



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](mailto: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

## Materials for Small Animal Enrichment

Rabbits, guinea pigs, rats, ferrets, and other small companion animal are busy, active, intelligent creatures who require daily enrichment so that they can be physically and mentally healthy.

Luckily, providing daily enrichment can be incredibly easy, and created from items that you already have around your home.

Since small animals chew and may eat contents of these enrichment items, it is important to use safe materials. Here are some tips for choosing your materials!

**Hay:** Timothy, Orchard or Meadow hay is preferred.

**Treats:** Avoid highly colored treats and treat mixes, opting for more natural looking products.

**Paper:** Cardboard boxes, toilet paper/paper towel tubes, cardboard egg cartons, and paper bags (never plastic), can all be used for creating enrichment items. Be sure to remove any tape or labels that would be dangerous for an animal to ingest before you use them as a part of your project.

**Wood:** The best, safest, and most universally loved chewing woods are apple and willow tree branches. These woods are non-toxic, safe to ingest in small amounts, and have a pleasant, appealing flavor. Always ensure any wood you provide is 100% untreated and free of pesticides, dirt, or mold.

- While it may be tempting to collect sticks or branches from your backyard, these materials could have harmful bacteria or fungus growing on them and are best avoided for this reason. Chew sticks can be purchased in pet stores and on sites such as Chewy.



# HAY STUFFED ENRICHMENT

## Materials

- Empty toilet paper tubes, small paper bags or tissue boxes
- Hay (Orchard, timothy or Meadow)
- Other possible supplies: twine/sisal rope, Oxbow treats, chew sticks

## Instructions

1. Remove any remaining tissue or glue from the cardboard
2. Stuff the roll, bag or tissue box with hay
  - Tubes can be crimped and cut to make different shapes and textures! (see photos)
  - To create a hanging item, use your scissors to poke a hole through the tube & pull a length of twine through the hole before stuffing with hay. We will hang the item in their enclosure to bop around!
3. For extra fun, add a treat or two into the hay, or incorporate a few chew sticks!





# DIG BOXES

Another great enrichment toy that can be made with items you likely already have around the house is a dig box. You will need a shallow box, large enough for a bunny to dig and forage around in, treats for them to forage for, and obstacles for them to dig and forage through. Crumpled up packing paper or newspaper are perfect obstacles for a dig box. Sprinkle in an herbal blend, treats, or pellets and some hay for hours of fun.

## **Materials**

- Shallow cardboard box
- Hay (Orchard, timothy or Meadow)
- Newspaper or brown paper strips
- Treats or herbal foraging mix



## **Instructions:**

1. Add materials to the box for a fun foraging game! Combine paper (torn into strips or crumpled), loose hay and cardboard rolls can all be added in.
2. Toss in a few treats or foraging herbal blend for the bunny to find.



