

#### ANIMAL EMOTIONS AND WELFARE

- Boissy, Manteuffel, Jensen, *et al.* Assessment of positive emotions in animals to improve their welfare. *Physiology & Behavior*. 92; 375–397. 2007.
- Paul, Harding, Mendl. Measuring emotional processes in animals: the utility of a cognitive approach. *Neuroscience* and Biobehavioral Reviews 29; 469–49, 2005.
- Mendl, Burman, Parker, *et al.* Cognitive bias as an indicator of animal emotion and welfare: Emerging evidence and underlying mechanisms. Applied Animal Behaviour Science 118, 161–181; 2009.
- Mellor. NZ Vet J. Animal emotions, behaviour and the promotion of positive welfare states. 60(1):1-8, 2012.
- → Potential implications for shelter dogs: dogs that experience more positive emotional states are potentially more likely to cope effectively

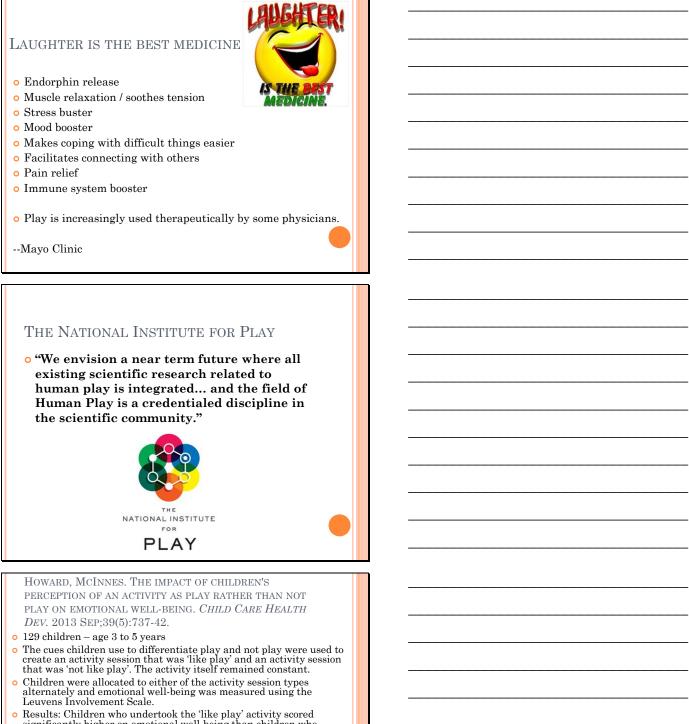
#### IT'S CONTAGIOUS: SOCIAL DIMENSION OF ANIMAL EMOTIONS

- One simple and widespread form of emotional transfer among animals is the process called **emotional contagion** that causes animals to shift, upon perceiving animals in an emotional state, their own affective state in the same direction.
- Because this process can multiply both negative and positive emotions in animal groups, it can be of importance for welfare in domestic and captive animals.

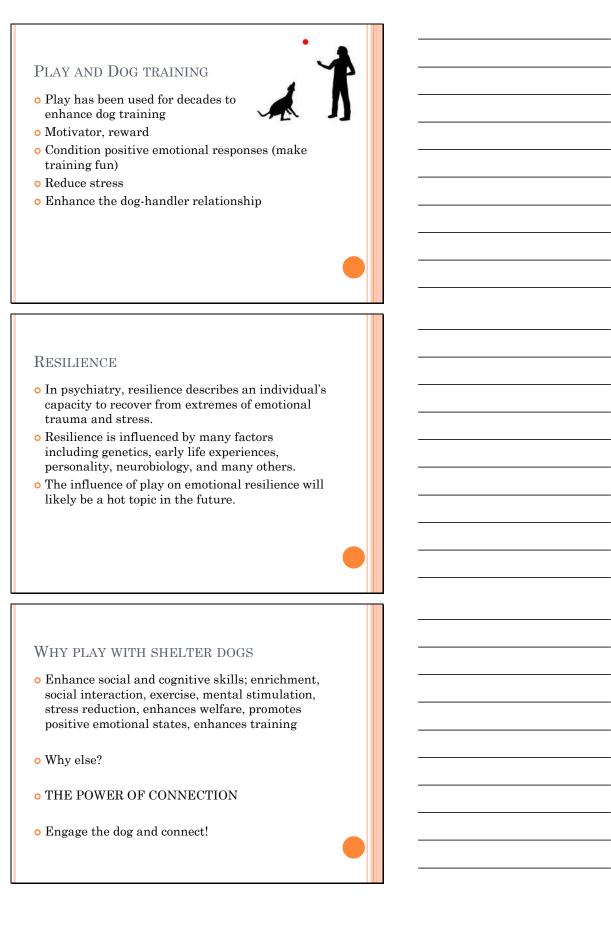
Spinka. Social dimension of emotions and its implication for animal welfare. *Applied Animal Behaviour Science*. 138; 170–181, 2012.

