



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

ROPE TOYS

The following rope toys are a bit more challenging to make, but they are very good for our heavy chewers and have been specially requested for the dogs at our behavior center. The extra time it may take to make these is very much appreciated by both our dogs and trainers!

Ball & Rope Toy: <http://www.instructables.com/id/How-to-make-a-ball-and-rope-dog-toy/>

Materials:	Cotton rope, lacrosse ball, electrical tape
Tools:	Scissors, knitting needle, needle nose pliers
Difficulty Level:	Moderate



Heavy-Duty Rope Toy: <http://www.instructables.com/id/Dog-Toys-for-Heavy-Chewers/>

Materials:	Heavy-duty rope, zip ties
Tools:	Scissors, pliers, lighter
Difficulty Level:	Moderate



SNUFFLE MAT

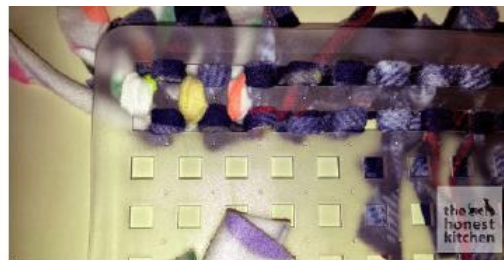
Snuffle Mats will be used as enrichment items for our dogs to sniff and search for food!

Materials:

- Rubber Sink Mat (12" x 15" works well for medium sized dogs)
- Sharp scissors
- Fleece material (Quantity depends on the size of the mat, but 1.5 yards should be plenty).

Instructions:

1. Cut the fleece into strips about 1-1.5" wide by 6-7" long. Precision isn't necessary!
Note: The mat in the photo required 262 strips.
2. Starting at the edge of the mat, take a strip of fleece and push one end through the first hole of the first row and the other through the second. Flip the mat over and tie the strip in a knot.
3. Take a second strip and push one end through the second hole alongside the strip already there, then push the other end through the third hold. Again, turn over the mat and knot the strip. Continue until you finish two rows of holes.
4. When you have two rows done, take a strip of fleece and push one end through the first hole in the first row, then push the other end through the first hole in the second row. Turn the mat over and knot the fleece. This strip is at right angles to the first one. Continue between the first and second rows until completed.
5. Repeat this process on subsequent rows until all the holes in the mat have been filled in.



DOG TREAT DISPENSER

These tubes are great puzzles that we can wash and use over and over again. Staff will fill these with treats or kibble, and can even be used for scent enrichment!

Difficulty Level: Moderate/Difficult: This project is more appropriate for teens or adults as power tools are required.

Materials:

- 2 inch PVC pipe cut 12 inches long
- 2 inch PVC cap
- 2 inch threaded cap
- 1/2 inch drill bit
- 3/4 inch drill bit

Instructions:

1. Drill pilot holes with the 1/2 inch drill bit.
2. Then drill them in with the 3/4 inch bit along the outside of your pipe.
3. Fit the cap onto one end.



BUSY BOXES

Busy boxes, are great boredom busters because they provide the mental stimulation of solving a puzzle to find treats or rewards you've hidden. You build the box, and shelter staff will add treats and other goodies depending on the needs of the pup that will receive it!

Materials:

- Empty cardboard box (remove any packing tape)
- Empty toilet paper/paper towel rolls, cardboard egg carton, berry boxes or cup holders, paper bags or newspaper, empty water bottle, empty small boxes like pasta or cereal boxes
- Scissors/sharp knife
- Other items that can be included:
 - New toys with tags removed (Tennis balls, rope toys, kongs, plush toys)

Instructions:

No complicated instructions here! To keep it simple, all you need to do is get a cardboard box and start filling it with whatever you have on hand from the list above. That's it!

1. Using a sharp knife/scissors, poke one or two thin holes on each side of the cardboard box. These will act as whiff holes for our pups to sniff the treats inside.
2. Stuff the box with goodies. You can put a bunch of toilet paper rolls vertical to make tubes, add wrapping paper/newspaper balls for the pet to shred etc. Get creative with the items above.
3. Add challenges such as crumpling a toy inside a paper bag or having it poke out of a hole.
4. Feel free to decorate your box with non-toxic markers
5. Back at the shelter we will add it treats or food when we are ready to hand it out!

