



Diet Workbook: Toys & Games

Completely FREE Cat Games and Exercise Ideas

If you have stairs...

- » Throw wadded up paper balls up and down the stairs for kitty to chase. If the stairway has a wall on one side, bounce the ball off the wall so kitty has to predict where it will land.

If you have an old shoebox...

- » Toss small balled up pieces of paper into the box from a short distance (like playing basketball), and let kitty have fun intercepting and blocking your shots!
- » Attach a shoelace or other piece of rope to the box and take kitty for a sled ride along the carpet.

If you are making the bed...

- » Let kitty jump in and “help” you arrange the covers. They will love chasing the folds of fabric.
- » Have a kitty pillow fight! Lightly thwump kitty in the side of the body with a small pillow, then drag the pillow across the bed away from kitty. A wrestling match shall commence!
- » Slip your arm under the covers and let kitty “hunt” the lump and wiggling fingers.

If you're doing laundry...

- » Let kitty play with a balled up sock. Throw it at him playfully or lightly bat him with it.
- » Put an overturned laundry basket over kitty and watch him puzzle his way out. Encourage him to find a way out using another toy.

If you've got the items...

- » Kitties love to chase bubbles! There are even catnip-scented bubbles available at pet stores now that are completely non-toxic.
- » Roll a small beach ball at kitty while he's laying down. Watch him “catch” it with his feet and roll it back!
- » Toss a ping pong ball or rubber superball into a clean, dry bathtub and watch the fun unfold!