#### **BENEFITS OF PLAY**

- Provides positive social interaction, aerobic exercise, mental stimulation
- Positive affect enhances emotional state, cognition
- Decreases stress in shelter dogs
  - Both play and quiet time with people reduced cortisol concentrations in shelter dogs.
    - Shiverdecker, Schiml, Hennessy. Human interaction moderates plasma cortisol and behavioral responses of dogs to shelter housing. *Physiology & Behavior* 109, 75–79, 2013.
  - Play group dogs No differences in cortisol, but playgroup dogs had less stress behaviors
    - Belpedio, Buffington, Sarah Clusman, *et al.* Effect of Multidog Play Groups on Cortisol Levels and Behavior of Dogs (*Canis lupus familiaris*) Housed in a Humane Society. *Journal of Applied Companion Animal Behavior.* 4(1), 2010.



- significantly higher on emotional well-being than children who undertook the same activity but 'not like play'. • Detailed observational analysis also showed increased behavioural indicators relating to emotional well being among children
- indicators relating to emotional well-being among children participating in the 'like play' rather than 'not like play' activity session.
- Conclusion: Children demonstrate increased emotional well-being when they perceive an activity as play rather than not play. Findings support the proposition that play can be seen as an observable behaviour but also as a mental state, and creating playful learning situations may maximize the developmental potential of play.



PROTOPOPOVA, WYNNE. ADOPTER-DOG INTERACTIONS AT THE SHELTER: BEHAVIORAL AND CONTEXTUAL PREDICTORS OF ADOPTION. APPL. ANIM. BEHAV. SCI. (2014).

- Only two behaviors predicted the likelihood of adoption during an interaction with a potential adopter:
- Ignoring play initiation by the potential adopter very low likelihood of adoption
- Lying down in the proximity of the potential adopter 14 times more likely to be adopted

WEISS, MILLER, *ET AL*. WHY DID YOU CHOOSE THIS PET?: ADOPTERS AND PET SELECTION PREFERENCES IN FIVE ANIMAL SHELTERS IN THE UNITED STATES. ANIMALS 2012, 2(2), 144-159.

- Dogs physical appearance #1 for adults and puppies (age also very important)
- Behavior with people and playfulness were the next most important reasons
- Interacting with the animal out of his/her enclosure was highly important to adopters



