



# MAKE A SNUFFLE MAT

## BEHAVIORAL ENRICHMENT

A snuffle mat is a toy that gives a dog the opportunity to search for hidden treats by using their sense of smell. It consists of fabric strips tied to a rubber mat with holes in it. Pieces of fabric (usually fleece) are tied to it, and treats are hidden in between the loose ends.

### How to Make a Snuffle Mat:

1. Gather a rubber mat, several yards of fabric and scissors.
2. Cut fabric into strips of approximately 1" x 7."
3. Take a strip and push one end through a hole in the mat. Take the other end of the strip and push it through the hole next to it. Double knot the fabric.
4. Push each end of your strip through adjacent holes that are horizontal. When this is complete. push new strips through adjacent holes that are vertical, and then diagonal. You may find it easier to push the fabric through the holes from the back of the mat and then flip it over to tie the ends.
5. Feel the mat and look at the back to see if holes are apparent. If so, add another section of tied fabric on the opposite diagonal.

### How to Use a Snuffle Mat:

1. Sprinkle treats or kibble on the mat and tell the dog to "find it."
2. Once they have the hang of it, use your hands to hide the treats in the mat so they need to use their noses to search out the buried treasures.

