

What is Enrichment?



The action of improving or enhancing something's quality. We see it as adding something to your life or your pet's life to make you happier and healthier! There are TONS of ways to do this!

Depending on your type of pet, enrichment examples for pets include toys, walks, special treats, rocks and plants, caves, objects to climb on, and love and attention.

Examples for people can include new hobbies, time with family or friends, riding a bike, time alone in nature, delicious foods, naps, going to see a play or sporting event, reading, and walking around a museum.



Challenge

Add enrichment in your life and your pet's life!

- For your pet, figure out something they like to make them happy! Make a new toy for your dog, cat, or ferret, figure out a new treat for your turtle or rabbit, put a climbing log in the yard for your goat, etc.
- For yourself, start a new activity that you've always wanted to try! Go for a hike, get ice cream with your family, read a new book, take up knitting, watch a comedy special, ride a bike! The possibilities are endless! The main goal is to figure out new items or activities that make you happy!



ZoFo Connect

July 17, 2020

This week, we're talking about the importance of enrichment - for both you and your pets (if you have them)!

Did You Know?

Rats laugh when tickled! Also, if you laugh a lot, you may get sick less often as laughing releases HGH, which boosts your immune system!

We'd love to see you completing the activities! If you would like, please share a picture of your enrichment item or activity that we can share on social media! Please e-mail pictures to: zoologyfoundation@gmail.com