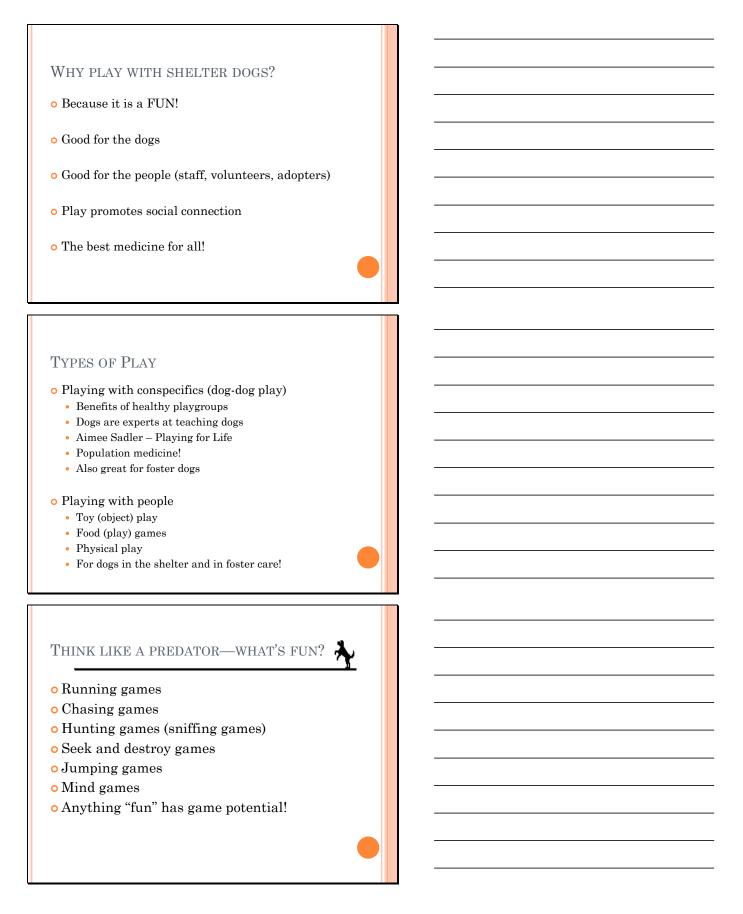


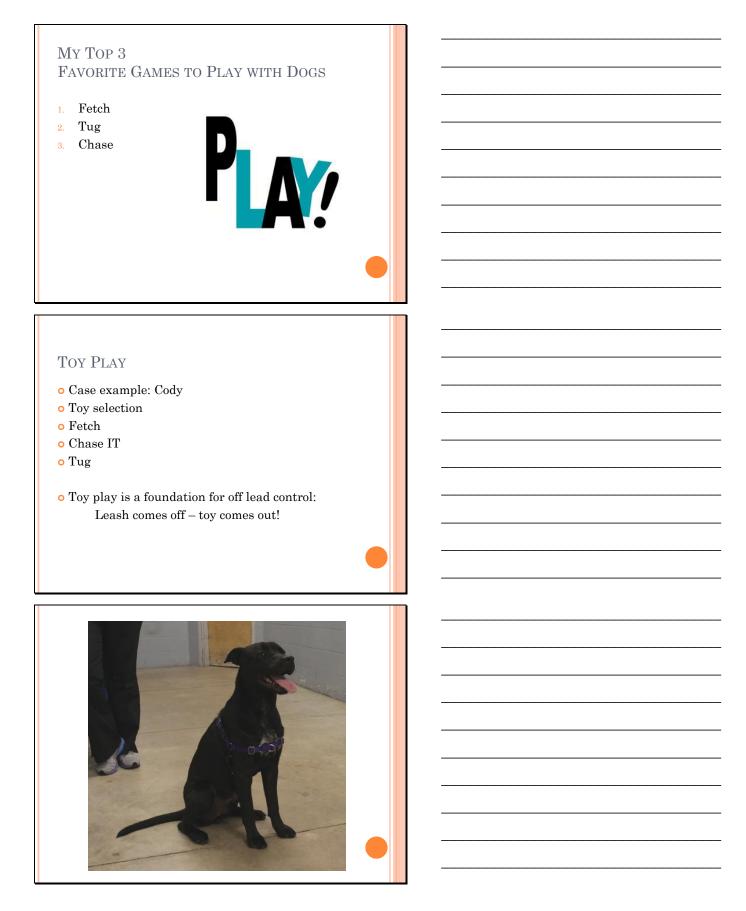
"You can discover more about a person in an hour of play than in a year of conversation." --Plato

"You can discover more about a person dog in an hour of play than in a year of <del>conversation</del> looking at him in a kennel."

--Joe Adopter

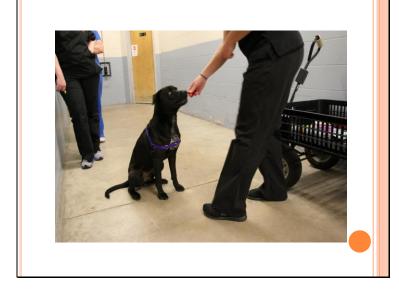
PLAY IS A POWERFUL WAY TO CONNECT











| 1 | 1 |  |
|---|---|--|
| L | T |  |
|   |   |  |



# Hi. My name is CODY!

I LOVE to play ball! Please take me to the play yard to show you how fun a good game of fetch with me can be!

