



Biscuit Trees

This is a great game for taking a pause on your walk, adding some extra enrichment or helping to lower arousal.

How to Play:

1. Find a tree! (or any solid object in the environment) Ask you dog to sit and wait a few meters away from the tree, or scatter some treats down to distract them for a moment. If you have another human with you on your walk they can hold them.
2. Hide some biscuits (any food reward will do) around the base of the tree. Make it really easy the first time.
3. Release your dog to 'go find it'. You can do this on or off lead
4. Let them hunt for the treats!
5. To make it more challenging hide the biscuits at different heights so your dog has to sniff up and down.

To really challenge your dog... if you have a second human get them to distract your dog so they can't watch you hide the treats so they don't know where to look.

Spread them out across multiple trees.

This might seem silly but scent work is magic for our dogs and one of the most enriching things we can do with them. Finding five minutes to add in some biscuit hunting to their day can make heaps of difference to their overall wellbeing.