



Cat Mental Enrichment

Goal

To provide an outlet for excessive energy

Benefit

Satisfies cat's predatory drive, increases physical fitness, and encourages cats to play appropriately.

What You Need

- An imagination for creation, several toilet or paper towel cardboard rolls, an old fabric glove,
- string, catnip, tissue paper, and straw or raffia.

Tunnel Vision

Take several paper towel/toilet paper cardboard rolls and cut them in varying lengths. Lengths should be long enough to encourage your cat to be successful at fishing items out or push them through to the other side. Glue them securely together in the shape of a pyramid or box. Place some enticing items such as treats or a ball inside the rolls. Try taking some tissue paper sprinkled with catnip and stuff it lightly in one roll, or just sprinkle some catnip inside a roll or two. Your imagination is the limit.

Be careful not to use too small of items/toys that your cat could choke on or swallow. Providing new things to explore and find inside the holes is going to ensure your cat never gets bored with this game. Make a few different varieties and rotate them every few days.

Love in a Glove

Cautionary note: Catnip can make some cat's inner tiger surface, if your cat becomes over stimulated and aggressive with catnip do not use it. Marinate the glove, tissue paper, and straw in a plastic bowl with catnip. Stuff the tissue paper and straw into alternating fingers, and use a mixture of straw and tissue paper in the body of the glove. Make a few different stuffed gloves so you can alternate every few days. Tie the glove closed with string or yarn. Leave plenty of string for you to move/drag the glove from a distance. You also can hang this from a door knob or a steady chair so your cat can play solo. If your cat loses interest after a few days, the catnip may need to be refreshed. Simply untie the string and replace the contents. Also try different stuffing options such as cellophane, bubble wrap, crumpled up paper, or even regular grass and leaves. Again your imagination is the limit.

For more creative ideas: *50 Games to Play with Your Cat* by Jackie Strachan