

# Ideas for promoting agency in cats

## Exploration

Provide opportunities for exploration in both **familiar environments** (hiding toys and treats, cat-friendly plants) and **new ones** (outdoor enclosure or 'catio', or harness-walking if your cat is more outgoing or social)

## Problem solving

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

## Choice

Provide choice and **respect your cat's individual needs** and preferences (see [Individuality](#))

**Keep activities simple** to start, then increase the difficulty or complexity as your cat's skills progress

## Training

Teach your cat to **'ask' for things they want**, e.g. pawing your hand when they want to be petted or sitting in the kitchen for **when they want a treat**

## Play

Encourage **different types of play** using a variety of games and toys

