3 games.
One easy start.

Four everyday situations. Short, supervised play.
A simple record of what feels comfortable for your dog.

You do not need to finish three games, make each day harder, or tire your dog out. Pick one comfortable turn and stop while it is still easy. The seven-day plans are suggestions, not deadlines or promises of behavior change.

01 Indoor boredom

Treasure Hunt / Target Train / Magic Carpet

02 After a walk

Snuffle Scatter / Magic Carpet / Treat Countdown

03 Gentle puppy play

Puppy Toy Trade / Target Train / Eye Contact Game

04 Beginner focus

Eye Contact Game / Target Train / Get in the Box

HOW TO USE THIS PACK

Print the two pages for your chosen situation: the game plan and its seven-day record. Stay with your dog, separate other pets, use non-slip footing, and count food within the normal daily allowance. Let your dog walk away. Keep your dog's name and notes on your own copy.

Before you play

These are supervised games for low-risk everyday enrichment, not treatment for separation anxiety or other behavior problems. Do not start if there is guarding, swallowing of objects, a bite history, severe fear, or distress when left alone. Use qualified help first; seek veterinary advice for pain, illness, or a sudden behavior change.

Match games to your setup | Read the safety guide

3 Quiet Brain Games for Apartment Boredom

About 5 minutes, with breaks. One game is enough; take breaks and let your dog opt out.

PREPARE

- Choose one quiet room with secure doors and non-slip footing. Give other pets their own space.
- Set aside a small portion of your dog's usual food and a flat towel or mat they do not chew.
- Keep food visible and easy to reach. Do not use small cups, hidden packaging, furniture gaps, or jumping.

1. Treasure Hunt / 1-2 minutes

Set up: Place three pieces of food in plain view on a clean, safe patch of floor.

- Let your dog watch you place the pieces, then say a quiet search cue once.
- Let them sniff at their own pace. Point to a piece if finding it is difficult.
- Repeat once with the pieces a little farther apart, still visible. End before the room becomes a frantic search.

Stop if: Your dog gulps non-food objects, guards the area, scratches at furniture, or cannot search without getting frustrated.

Easier: Put one piece directly in front of your dog and finish after that easy find.

2. Target Train / 30-60 seconds

Set up: Sit or stand sideways. Hold an empty open palm a short distance from the dog's nose.

- Wait for a voluntary sniff or nose movement toward your palm.
- Say your usual reward word and give one piece of food with the other hand.
- Lower the target between turns. Offer only three easy repetitions; never push your hand toward the dog.

Stop if: Your dog ducks away, freezes, mouths the hand, or appears uncomfortable with your hand near their face.

Easier: Reward one glance toward your lowered hand without asking for a touch.

3. Magic Carpet / 1 minute

Set up: Lay a familiar flat towel on non-slip flooring, away from food bowls and resting pets.

- Reward your dog for looking at or voluntarily stepping toward the towel.
- Place the next reward on the towel if your dog is comfortable approaching it.
- Allow them to leave. Finish after one or two voluntary returns; no down-stay is required.

Stop if: Your dog chews the towel, guards it, avoids it, or becomes tense when you approach.

Easier: Reward one calm moment beside you without using a towel.

Not for guarding, swallowing objects, bite history, severe fear, or distress when alone. These games do not treat separation anxiety. Safety and qualified-help guidance

Open this plan online | Turn the page for your seven-day record.

Indoor boredom
Repeat what feels comfortable.

Dog: _____ Week starting: _____

SUGGESTED PRACTICE RHYTHM

Day 1 - One visible find. Try Treasure Hunt only. Record whether your dog sniffs with a loose body.

Day 2 - Keep the room easy. Repeat the same three visible pieces in the same quiet room.

Day 3 - Offer a hand target. After a break, try up to three voluntary target turns. Skip if hands cause concern.

Day 4 - Introduce the towel. Reward one voluntary approach to the towel. Let your dog leave freely.

