



# Snuffle Mats

Just like us, animals can get bored and distressed if they don't have opportunities to exercise their brains and play. It's important that we give our pets the chance to engage in fun and stimulating activities, such as snuffle mats that allow pets to sniff out hidden treats! Follow these easy steps to create a snuffle mat for your dog or cat.

**Materials:** Grid pattern rubber sink mat and 1-1.5 meters of new or used fleece, cut into strips 2.5 cm wide and 15-17 cm long.

## Directions:

**1**

Take a strip of fleece and push one end through a hole in the rubber mat. Then take the other end of the strip and push it through the hole beside the first one. Flip the rubber mat over and tie strip. No need to double knot.



**2**

Take the second strip and push it through the second hole alongside the first fleece strip. Then take the other end of that strip and push it through the third hole. Turn mat over and knot the strip. Continue until you complete the first two rows of holes.



**3**

Repeat above steps, but this time create vertical loops. To do this, take a strip of fleece and push it through the first hole in the first row. Then take the other end and push it through the first hole in the second row. Turn mat over and knot strip. Continue until all the loops of the grid are filled.



**4**

Flip it over and take a look at the bottom to see if there are any empty holes or missed loops. Fill in those spots and then turn the mat over, loose strip side up. Fluff up the strips until they are standing up.

**5**

For the first few uses, drop the treats on top of the mat for your pet to find. Once they're familiar with the snuffle mat, you can hide the treats by pushing them down in between the strips, making them a little harder to find!

## Safety Tip:

All animals need supervision when using snuffle mats as the mats will begin to smell like food. Some animals may try to chew off fleece and eat it. Discuss with your family why supervising pets while they play with toys is so important.



## Additional Resources