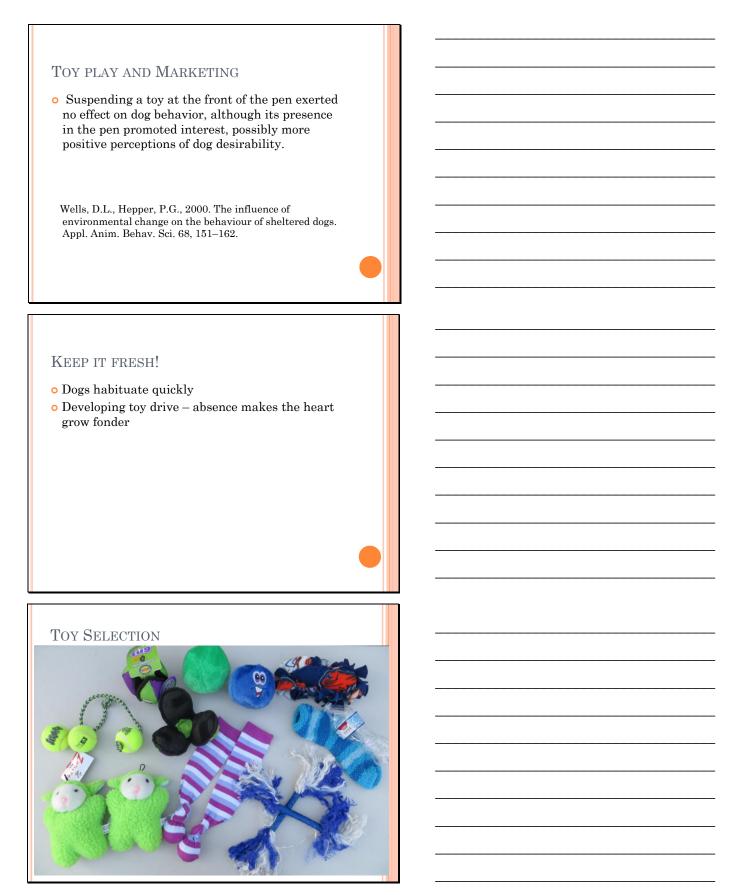
Here's how I play ball:



- Show me one of the tennis balls (keep the other one in your hand behind your back). Tease me a little bit with the ball and then toss it.
- I will go get it and come back to you. Just call me!
- Then, wave the other ball at me –playfully entice me with it... I will drop the first ball and when I do, quickly toss the second ball!
- Keep the game going! Toss one, when I come back with it, show me the other one, when I drop the one I have, you toss the one you have!

# **CODY LOVES TENNIS BALLS!**

- PLEASE KEEP 2 TENNIS BALLS IN THE BAG ON MY RUN.
- I WOULD LOVE TO SHOW ANYONE HOW GOOD I AM AT FETCHING THESE BALLS IN THE PLAY YARD!
- (Please ask a staff member about taking me out.)
- I CAN TAKE MY TENNIS BALLS TO MY NEW HOME!

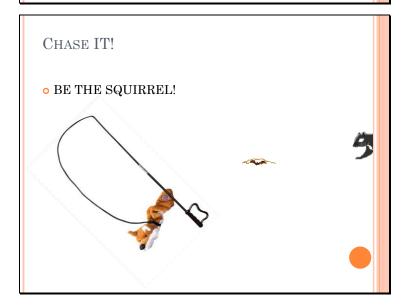






### FETCH!

- An easy & fun way to teach a dog to play fetch is to use the 2-toy method.
- ${\rm \circ}~$  Get 2 identical dog toys -- plush dog toys or a ball or whatever the dog likes.
- Offer the toy and let the dog play with it <u>Don't take it away from him</u>!
- Then, wave the other toy he will likely drop the first one and grab the second one. Alternate the toys, playfully teasing the dog to entice him.
- Next, begin tossing one of the toys only a couple of feet at first. As soon as the dog goes to get the toy, call and encourage him to come back run backwards to encourage him to follow if necessary. When he reaches you, show the other toy. He will probably want to get the other toy. He may drop the other one he has or you can trade him for a treat. Then, throw the second toy. He will then run after it and you can start the process over again. Start slowly and build up over time.
- Always stop for the day before your dog tires of the game.
- NOTE: Special toys designated for FETCH should be put away unless you are actually playing the game- this will help to keep them fresh and enticing, leaving the dog wanting more.





### CHASE IT!

- 1. "Be the squirrel!" -- Use the pole to move the toy on the ground--> erratic motion --> quick hop in the air!!!
- 2. Let dog capture it occasionally.
- 3. Release for treat (toss treat to free the squirrel!)
- 4. Take breaks (squirrel stops moving)
- 5. Finally, the squirrel dies and the game ends.
- 6. Always leave 'em wanting more!