Day 5 - Choose two. Use the two easiest games with a pause between them. Do not add harder hiding spots.

Day 6 - Try the short sequence. If earlier sessions were comfortable, try sniff, target, then towel. Stop after any one game if needed.

Day 7 - Repeat the favorite. Repeat the easiest game and compare body language with Day 1. Keeping it easy is progress.

YOUR NOTES

Record the game, time spent, loose or tense body language, and whether your dog chose to return. More excitement is not the goal.

Day	Game or rest	Time / setup	Body language / choices	Stopped because
1				
2				
3				
4				
5				
6				
7				

Next week I will repeat: _____

I will make this easier by: _____

Rest-only days count. Stop for tension, frustration, grabbing, avoidance, or discomfort. New safety concerns are a reason to seek help, not increase repetitions.

Return to this plan | Match a different setup

3 Gentle Games for Quiet Practice After a Walk

About 3-5 minutes, with breaks. One game is enough; take breaks and let your dog opt out.

PREPARE

- Offer water and a quiet rest first. Do not start while your dog is hot, panting heavily, sore, or still upset by the walk.
- Use a quiet indoor spot, a familiar flat towel, and a few pieces from the normal food allowance.
- Keep other pets separate. Avoid doorway traffic and any new challenge; this is not trigger exposure practice.

1. Snuffle Scatter / 1 minute

Set up: Spread a few visible pieces of kibble across a flat, familiar towel. Do not fold or roll the towel.

- Let your dog approach and sniff without asking for a sit first.
- Keep all food easy to reach and quietly point out a missed piece if needed.
- When the food is gone and your dog has moved away, put the towel away.

Stop if: Your dog grabs fabric, digs frantically, guards the food, or appears unable to relax around the setup.

Easier: Use a few visible pieces on a clean non-slip floor, with no towel.

2. Magic Carpet / 1 minute

Set up: Use a separate familiar resting mat that your dog is comfortable approaching and leaving.

- Reward a voluntary step onto the mat.
- If your dog stays loosely and comfortably, place one more reward between their front feet.
- End after a brief pause. Let your dog choose whether to rest or walk away; do not hold them on the mat.

Stop if: Your dog guards the mat, tenses, chews it, or needs repeated cues to remain there.

Easier: Notice and reward one relaxed pause wherever your dog is already comfortable.

3. Treat Countdown / 1-2 minutes

Set up: Keep three small food pieces ready while you sit quietly at a comfortable distance.

- Notice one ordinary calm choice, such as standing loosely or looking away from a household distraction.
- Deliver one reward quietly. You do not need to ask for a behavior first.
- Use at most three rewards, then finish. Leave a sleeping dog to sleep.

Stop if: Rewarding makes your dog repeatedly jump, bark, crowd your hands, or compete with another pet.

Easier: End the activity and allow quiet rest; there is no requirement to use all three rewards.

Not for guarding, swallowing objects, bite history, severe fear, or distress when alone. These games do not treat separation anxiety. Safety and qualified-help guidance

Open this plan online | Turn the page for your seven-day record.

After a walk
Repeat what feels comfortable.

Dog: _____ Week starting: _____

SUGGESTED PRACTICE RHYTHM

Day 1 - Observe before playing. Record how your dog looks after a quiet recovery period. Skip games if rest is the better choice.

Day 2 - Try an easy scatter. Use a few visible pieces only after your dog is comfortable. Record any fabric interest.

Day 3 - Add a familiar mat. Try one voluntary mat approach. Do not introduce a long stay.

Day 4 - Notice one calm choice. Use Treat Countdown for up to three quiet rewards. Stop if food makes things busier.

Day 5 - Choose rest or a game. Let the dog's current state decide. A rest-only day belongs in the record too.

Day 6 - Use an easy sequence. If comfortable, try scatter, mat, then one calm-choice reward. Keep every part short.

