PERFECT FIT

CAT ENRICHMENT: MAKING A CAT OBSTACLE COURSE & MORE
Placeholder for the "Links" field



CAT ENRICHMENT: MAKING A CAT OBSTACLE COURSE & MORE

Has your cat ever taken zoomies to the next level? Keeping cats entertained can sometimes be a tricky task when they are full of an abundance of energy. Bored cats also tend to seek out more mischief and become naughty pets in the process, nonchalantly knocking precious items off the table, climbing curtains, wrecking furniture or yowling for attention. This is why cat enrichment is so important! Not only does cat enrichment ensure they are mentally and physically stimulated, it also keeps their boredom, stress and anxiety at bay. You can achieve this by spending quality time playing games with your cat, which strengthens your bond together too. Ultimately, happy, well stimulated cats are less likely to engage in destructive behaviour. It's a win-win situation for everyone involved and improves their physical and mental health in the process. It might also save your new carpet or sofa from getting ripped to shreds. Not sure how to play with cats to ensure cat enrichment is achieved? We have got you covered. Cats love playing in a way which mimics their natural behaviours, this includes hunting, stalking, hiding and pouncing. Providing toys and playing games that allow them to express these cat behaviours are key.

DIY Stimulation

It's not always easy figuring out how to play with cats. The latest cat toys aren't always the cheapest, and there's also no guarantee your cat will engage with them either, with many cat owners frustrated by a growing pile of gimmicky, unused cat toys gathering around their homes. However, cat enrichment doesn’t have to break the bank or ruin the planet. Sustainable, DIY options are not only easy to make with household items bound for the recycling bin, they are also tried and tested cat toy classics. From crafting a cat obstacle

course to making a cardboard cat fort, there are many options available to change up play with your cats. Why not get the whole family involved and have a craft night, reusing and decorating old materials that will engage your cat and give them their cat mojo back. Lots of these DIY toys don't need to be operated by you either, so you can let your cat play while you're away, keeping them engaged, occupied and out of trouble. We have put together several options below so you can get crafting faster.

Toilet Paper Roll Puzzle

Cat treat toys are a popular way to keep your cat engaged, as the scent of treats guarantees your pet will be curious enough to play. You can easily repurpose toilet paper rolls into a treat-dispensing machine. All you need is some rolls, scissors, tape and treats.

1. Cut some treat-sized holes into the length of the tube.
2. Fold up one end of the tube, securing it with tape if needed.
3. Place some treats or kibble inside.
4. Repeat step 2 on the other end of the tube.
5. Voila, your DIY treat dispenser is ready to go!

Egg Carton Feeder

The egg cartoon feeder is another great DIY option to play with your cat. For this treat toy you will need one empty egg carton, some treats and some newspaper. You'll be surprised how easy this one is, just follow the steps below.

1. Place some treats inside the open egg carton, you can then cover them with a scrunched up ball of newspaper or wrap them up to ensure they don't fall out as easily.
2. For more of a challenge, you can close the egg cartoon so your cat has to figure out how to open it to access the treats too.

Cardboard Box Fort

What cat doesn't love to scratch and play inside an empty cardboard box! Some cats even prefer regular boxes to playing with expensive toys. With this DIY toy we take the fun to the next level. Simply gather some boxes of different sizes and scissors. You can even include some tissue paper or ripped-up newspaper if you have some.

1. Draw out the style of your fort, we are thinking of a cardboard castle, but you can even make one with just one large box. Plan out your idea first and then get to work.
2. We suggest one medium box to start with, fill the inside with some tissue paper or ripped up newspaper for more ambience.
3. Cut out a cat sized hole in the front.
4. Close the top and hey presto, you have your basic cat fort.
5. If you're feeling adventurous you can decorate the top with toilet roll holders to give it more of a "castle" look, you can also decorate it with different coloured tissue paper or by drawing something silly, get creative!
6. You could even add more boxes, cutting extra holes into the main box and attaching new "box rooms" as you go. Have fun with it, your cat certainly will!

String Toys

Cats love to play with toys that dangle on strings! However, it's important to remember

they have the potential to be dangerous. Never leave your cat unsupervised with string, wool or fishing type toys, they are for supervised play only. If you hang any toys from a box fort, make sure the string is very short, too.

1. You'll need string/yarn, cardboard and scissors. Cut out a cute shape from cardboard, we suggest a fish or mouse!
2. Poke a hole in the cardboard cut out and attach the string through here.
3. Off you go! You could even poke another tiny hole and put a treat inside, if you're feeling fancy.

Cardboard Hide And Seek Toy

Cats love to play hide and seek, it engages their senses and boosts cat mojo. For this toy, you'll need a cardboard box, some scissors, tape and treats.

