

# Sniffing

To say a dog's sense of smell is greater than that of a human is a huge understatement! Sniffing is GOOD for your dog. It can help them to re-set and to calm. It's also a great mental workout!



**Sniffari: take a walk through nature and let your dog choose the way. Allow them to spend 10 minutes on a single bush if they want! Long lines work great for sniffaris in safe areas.**

**Scatter Feed: toss a handful of snacks onto the ground. Your dog will sniff and forage for them! This works great with kibble meals or small, dry treats. Scatter into the grass or snow for an extra challenge!**



**Shell Game: starting with one cup, pop a treat inside, and encourage your dog to find it. Then add another empty cup. Which cup is the treat in? Build on success and add another empty cup! Can your dog find the snack?**