Day 7 - Review the timing. Record which game and time suited your dog best. Avoid treating excitement or fear as a need for more games.

YOUR NOTES

Record the walk context, whether your dog was ready, the game or rest chosen, and body language afterward. Do not measure success by exhaustion.

Day	Game or rest	Time / setup	Body language / choices	Stopped because
1				
2				
3				
4				
5				
6				
7				

Next week I will repeat: _____

I will make this easier by: _____

Rest-only days count. Stop for tension, frustration, grabbing, avoidance, or discomfort. New safety concerns are a reason to seek help, not increase repetitions.

Return to this plan | Match a different setup

3 Short Games for Gentle Puppy Play

About 2-4 minutes, with breaks. One game is enough; take breaks and let your dog opt out.

PREPARE

- Start after toilet needs and rest have been met. Choose a quiet, puppy-safe area with non-slip flooring.
- Use two intact puppy-safe toys large enough not to swallow, plus a few suitable pieces of the normal food allowance.
- One adult supervises. Keep children's hands, loose clothing, and other pets out of the play area.

1. Puppy Toy Trade / 30-60 seconds

Set up: Have two safe toys ready before play begins; keep them low and away from your body.

- Invite your puppy to explore one toy with slow, low movement.
- Offer the second toy and wait for a voluntary change of interest. Do not prise the first toy from their mouth.
- Pause after one or two easy switches. End before the puppy starts grabbing hands or clothes.

Stop if: Your puppy stiffens over a toy, guards it, bites skin, grabs harder, or cannot pause safely.

Easier: Let the puppy enjoy one safe toy while you supervise quietly; no trade is required.

2. Target Train / 30 seconds

Set up: Put toys aside after the puppy has left them. Offer a low empty palm without leaning over the puppy.

- Reward a voluntary glance or sniff toward your palm.
- Lower the hand, pause, and offer one more easy turn only if your puppy approaches willingly.
- Finish after two or three turns. Do not repeat cues or move the hand into the puppy's face.

Stop if: The puppy backs away, grabs your hand, jumps repeatedly, or loses interest.

Easier: Reward one glance toward you with all hands comfortably away from the puppy's face.

3. Eye Contact Game / 30 seconds

Set up: Sit sideways with a relaxed posture and a treat near your chest, not beside your eyes.

- Wait for one comfortable glance in your direction; a long stare is unnecessary.
- Mark the glance and reward low enough that the puppy does not need to jump.
- Try at most two more glances, then offer a quiet break.

Stop if: The puppy avoids your gaze, freezes, becomes mouthy, or seems sleepy or overwhelmed.

Easier: Accept a glance toward your shoulder instead of direct eye contact.

Not for guarding, swallowing objects, bite history, severe fear, or distress when alone. These games do not treat separation anxiety. Safety and qualified-help guidance

Open this plan online | Turn the page for your seven-day record.

Gentle puppy play
Repeat what feels comfortable.

Dog: _____ Week starting: _____

SUGGESTED PRACTICE RHYTHM

Day 1 - One toy, one minute. Offer one safe toy and end while play is still gentle. Record signs that the puppy needs rest.

Day 2 - Offer a choice. Try one voluntary toy switch. Keep both toys low and do not pull an item away.

Day 3 - Try two targets. At a separate quiet moment, reward two easy glances or sniffs toward a hand.

Day 4 - One check-in. Reward one brief glance toward you. Finish before asking the puppy to wait.

Day 5 - Repeat the easiest. Choose the game that produced the loosest, most comfortable engagement.

Day 6 - Try two short games. If the puppy is rested, combine two tiny turns with a break. Three games are optional.

Day 7 - Keep the best timing. Record the time and setup that worked. Sleepy, frantic, or mouthy sessions call for stopping, not more repetitions.

YOUR NOTES

Record rest/toilet readiness, the game, gentle engagement or grabbing, and when you stopped. Short comfortable turns count.

