

BARK U Advanced Fun & Games: Brain Games to Try This Week



Looking to take your dog's mental stimulation to the next level? These advanced brain games are designed to challenge your dog's focus, patience, and problem-solving skills while strengthening your bond. Try these fun activities throughout the week to keep your dog engaged and entertained!

1. Bowl Patience Game

Use mealtime to practice impulse control and self-discipline.

- Hold your dog's food bowl and ask for a "wait" before placing it on the ground.
- If they lunge for the food, calmly lift the bowl back up and try again.
- Once your dog remains calm and waits patiently, release them with "OK" to eat.

Why it's great: Teaches self-control and reinforces your leadership in a fun, practical way.

2. Recall Relay

Turn recall practice into a fun group activity!

- Grab a partner or family member and stand in different spots in your home or yard.
- Take turns calling your dog to you with a cheerful voice. Reward them with treats or a favorite toy each time they come.
- Gradually increase the distance between you and add distractions for a greater challenge.

Why it's great: Strengthens your dog's recall skills while providing mental and physical stimulation.

3. Tug and Drop It

Combine playtime with training to reinforce the "drop it" cue.

- Use a tug toy to play a fun game of tug with your dog.
- Periodically cue "drop it" and reward your dog with praise or treats when they let go of the toy.



- Let your dog “win” occasionally to keep the game exciting and rewarding.

Why it's great: Reinforces impulse control and strengthens your dog's ability to follow cues, even during high-energy play.

4. Treat Under a Towel

Challenge your dog's nose and problem-solving skills with this fun puzzle.

- Hide a treat under a towel and encourage your dog to uncover it using their nose or paws.
- Start easy with the treat barely tucked under the towel. Gradually make it harder by folding or tucking the towel more securely.

Why it's great: Engages your dog's natural sniffing and foraging instincts while providing mental stimulation.

5. Hide and Seek

Play a classic game that builds recall and adds excitement to your dog's day.

- Ask your dog to “stay” in one spot while you hide somewhere in the house.
- Once you're hidden, call your dog to “come” and let them find you.
- Reward them with treats and lots of praise when they do!

Why it's great: Reinforces recall, encourages problem-solving, and strengthens your bond through fun interaction.

Incorporating Advanced Games into Your Routine

- **Challenge Gradually:** Start with easier versions of each game and increase difficulty as your dog improves.
- **Keep Sessions Short:** Aim for 5–10 minutes of focused play to avoid frustration or boredom.
- **Use High-Value Rewards:** Advanced games require more effort, so motivate your dog with their favorite treats or toys.
- **Make It Fun:** Stay upbeat and positive—brain games are all about enriching your dog's life!





By adding these advanced games to your weekly routine, you'll give your dog a healthy mental workout while reinforcing important skills like patience, recall, and self-control.



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