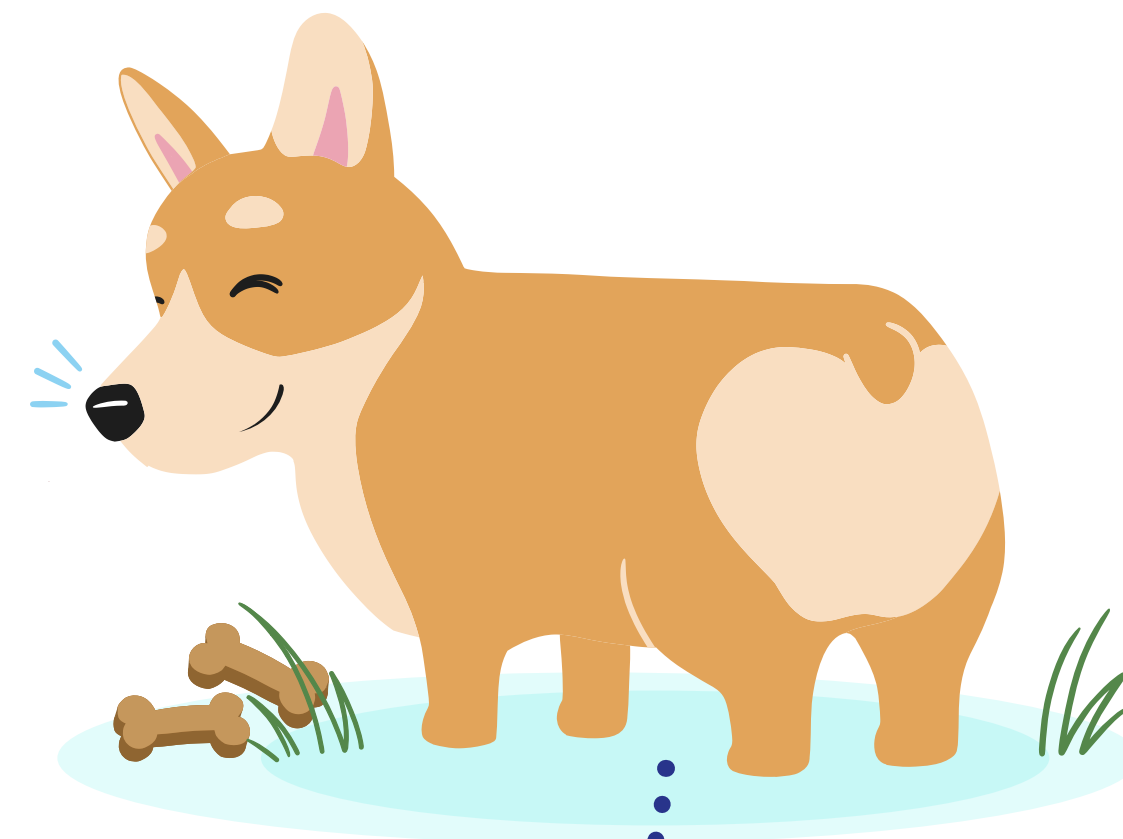


# Ideas for promoting agency in dogs

## Exploration

Provide opportunities for exploration in both **familiar environments** (hiding toys, scent games or trails) and **new ones** (parks, beach, off-lead dog park)



## Problem solving

Offer **food puzzle toys** instead of a dog bowl or **hide treats for your dog to find**

## Choice

Provide choice and **respect your dog's individual needs** and preferences (see **Individuality**). Keep these activities simple to start, then **increase the difficulty** or complexity as your dog's skills progress

## Play

Encourage **different types of play** (games, toys, with other dogs)

## Training

Teach your dog to **'as'** for things they want, e.g. sitting at the door or **ringing a bell** to be let outside



Your dog should also learn that your response may be **'not now'** when training these behaviours, and that they won't always be given what they want, whenever they want it