'll need:

- Untreated Wood Pieces (beads, squares, etc.)
- Corks
- Drill
- Pipe Cleaners or Sisal Rope
- Bells (optional)



1. Use the drill to make one hole through the middle of each wood piece and cork that you plan to use. You can skip this step if you are using wooden beads.
2. Lace either a 12" piece of sisal rope or a pipe cleaner through one bead and tie a knot around it to create a "stopper" for the rest of your beads. If you want to use of bell, that will act as your "stopper".
3. String the wood pieces and corks onto the rope in any arrangement or design that you'd like. For sisal rope: tie a knot between each piece to keep it in place.
4. Once all your pieces are on the string, tie the remaining rope/pipe cleaner into a loop to secure your beads.

Note: If you decide to use colored wood, please ensure that it is **nontoxic**

VIDEO FOR HELP

****This video uses wire, but please substitute with pipe cleaner/rope ****

Directions & Photo Credit: Brooklyn Skinny Pigs



ROLL & CHEWS

Level of Difficulty: 

What you'll need:

- Cardboard Sheet
- X-Acto Knife
- Scissors
- Ruler
- Something Round (cup, duct tape, minimum 2.5" diameter)
- Optional: Compass



1. Set round object on top of your cardboard and trace 3 identical circles. (optional: set compass to 1.5). Use scissors or knife to cut out.
2. Take one disk and make four 1" in length cuts that divides the disk into four (evenly spaced) petals. Widen each slice to be roughly $\frac{1}{4}$ " wide. Set aside.
3. On the remaining two disks, make one cut to the middle and make a triangle notch on top that is as wide as the middle of the petal disk (the part that is not cut). **(A)**
4. Fold the petal disk in half so that two of the slices are aligned. Slide one of two other disks into the opening and unfold.
5. Fold the petaled cardboard in half again the opposite way (up) to realign the all slices on the two disks. Slide the final disk into the opening
6. Unfold, and you have a roll and chew.



VIDEO FOR HELP

Directions & Photo Credit: Abby Morsey



SNUGGLE BLANKET

Level of Difficulty: 

What you'll need:

- Fleece (32" x 22")
- Fabric Scissor/Rotary Cutter
- Fabric Ruler
- Optional: Safety Pins



1. Lay the your fabric out on a flat surface. Fold it in half and cut out a 32" x 22" 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 2" x 2" 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 ½" wide and 2" 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 animals.

VIDEO FOR HELP

Directions & Photo Credit: Cutesy Crafts



NO SEW HAMMOCK

Level of Difficulty: 

What you'll need:

- Fleece
- Fabric Scissors
- Ruler
- 4 Metal Shower Curtain Hooks or Bookbinder Rings



1. Cut two squares of fleece that are 18" x 18"
2. Place the two pieces on top of each other. Using a ruler and scissors, cut a 3" x 3" squares from each corner to prevent bunching of the materials at the end.
3. Go around the borders and cut tassels that are roughly ½" wide and 3" long. Make sure you are cutting both pieces of fleece in the same cut.
4. Double knot the tassels on each side of the 3"x 3" square you cut off each corner around a shower curtain hook or bookbinder ring.
5. Continuing around each side, 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.
6. Your hammock is ready to be hung up!

SNUFFLE MAT

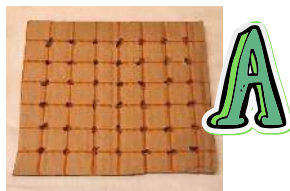
Level of Difficulty: 

What you'll need:

- Cardboard
- Fleece (up to 1.5 yards)
- Fabric & Regular Scissors
- Hole Puncher
- Ruler/Pencil



1. Cut the cardboard into a 6" x 6" square. Using the pencil and ruler, make a grid by drawing lines 1" inch apart, both vertically and horizontally.
2. Where the lines intersect, poke out holes with the hole puncher or with a pair of scissors. (A)
3. Lay the fleece on a flat surface. Using your fabric scissors, cut strips that are 6-8" x 1"
4. Taking one strip at a time, thread the strip of fleece through two adjacent holes and double knot.
5. Take the next strip and pull one side of it through the second hole alongside the first strip, 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 previous knot.
6. Continue until you finish one length of the cardboard. Repeat for the rows on your board.
7. When you have completed tying double knots across each row, you will double-knot strips down each column. Take a strip, push it through the first hole and the first hole in the row below, double-knot, and repeat.
8. 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.



VIDEO FOR HELP

**** Remember when watching, our small companion animals NEED the base to be cardboard due to the love of chewing.****

Directions & Photo Credit: Proud Dog Mom 21