

## Take It Inside - Indoor Fun For Your Dog

In the Land of Dog, the sun shines every day. The rabbits and other fun creatures and objects bound an roll and appear whenever and wherever the canine wants them to. The temperature is always just right for all types of doggy fun. In the real world, there are days when sunshine is simply a memory. The rain pours down. There is not a cloud in the sky, but the temperatures are far below the tolerance of your favorite dog - even if he or she wears a coat.

What do you do when the weather is bad? In foul weather, you just change the venue. You take your fun games and exercise from the outside world into the confines of your home. It helps, of course, if you have a rec. room, an exercise room, a spare room or any room with plenty of space. If not, you will just have to come up with some activities that fulfill the purpose.

When playing any of these games, make sure they are kept age and stage appropriate. Puppies require different types of exercise. Their needs will vary from those of a senior dog. In fact, a senior dog may rejoice in inclement weather days. Don't let them opt for sleeping the entire day away. Senior dogs require exercise to help them live longer.

### **Indoor Play**

There are several games you can enjoy with your dog. Unless you have a tiny apartment, you should be able to play many of them.

1 Hide and Seek - This is an easy game. You hide something and your dog tries to find it. Better still, you hide yourself and see if your dog can find you. It helps if you have cupboards and various rooms. When in doubt, try hiding behind a door.

2 Hide the Toy - This is a simple game. You show your dog a toy. It should be a favorite toy. You then ask your dog to stay. You turn away from him or her and dash off to hide the object. It is then up to your clever canine to find it.

3 Other hide games can and do include such things as food. Hiding food is a big hit with most dogs.

4 The Shell Game - The Canine Edition - A variation on hide games mimics the shell game. You take 2 or 3 cans or glasses. Make sure they are sturdy and non breakable. They should also be opaque. You show a choice morsel - liver bits work well, to your pet. You then hide it under one of the glasses. While your dog is watching, you move them around on the surface - the floor. You then watch and see if your dog can pick the right glass.

5 Tugging - This can be fun. It all depends whether you subscribe to the school of thought that tugging encourages aggressive behavior. Take a Kong toy, a strong piece of rope or any other tuggable object. You take 1 side. The dog takes the other. Pull.

There are still many other games you can play with your dog when the weather is gloomy. The second part of this article will concentrate on playing indoors with a purpose.

Information provided by Linda Johnston of [www.ohmydogsupplies.com](http://www.ohmydogsupplies.com)

No matter what the weather is outside, you can always find something to do inside. You can play with your puppy or dog. You can also work on improving his or her skills. You can play indoors with your dog, have fun, but still have a purpose in mind.

### **Playing Indoors With A Purpose**

If you wish, you can play indoors with a specific purpose in mind. Your games do not have to be mindless fun. They can act as a way to increase your dog's skill levels. The exercises can also strengthen core muscles or prepare him or her for class work.

Try these activities. Remember some may demand more room than others. Some may also be louder than others. Remember to consider or warn anyone in your home or building.

1 Practice basic obedience. You can use sit and stay commands. You can even attempt some of the more complicated maneuvers.

2 Does your dog know how to weave? Practice having him or her weave in and around your legs. If he or she really enjoys this skill, perhaps you can consider entering them in dance class for dogs.

3 On that note - try doing heelwork to music. This will make it more fun for you and your pet. You can step in time to the music, stop, have the dog go around you and continue.

If you can, control the music so the stop and change are in time with a pause of the music.

It can become sort of a heelwork musical chairs.

4 If you have 2 dogs or more, play Canine Musical Chairs. Use music and have the dogs practice circling a chair or object. When the music stops, say stay or sit. The dog who moves gets removed from this portion of the game. The others move on.

5 Practice racing and other forms of agility work. Time you and your dog. Do this to music. Pretend you are members of the Super-dogs team.

6 There are also the old chestnuts. These are excellent practice for obedience. They help you and your dog focus on the very basics commands a dog needs to know. These are come, sit and stay. You can spice it up with music, or treats. You can break it up with racing and other fun games.

7 Fetching is another exercise with a purpose. It helps your dog respond to command.

It encourages you and your pet to bond together in performing a task. You can do the traditional sit, throw and fetch. You can also create a variation by hiding the object or make him or her smell it out.

### **Enter Technology**

There is another way that individuals can exercise their dogs. It has been used before.

Take your dog to your indoor exercise room or gym. Put him or her on the treadmill and let it go.

Using the treadmill as an indoor exercise tool is quite popular. In fact, some dogs actually love walking on this machine - and they do not have the distraction of a TV, music or video display. There are certain requirements when you introduce your pet to the treadmill.

1 Make sure your dog is working with the machine.

2 Keep it at a trot pace. Make sure it is within the range of your dog.

3 Make sure the treadmill is the right size. It needs to be at least twice as long as the length of your dog from the front of the chest to the tip of his or her tail.

4 Never ever leave your canine on the treadmill alone.

This is a mechanical way to exercise your dog. It is only 1 of several possibilities you can enjoy when the weather says no and your dog says yes.

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