Rainy Day Activity Deck

Four indoor activities for adult dogs. Choose one and follow your dog’s pace.

SNIFF / 2–3 minutes

Three scent stations



You’ll need Three sturdy, shallow dishes and a few pieces of your dog’s usual dry food.

1. Space the dishes out on a non-slip floor.
2. With your dog watching, put one piece of food in one dish.
3. Let your dog check the dishes at their own pace. Move the food to a different dish if they want another turn.

Easier option Use one dish and put the food in plain view.

Stay nearby. Keep the dishes uncovered and remove them when the game ends.

TOY PLAY / 1–2 minutes

Roll and return



You’ll need A familiar, intact toy that rolls and a clear patch of non-slip floor.

1. Sit or crouch and roll the toy a short distance along the floor.
2. Let your dog follow it, pick it up or leave it.
3. If they bring it back, offer another roll. If they keep it, let the round end there.

Easier option Place the toy within reach instead of rolling it.

Keep the roll slow and short, away from furniture, stairs and slippery surfaces.

Stay with your dog throughout. Use familiar food or toys and a clear, non-slip space. Give your dog room to leave at any time.

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EXPLORE / 1–2 minutes



The slow cardboard tour

You’ll need One clean, plain cardboard box, with tape, labels and staples removed.

1. Lay the empty box on its side against a wall so it cannot roll.
2. Sit nearby and let your dog choose whether to sniff the outside or the opening.
3. Pick up the box when they move away or begin chewing it.

Easier option Use a flat piece of the same cardboard to sniff from the floor.

Watch throughout and remove the cardboard if your dog tries to eat it.

QUIET TIME / 2–5 minutes



The room-with-a-view break

You’ll need Your dog’s usual bed or mat and a quiet place to sit.

1. Put the mat in a quiet spot where your dog can see you and walk away freely.
2. Sit nearby and read a page or two, without asking your dog to settle.
3. If your dog approaches, give them room to choose where to sit. End the break when they move on.

Easier option Leave the bed in its usual spot and sit nearby for one minute.

Choose a spot away from triggers such as a busy window or the front door.

Stay with your dog throughout. Use familiar food or toys and a clear, non-slip space. Give your dog room to leave at any time.

Dogs Trust indoor enrichment **Blue Cross cardboard play**