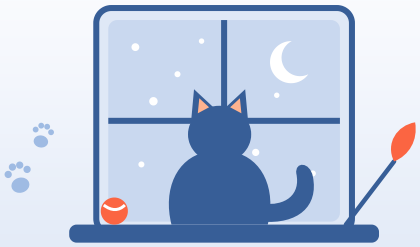
CABIN FEVER CURES

# Cat Winter Enrichment Bingo

Long, dark Alaska winters can leave indoor cats with little to do. Try a square a day and mark the ones your cat loves. Five in a row is a bingo!



Cat's name _____ Bingo date _____

| | | | | |
|---|---|---|---|---|
| HUNT<br>Wand toy hunt that ends in a catch ○ | FORAGE<br>Serve a meal in a puzzle feeder ○ | PERCH<br>Clear a window perch ○ | SCENT<br>Try silver vine ○ | BOND<br>Slow blink hello ○ |
| BOND<br>Five-minute brushing session ○ | HUNT<br>Play first, then serve dinner ○ | FORAGE<br>Kibble hunt in an egg carton ○ | PERCH<br>Make a new high spot ○ | SCENT<br>Catnip on the scratching post ○ |
| PERCH<br>Cardboard box fort ○ | BOND<br>Teach a high five ○ | FREE SPACE<br>**Nap in a sunbeam**<br>(if you can find one) | HUNT<br>Ping-pong ball in an empty bathtub ○ | FORAGE<br>Hide 5 treats around the house ○ |
| FORAGE<br>Toilet paper tube treat roll ○ | SCENT<br>Grow a pot of cat grass ○ | BOND<br>Indoor harness practice ○ | PERCH<br>Paper bag tunnel (cut the handles off) ○ | HUNT<br>Toss a crinkly paper ball ○ |
| SCENT<br>Add a new cardboard scratcher ○ | PERCH<br>Bird or bug video for cat TV ○ | HUNT<br>Rotate the toy basket ○ | BOND<br>Quiet lap time, their choice ○ | FORAGE<br>Muffin tin + tennis ball puzzle ○ |

## HOW TO PLAY

1. **Try one square a day**, or a few on the weekend.
2. **Circle the ones your cat enjoys** so you can repeat the favorites.
3. **Go at your cat's pace.** Skip anything that seems to stress them.

## WHY IT WORKS

| | |
|---|---|
| HUNT | Stalk, chase and catch |
| FORAGE | Work for food |
| PERCH | Climb, hide and watch |
| SCENT | Sniff and explore |
| BOND | Time together, their way |

Put wand toys and string away after play. Supervise new toys and puzzles. Based on the AAFP/ISFM Feline Environmental Needs Guidelines. If your cat stops eating, strains in the litter box or seems unwell, call your veterinarian.