



Free Work

Free work is fantastic for boosting your dogs confidence! We can use it as enrichment, to help dogs feel better about scary things, to lower arousal, and even to help with proprioception.

This can be done anywhere as long as the floor is not slippy for your dog. Make sure there is a bowl of water nearby that your dog can access easily.

Things to collect

1. A couple of different textured things your dog can walk on. This could be a door mat, a yoga mat, a towel, some packaging paper, cardboard etc.
2. Something your dog can lick. (A lickmat, slow feeder bowl, yoghurt pot etc.)
3. Something your dog can step in, or over. Boxes, cavaletti poles, or a laid down broom would work.
4. A raised surface your dog can eat off, (a step, a box, a cushion).
5. Some things to hide food in and under, snuffle mats, packaging paper, cardboard boxes, cones, puzzle toys etc.

If you can't find all of these that's okay even just two or three random objects will do the job to start with.

Spread your collected items out on your non slip surface and scatter your dogs dinner or some treats over, in, and under the objects.

If you can include something lickable too that's great.

Step back and watch your dog explore!