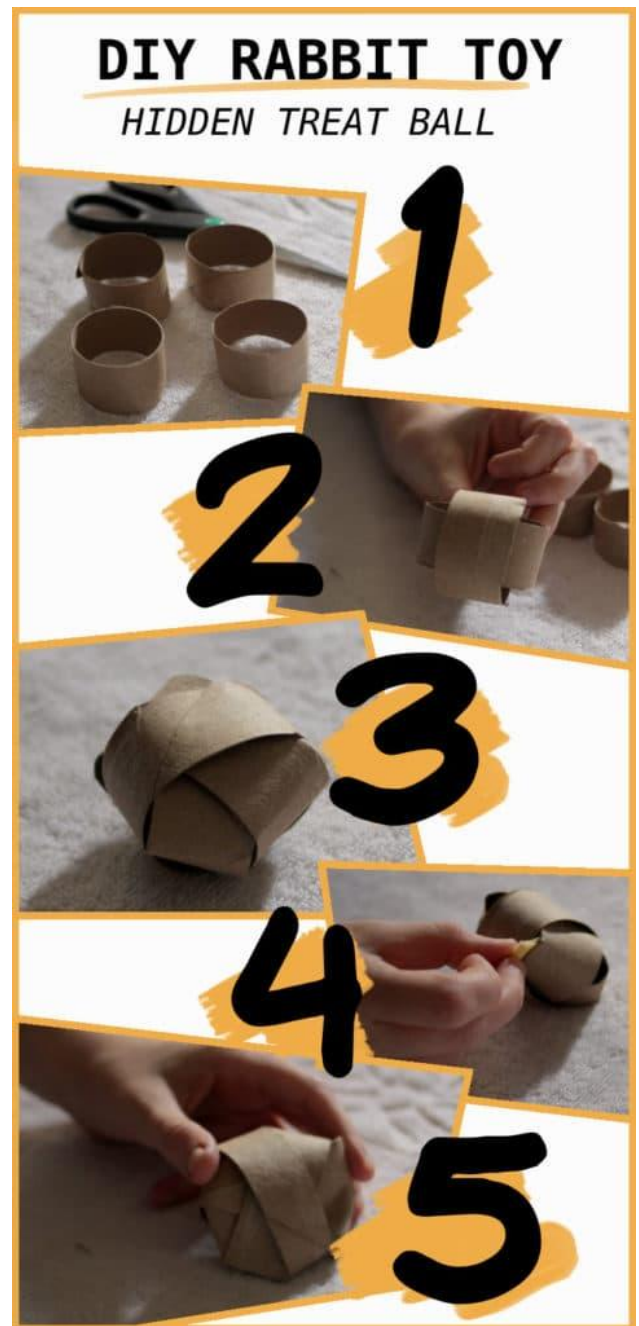
# TOILET ROLL BATTING BALL

## Materials

- Toilet Paper Roll
- Scissors
- Treats

## Instructions

1. Cut the toilet paper roll into four pieces. It doesn't have to be 100% exact, but you want to make the pieces pretty much even. I will usually cut the tube in half and then cut both sections in half again to get four small rings.
2. Put one piece sideways inside another. Create the beginning of the treat ball by putting one piece inside the other like a cross.
3. Squeeze the two pieces together to fit them inside a third section of the tube. It can be a little bit of a squeeze to get the two rings to fit inside the third, so smush them in whatever ways you need to for them to fit through.
4. Place a treat or pellets into the ball that's forming. Now that the ball is beginning to form, put some treats inside. You *can* wait until the end to put the treats in, but the gaps will be much smaller and difficult to squeeze the treats through. I usually use a small piece of dried papaya or dried strawberry, placing it into the ball after the third ring is added.
5. Squeeze the fourth piece of the tube over the others to complete the ball. Place the fourth cardboard ring over top of the first three to make the final treat ball. You can feel free to squeeze and shift the pieces around however you need to in order to cover any large gaps that are left. You want to give your rabbit the chance to chew through the cardboard, instead of letting the treat fall out too quickly.



# TREAT PINATAS

## **Materials:**

- Brown Paper Bags
- Twine
- Timothy Hay
- Treats or Dried Foraging herbs

## **Instructions:**

1. Fill the brown paper bags with a handful of timothy hay and a few treats
2. Twist the end of the bag shut
3. Close off bag by tying a bow made from twine
4. Tear a couple small holes at the bottom of the bag for the animal to sniff the treats.



# SHREDDABLE BUNNY MAT

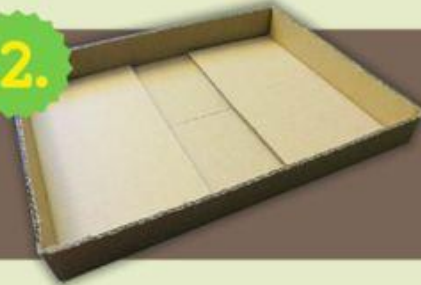
## HOW TO MAKE A SHREDDABLE BUNNY MAT

1.



You'll need a box made from corrugated card.

2.



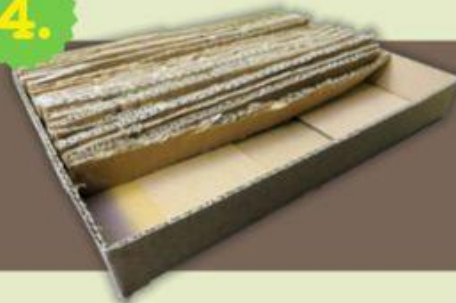
Cut around the base of the box to make a tray

3.



Cut the rest of the box into strips

4.



Pack the strips of card into the tray.

Sprinkle with dried herbs & give to your bunny to play with!

5.



The Rabbit House

[www.theRabbitHouse.com/blog](http://www.theRabbitHouse.com/blog)