#### CHASE IT!



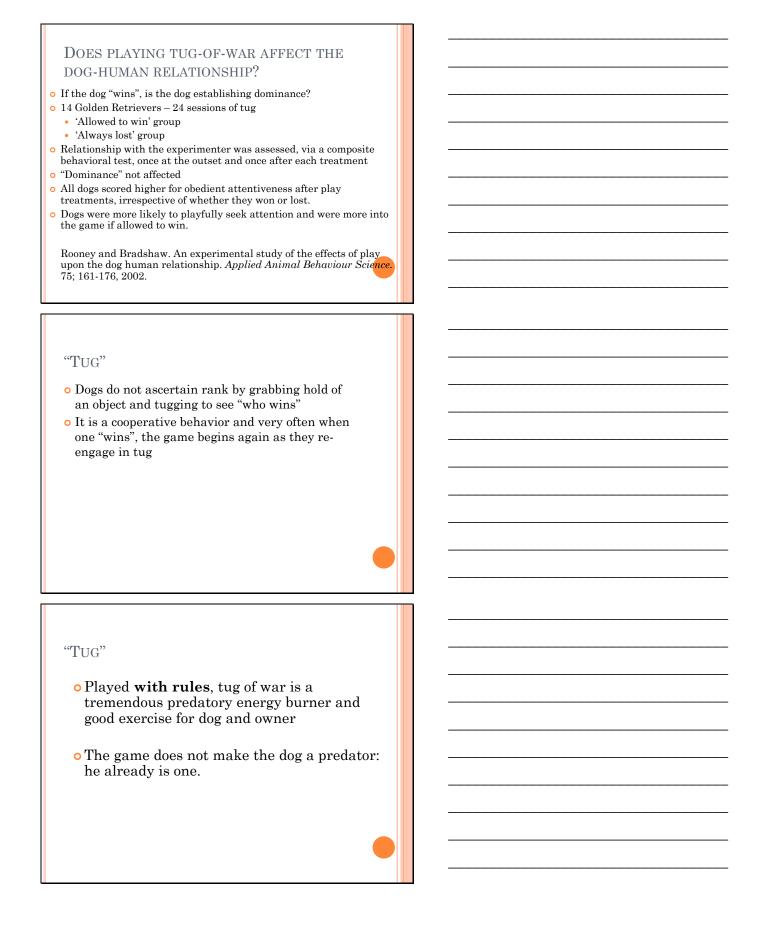
• Commercially available

- Kong Chase It squirrel; Vee Chase and Pull (Clean Run)
- Or, make your own very easily using a horse lunge whip and a dog toy!

#### "TUG"

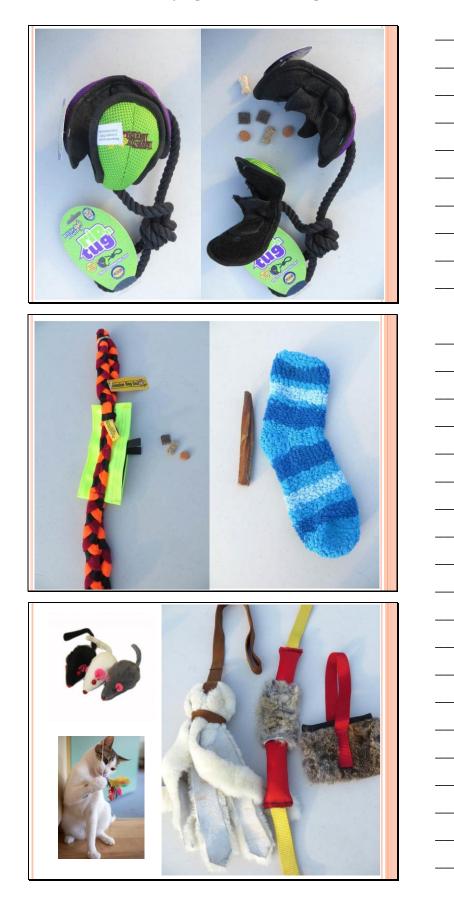
- Dog owners have been admonished for decades not to play "tug of war" because of the risk of increasing aggression and/or dominance
- This behavior is not an agonistic behavior (it has nothing to do with conflict resolution between dogs or defensive aggression)
- This is a predatory behavior (chase, grab, shake)

Jean Donaldson



BENEFITS OF "TUG" • Outstanding outlet for predatory behavior • Efficient in terms of space and time requirements • A solution to cabin fever! • Especially important for high drive dogs to have such an outlet: reduces the risk of behavior problems from under-stimulation/ arousal problems • Helps teach impulse control – ON/OFF! • Great training reward TUG TOYS







#### "TUG"

- An intense game
- When you are playing it, you are playing together
- It is you and your dog against the toy: together you are making the kill!
- This is very pleasurable for the dog and is a bonding experience!
- It is not about rank, but cooperation
- But, there are rules to be learned...

