

30-Day Small-Home Cat Enrichment

One tiny idea per day. Check it, then chill.

- 1) 10-min wand chase
- 2) Window watch (open blinds)
- 3) Paper bag tunnel
- 4) Cardboard box "fort"
- 5) Catnip/silverbush day
- 6) Treat scatter hunt (5 pieces)
- 7) Perch swap (new spot)
- 8) Sock toy (knot + crinkle)
- 9) Brush & purr time
- 10) Towel "mountain" to climb
- 11) Ping-pong ball roll
- 12) Snuffle mat nibble
- 13) Feather under blanket "prey"
- 14) Laser — short sprints → treat
- 15) Bird video (low volume, 5 min)

- 16) Ice cube hockey (water only)
- 17) Scent swap (blanket from another room)
- 18) Box city (2–3 boxes taped)
- 19) Rotate scratcher direction
- 20) Hide-and-seek treats (3 spots)
- 21) Crinkle paper pile
- 22) High-low course (chair → stool)
- 23) Tunnel sprint (sheet over chairs)
- 24) Slow blink session (quiet sit)
- 25) Forage walk: 3 kibbles on ledges
- 26) New texture mat
- 27) Sunbeam nap setup
- 28) Quiet music + cuddle
- 29) Gentle clicker intro (1–2 clicks + treat)
- 30) Favorite of the month — repeat!