



Thank you for your interest in helping the animals at the Animal Refuge League of Greater Portland! We are only able to provide the level of care and commitment to our animals thanks to the help of community members like you. This *Do It Yourself* packet outlines projects that are fun, easy and will help the animals have a more enriched experience while in our care.

Verification of Hours:

If you require signed hours verification, please [Track your hours with this sheet](#) and bring it with you when dropping off the enrichment items. Any Animal Refuge League of Greater Portland staff member can sign the DIY service log for up to 10 hours each month.

To request an hours verification letter, please email a copy of your log and photos of the completed projects to volunteer@arlgp.org. The Volunteer Management Team will email your hours verification letter within five days of receiving your request.

Drop Off Donated Items:

You may drop off items during business hours. Please check our [website](#) for current hours.

Animal Refuge League of Greater Portland

217 Landing Road
Westbrook, ME 04092

CAT POM-POM

Supplies:

- Cotton string
- Fleece (about 2" wide & at least a foot long)
- Scissors
- Optional: cat nip

Instructions:

1. Cut your fleece so it is about 2 inches wide. It can be as long as you'd like but it needs to be at least a foot long. The cut doesn't need to be perfect.
2. Fold fleece in half lengthwise.
3. Make cuts down the length of the folded fleece but be sure not to cut all the way to the fold.
4. Cut a length of string (18 inches or so).
5. Unfold the fleece and tightly roll it.
6. Tie the string around the middle of the roll. A double knot is a good idea.
7. Smoosh into a ball-shape.



CAT PUZZLE

Supplies:

- Toilet paper or paper towel rolls
- Empty square or rectangle tissue box or a shoe box
- Hot glue gun
- Scissors

Instructions:

1. If using a tissue box, cut off the top so that the box is open.
2. Cut the tubes to the same length as the height of the box if needed.
3. Place the tubes in the box, gluing each one in place as you go. Continue until the box is filled snugly with the tubes.
4. Deliver to the shelter, and we will fill the tubes with treats to keep our cats busy and entertained!



CAT SCRATCH CIRCLE

Supplies:

- Cardboard boxes (all sizes, all kinds, at least 5 medium size boxes)
- Masking tape
- Scissors and ruler
- scrap paper, felt, or fabric
- Optional: decorative paper or fabric, markers

Instructions:

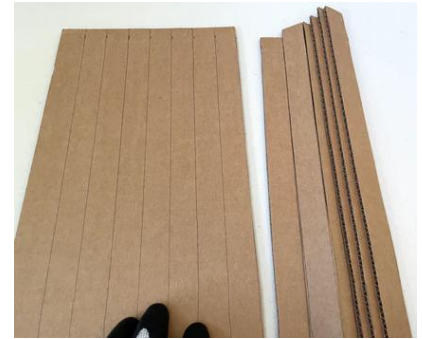
1. Choose a height for the pad, (The example shown is 4”).
2. Measure and cut your cardboard in identical width strips. Cut so that the ridges in the cardboard are going horizontally across the strips.
3. Start rolling the cardboard in your hands and bending at each corrugation. The cardboard will start to curl naturally.
4. Tightly wind one strip into a circle and tape closed. This will be the core.
5. Add a new piece and secure with two pieces of masking tape. Choose which side will be the top and make sure that side is always even. It is less important if the other side is slightly uneven; it will still sit properly and the top will look perfect.
6. Keep adding cardboard! Tape each piece right next to the end of the last piece and keep the coiling tight.
7. Cut your decorative paper or fabric and wrap it around the outside. Tape to close. If you prefer, you can draw fun designs or pictures for our cats to enjoy!
8. Place the finished coil onto the scrap fabric or paper and trace and cut out the circle. Tape or glue to the bottom so that we can sprinkle the scratcher with catnip, and it won't spill out!



DIY CARDBOARD CAT SCRATCHER

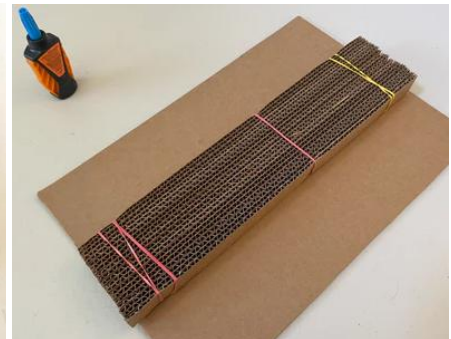
Supplies:

- Scissors or razor knife
- Ruler or tape measure
- Gorilla glue
- Pen
- Rubber bands
- Corrugated cardboard



Instructions:

1. Mark the cardboard: Draw parallel 1-inch lines using a straight edge.
2. Cut the cardboard into strips: be sure to cut evenly so they fit together nicely.
3. Line up and organize the strips. Tip: put your cardboard strips on top of a table with one edge against the wall.
4. Glue the strips on one end. Start by putting a rubber band on one end to help keep everything together. On the other end, start adding dots of glue; you don't need much! Just use one small drop in between layers at this stage. When done, Rubber band this glued edge tightly.
5. Continue gluing the middle and other end: Use two drops of glue, one in the middle and one on the end. Make sure to move quickly as the super glue dries quickly!
6. Rubberband everything tightly and wait!!



NO SEW CAT BLANKET

Supplies:

- Sharp scissors
- Fleece fabric

Instructions:

1. Determine the dimensions of the blanket you wish to make, and cut two pieces so that they
2. are the same size (approximately 2' x 3' is a good size for cats and smaller for kittens).
3. Place the fabric pieces one on top of the other, and then cut strips about 2 cm wide and 10 cm long around the entire piece of fabric. Cut through both pieces of fabric at the same time.
4. Once all sides are cut, knot the top and bottom strips together until all of the strips are tied! Be sure to knot tightly so it does not come undone in the wash!

***Please do not add any stuffing inside the blanket.**



DIY T-Shirt Cat Toy

Supplies:

- 2 or 3 T-Shirts
- Scissors
- Ruler
- Cutting Mat and Rotary Cutter (preferred but optional)

Instructions:

1. Cut apart each shirt up each side and by its seams. Cut into 3" x 10" rectangles.
2. Make a pile of 6 strips.
3. Slightly stretch each strip so it rolls up onto itself.
4. Tie into a knot. Pull ends tightly.
5. Trim ends.



Cat Tube Toys

This is a great toy that cats can play with independently or with a person. They can help stimulate a cat's hunting instincts, encouraging them to pounce, chase, and engage in natural behaviors that keep them active.

Supplies:

- Empty toilet paper tubes
- Scissors
- Non-toxic markers

Instructions:

1. Use scissors to cut a fringe around each end of the tube. Fold back fringe to form a “wheel” on each side. Test out your tube by rolling it around on the ground!
2. Using non-toxic markers, use your creativity to decorate the tube. Think about what a cat might like to see and play with!

