

FELINE ENRICHMENT IDEAS

LOVERS OF LOUNGING,
CATS SLEEP
16-20 HOURS A DAY!

WITH THOSE EXTRA HOURS AWAKE

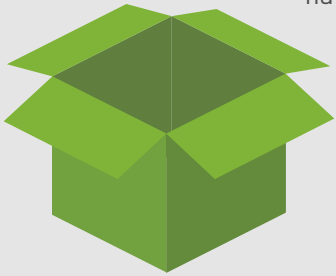
keep your kitty stimulated and active at home with these activities!

Just like people, cats enter **REM (Rapid Eye Movement)** sleep and can have dreams about their activities of the day. You might even notice muscle twitches, soft noises, or snoring.

1

The power of the BOX!

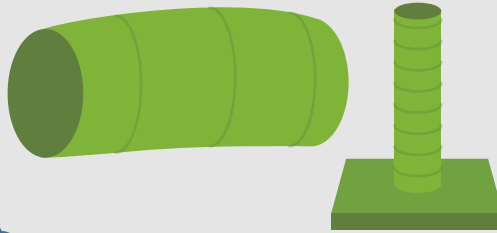
So simple, yet so exciting. Find boxes of different sizes and watch your kitty navigate in and out of each.



2

Homemade obstacle course

Get creative with tunnels, small jumps, weave poles, and more boxes!



3

Ball toys

Though not the best at fetching, they love to chase!



4

Fishing toys

Rod with string / feathers to jump and catch.



5

Laser pointer

Dim the lights, and watch your cat become obsessed with the fast little dot!



6

Hunting

Encourage this natural instinct by hiding meals or treats around the house.



OUTDOOR TIME - HAVE AN INSIDE KITTY? TRY SUPERVISED TIME OUTSIDE!

TIPS for introducing your cat to the outdoors:

- Monitor for stress or anxiety - if uncomfortable, bring inside
- Protect from outdoor predators by using cat harness or safe enclosures
- Use the proper parasite preventatives for your area