1. Add some treats inside your box. You could also stick an egg carton inside to hold the treats steady and add some taped string for extra cat enrichment.
2. Cut holes in the lid of the box, just enough to fit a paw in, maybe add one the size of your cat's head too!
3. Secure the lid of your cardboard box with some tape.Your hide and seek toy is complete! You can decorate the side too.

Cat obstacle course

Looking for more ways to engage your cat and test your DIY skills at the same time? We suggest creating a cat obstacle course! This is another cheap and easy way to keep your cat mentally and physically stimulated, it also provides you with some fun crafty activities to take part in too.

Tunnel (Box)

Crafting a box tunnel cat obstacle course will engage your cat's natural instincts to hide. Cats love enclosed spaces that they can explore, and it helps them feel protected. To create your cat tunnel, you will need some boxes, scissors and maybe some tape. Check out the steps below!

1. Create single tunnels for your cat to play inside, hide in and run through. You can also add boxes together to make one long tunnel.
2. Cut a cat sized hole into two ends of the box to create your tunnel.
3. You can also join these together using tape to create a longer, winding tunnel, or even create a more elaborate box maze!

Card tubes

As mentioned previously, cats love to play and hide in tubes as it engages their natural instincts. There are many cat tunnels available to buy, but you can also create your own at home using large sheets of flexible card and sellotape.

1. Roll your large sheet of card into a tube shape, making sure it leaves enough space for your cat to pass through easily.
2. Use tape to keep the tube shape in place, you can also use more than one sheet of card to extend the tube, taping these together at each end! Now let the tunnel fun

begin.

Table Hurdle

A table hurdle is another great way to create or expand on your obstacle course for cats. You should aim to create a low hurdle to enhance cat playtime. For this DIY endeavour you will need some small boxes, cardboard tubes, scissors, a pen and maybe some tape.

1. Measure the size of your tube on either end of a box by drawing around the tube.
2. Cut out your two tube sized holes.
3. Insert the tube between the boxes so it looks like a small hurdle.
4. Secure the ends with tape if you need to.
5. To encourage your cat to use this you can stand in front of the hurdle and wiggle some string or a treat box, this should entice them to jump over it!

DIY Ramp / Climbing frame

Cats love to run, climb and jump when they have got the zoomies. Some even call this “cat parkour”. This DIY trick might help stop them using your furniture as an obstacle course for cats! You will need plenty of shoeboxes, glue or tape.

1. Experiment with stacking the shoe boxes in a ramp formation. We suggest focusing on making an L shape, sticking them in place and then fitting out one step in the middle.
2. Once you have your desired outcome, start using tape to attach the boxes together, then add some more to secure edges.
3. You may need to cut some boxes for your desired fit.

DIY Cat scratching post

Cats love to mark their territory by scratching their environment and leaving their scent there, it also allows them to naturally wear down their claws. Sometimes even adding a cardboard box to their play area can entice them to use that as a scratching post instead of your furniture. Many scratching posts are made out of cardboard already, so why not make yours at home? You will just need scissors, even strips of cardboard and a box.

1. Cut or rip many long, thin strips of cardboard. Try to keep them even.
2. Fold them in half so they fit in a shallow formation at the bottom of a box.
3. Keep stacking them inside of the box until the bottom of the box is full and they are snug enough.

Cat Enrichment - FAQs

All Questions Cat Enrinchment
Filter by

- All Questions
- Cat Enrinchment

1. **What is good enrichment for cats?**

   Cat enrichment is all about providing an environment and toys that are interesting and stimulating for your cat. Cats need toys and areas that help them engage in their natural behaviours, these include hiding, jumping, climbing, scratching, hunting and

pouncing. Interactive play also provides cats with mental and physical enrichment. There are many ways to provide this. Try utilising cat toys, puzzle feeders, scratching posts, creating an obstacle course for cats and providing social interaction.

2. **How do you mentally stimulate a cat?**

   Mental stimulation in cats is primarily achieved through playtime and providing a diverse environment for them to explore! Not only does this strengthen your bond with your cat, it also helps keep them mentally and physically stimulated. Use a wide range of different cat toys, from puzzle feeders to ping pong balls. Interactive playtime that mimics their natural hunting instincts is the best way to keep them mentally stimulated, alongside enriching their environment with tunnels, areas to climb (cat trees) and places to hide.

3. **What is the golden rule of cats?**

   The golden rule for cats is to treat them with kindness and respect. This includes providing a safe and stimulating environment for them to explore and play in. Understanding their needs and natural behaviours is key to understanding your feline friend better. You should also always focus on positive reinforcement (using treats and praise for good behaviour) rather than scolding or punishing them for bad behaviour.

SEE ALL POPULAR ARTICLES

Source URL: *https://www.perfect-fit.co.uk/cat-advice/caring/cat-agility*