



# Noise Box

This game is an excellent confidence builder, it teaches dogs that novelty is something to be embraced! We love using this as part of puppy development and to build confidence with sensitive dogs.

## What you need:

1. A cardboard box or container big enough for your dog to stand in but shallow enough that it's easy for them to get in and out. (If you don't have this it can work just as well without it)

2. Noisy things from around the house.

Think plastic bottles, bubble wrap, crinkly paper, empty yoghurt pots, tin foil, plastic plant pots. Get creative, the world is your oyster! (just make sure they're not sharp or swallowable!)

3. A handful of kibble or treats

3. Bring your dog in and let them explore!

## For our more sensitive dogs:

You may need to start with just one or two items on the floor.

If they're uncertain about approaching resist the urge to lure them over there, step back, let them go at their pace.

Scattering some easy to access food around the edges can help reduce conflict, if they want the food but are worried about the noise.

## How to Play:

1. Put your noisy stuff into the big box (if you don't have a box big enough popping it in a pile on the floor will work too)

2. Scatter some treats over the noisy things

If they're really unsure you can reward them just for looking at the noise box or taking steps towards it at first.