Day	Game or rest	Time / setup	Body language / choices	Stopped because
1				
2				
3				
4				
5				
6				
7				

Next week I will repeat: _____

I will make this easier by: _____

Rest-only days count. Stop for tension, frustration, grabbing, avoidance, or discomfort. New safety concerns are a reason to seek help, not increase repetitions.

Return to this plan | Match a different setup

3 Beginner Focus Games to Play at Home

About 4-6 minutes, with breaks. One game is enough; take breaks and let your dog opt out.

PREPARE

- Choose a quiet room and turn off avoidable distractions. Other pets and children stay outside the practice area.
- Prepare a small food allowance and a stable, low, open cardboard box with staples, tape, and loose pieces removed.
- Only use the box if your dog does not chew or swallow cardboard and can move comfortably around it. Looking at it is enough.

1. Eye Contact Game / 30-60 seconds

Set up: Stand or sit with soft posture and a treat near your chest. Avoid staring into your dog's eyes.

- Wait for a voluntary glance toward your face or shoulder.
- Mark it once, reward, then look away briefly to reset.
- Try three easy repetitions. Do not keep saying your dog's name or demand a longer stare.

Stop if: Your dog freezes, repeatedly avoids your gaze, paws at you, or becomes frustrated by the wait.

Easier: Reward a glance in your general direction and end the turn.

2. Target Train / 1 minute

Set up: Offer an empty palm close enough for an easy voluntary sniff, without crowding the dog's face.

- Mark a nose movement toward the hand and reward from your other hand.
- Withdraw the target between turns so the dog can choose to re-engage.
- After three easy turns, stop. Save changes of distance or position for another comfortable session.

Stop if: Your dog ducks, mouths the target, avoids you, or needs repeated encouragement to approach.

Easier: Reward interest in the hand without requiring contact.

3. Get in the Box / 1-2 minutes

Set up: Put a low, stable, open box on non-slip flooring. There is no requirement to step inside.

- Reward one voluntary look or sniff toward the box.
- Pause and reward another comfortable choice; stay at that easy level.
- Finish after three small successes. Never lift, lure, or push the dog into the box.

Stop if: Your dog chews cardboard, startles at the box, slips, repeatedly paws in frustration, or appears physically uncomfortable.

Easier: Remove the box and repeat one comfortable check-in. Do not ask a worried dog to approach it again.

Not for guarding, swallowing objects, bite history, severe fear, or distress when alone. These games do not treat separation anxiety. Safety and qualified-help guidance

Open this plan online | Turn the page for your seven-day record.

Beginner focus
Repeat what feels comfortable.

Dog: _____ Week starting: _____

SUGGESTED PRACTICE RHYTHM

Day 1 - Three easy glances. Try Eye Contact Game in the quietest room. Record how readily your dog chooses to engage.

Day 2 - Repeat, do not lengthen. Keep the same brief glances. A longer stare is not the goal.

Day 3 - Add a target. Try three hand-target turns after a break. Watch for comfort around your hands.

Day 4 - Notice the box. Reward a look or sniff toward a low stable box, then stop. Stepping inside is optional.

Day 5 - Choose two skills. Practice the two easiest games in the same room, with a break between them.

Day 6 - One small change. Only if everything stays easy, change your position slightly in the same quiet room. Do not add a busy distraction.

Day 7 - Review voluntary choices. Count a few comfortable check-ins and compare with Day 1. Return to the easier setup if engagement drops.

YOUR NOTES

Record voluntary glances or target choices, the setup, and any frustration. Comfortable participation matters more than speed or repetition counts.

Day	Game or rest	Time / setup	Body language / choices	Stopped because
1				
2				
3				
4				
5				
6				
7				

Next week I will repeat: _____

I will make this easier by: _____

Rest-only days count. Stop for tension, frustration, grabbing, avoidance, or discomfort. New safety concerns are a reason to seek help, not increase repetitions.

Return to this plan | Match a different setup