

101 Cat Enrichment Ideas

1. Cat grass
2. Catnip bubbles
3. YouTube videos for cats
4. Music for cats
5. Play bird and nature sounds
6. Feed the critters outside
7. Open the windows
8. Catio time
9. Throw treats down the hallway
10. Hide treats around the house
11. Ball pit
12. Ping pong balls in water
13. [Scent enrichment](#)
14. Store-bought food puzzles
15. Battery operated toys
16. Rotate toys
17. Marinate toys in catnip
18. Hide treats in a brown paper bag
19. Outdoor box with leaves, twigs, grass clippings, rocks, wood, pinecones, snow, etc.
20. Put ice cubes on a cookie sheet
21. Toss frozen peas or other non-toxic frozen foods around the room
22. Train your cat to sit
23. Train your cat to nose target
24. Train your cat to high five
25. Train your cat to spin
26. Train your cat to jump through a hoop
27. Train your cat to sit pretty
28. Train your cat to come when called
29. Train your cat to sit on a mat
30. Train your cat to be better at nail trims
31. Train your cat to wear a harness
32. Outside time on a harness and leash
33. Carrier train your cat
34. Train your cat to take medication
35. 123 Pattern Game
36. Give Me a Break Pattern Game
37. Superbowls Pattern Game
38. Up/Down Pattern Game
39. iPad app games for cats
40. Light catchers / spinners
41. Party streamers

42. Tunnels
43. Open an empty suitcase
44. Play in a different location
45. Hide treats inside standing up toilet paper tubes
46. Cut some holes in an empty tissue box and add treats
47. Float bottle caps in water on a cookie sheet
48. Lickimat
49. Stroller ride outside
50. Pet your cat
51. Brush your cat
52. Cat exercise wheel
53. Provide different types and textures of scratching items
54. Cardboard box
55. Play with wand toy
56. Ping pong balls in bathtub
57. Hide treats in Easter eggs
58. Set up a real (or fake) fish tank
59. Electronic swimming fish in the sink
60. Paper bags to hide and play inside
61. Install cat shelves
62. Set up a cat hammock on a window
63. Buy toys with real animal fur or feathers
64. Cat treats in tp or paper towel rolls
65. Crumpled paper balls with a little catnip
66. Snuffle mat
67. Install a carpeted ladder for them to climb to a window or perch
68. Make yarn tassel toys
69. Empty laundry basket
70. Play nature documentaries on TV
71. Install a bird feeder on or near your window
72. Plant a cat-approved garden with grass, catnip, and add driftwood
73. Put treats in an ice cube tray
74. Put treats in an egg carton
75. Put treats in a muffin tin
76. Try a new food or treat with your cat
77. Feed your cat a variety of different tastes and textures
78. Let your cat catch a bug that got inside the house
79. Move furniture around
80. Hide treats under tissue paper, paper bags, cardboard, etc.
81. "Russian nesting Doll" of: treat toys inside something, inside something else, etc. etc.
82. Clicker or toy-lured agility course
83. [Ripple Rug](#)
84. Temperature variation to touch, inspect (heated or cooled beds, treats, drinks, etc)
85. Texture to step on (bubble-wrap, plastic, crinkly paper, etc.)

86. Make a box fort
87. Get a cat water fountain
88. Throw balls and spring toys down the stairs
89. Move cat trees around to different windows
90. Laser pointer (use sparingly, end with play with a real toy)
91. [Nosework for Cats](#)
92. Milk rings
93. Play fetch
94. Scatter feeding
95. Poke holes in an empty pizza box and fill with treats and toys
96. Matatabi chew sticks
97. Stuff a Kong toy with Churu or wet food
98. Wrap treats in tissue paper and let your cat “open presents”
99. Cuddle on the couch with your cat
100. Kicker toys
101. Give your cat a new hiding spot