



## Animal Enrichment



Animals and people have a lot of similarities. We both need to have access to shelter and food. We both have likes and dislikes. We both have distinct personalities.

But one of the biggest similarities is the need to be entertained! Everyone from little kids to senior citizens loves having some form of entertainment.

Think about your everyday life. Do you like to pass the time with a good book? Do you get a kick out of outside games, like tag? Do you like to cook delicious meals in the kitchen? We all like doing different things for fun.

And the same is true for animals! Cats, dogs, and even critters need change and stimulation in their lives to keep them happy and healthy. This stimulation can come in the form of learning new tricks or hiding treats or changing habitats. In the animal welfare world, we call this stimulation **enrichment**. Enrichment is an important part of keeping animals happy in a shelter environment.

At the Pasadena Humane Society & SPCA, staff and volunteers come together to continuously provide enrichment to the animals in our care. This enrichment comes in many forms.

### Mental Enrichment

This form of stimulation involves encouraging the animal to think about what is presented in front of them. This can include:

- Puzzle games
- Busy boxes
- Food toys
- Treat hide-and-seek

### Physical Enrichment

This stimulation is just plain ol' fashioned exercise! For higher-energy animals, physical enrichment is a great way for them to let go of any pent-up frustration. Activities include:

- Going for a hike
- Playing fetch
- Using a cat wand / laser



# PASADENA HUMANE SOCIETY & SPCA

## Environmental Enrichment

This is great for critters or any pets that typically stay in enclosed habitats. It can get boring staying in the exact same habitat day after day. Imagine only being able to stay in your room and never having anything new to explore. It doesn't sound very fun, does it? Below are a few things you can do to liven up your critter's space:

- Change the cage layout
- Introduce new veggies or insects as treats (check with your vet first!)
- Add new structures
- Set up a playpen indoors for larger critters like rabbits or chinchillas to run around in

## Your Turn!

Now that you know what enrichment is and what it looks like, head on over to the Pasadena Humane Society & SPCA website and check out fun enrichment projects for your pets that you can make at home. Simply visit [pasadenahumane.org/serviceprojects](https://pasadenahumane.org/serviceprojects) to get ideas or follow the instructions for a project listed. You can even make extras and donate them when your local shelter reopens for business!