#### TUG

- Encourage the dog to grab a toy find one he likes and wave it in front of him. Reward him for getting it by allowing him to have it. Get it back from him after a minute by "trading" him the toy for a tasty treat. Then, wave the toy again. Gradually work up to tugging – some dogs are naturals, others will need more encouragement.
- Once the dog is "into" the game, it is time to begin teaching him some rules to play by:
  Teach him to leave the toy on command
  - Have a release command such as "out", "leave it" or "mine"
  - The dog releases, gets a food reward, then command to re-take it ("tug", "get it", "yours"
  - The dog gets used to having it, releasing it, receiving a reward, being presented with it again
- Dog may not take or re-take the object until invited to do so
   The penalty for doing so is a time out (game ends)
- The penalty for doing so is a time out (gam
   Zero tolerance for accidental nips
- The game ends
- As long as the dog plays by these rules, he can get as excited as he wants!
  Shake, growl, tug, tug, TUG! FUN!!
- Always stop for the day before your dog tires of the game!



### BENEFITS OF TOY PLAY

- o 68 family dogs, 2 games (ball and tug), 2 handlers
- Examined factors that influenced play
- Play motivated more by motivation to play and fear (or lack thereof) than by familiarity of play partner
- Dogs that received more playful interaction with their owner were less likely to show fear during play in an unfamiliar place.
- These dogs showed either stronger motivation to play tugging or decreased inhibition.

Toth, Gacsi, Jozsef *et al.* Playing styles and possible causative factors in dogs' behaviour when playing with humans. *Applied Animal Behaviour Science* 114; 473–484, 2008.

### FOOD PLAY = PLAYING GAMES WITH FOOD!

- ${\color{black}\circ}$  Get It Get it (food toss) Game
- Chase ME Game
- o Catch
- ${\color{black} \bullet} {\rm \ See \ It-Drop \ It}$
- Incorporating targets
  - Get It Get it Game Target VersionPlace
- Find It Games (nose work, food puzzles)





### GET IT GET IT (FOOD TOSS) GAME

- Toss food left GET IT GET IT toss food right GET IT GET IT -- Toss food left – GET IT GET IT – toss food right – GET IT GET IT – repeat sequence a couple of times...
- Start with a short toss at first get your dog's attention and be sure he sees you toss the treat.
- Using a treat that is a contrasting color compared to floor will help him see it and easily succeed. When he gets the first treat, wait until he turns back to look at you and then toss the next treat in the opposite direction.... And so forth...

### CHASE ME

- One absolute rule: It's one-way only:
- The dog should chase you and not the other way around (don't encourage the dog running from you)
- To play the game, run away from the dog—make some noise, clapping & giggling are good
- This will encourage him to run towards you
- When he is only a few feet away, toss treats or a toy behind you (even through your legs) so he keeps running in your direction
- Then turn and run the other way
- You only have to run 5 or 10 feet to play!
- Know when to stop:
- If chase leads to 'nip my owner's leg', then the game stops (try a toy or food toss to divert him)
- Not for young kids to play for this reason
- This teaches your dog: running to you is fun! This is a great foundation for a fun and reliable recall.
- Intersperse chase games and obedience commands for a fun session!
- Note: This game is often very good for shy/anxious dogs can be confidence building. It is not always good for mouthy/jumpy dogs it can encourage unruly behavior!

#### CATCH

- If your dog likes popcorn, it is a great tool to use to teach them this trick – light, big, fluffy, easy to see—and relatively easy to catch.
- Buy a bag and toss them one kernel at the time.
- Some dogs don't try to catch at first but as the kernels fly gently in their face, they will try!
- Watch those motor skills improve!
- Coordination may take time, but they will develop skill in time!
- Catching is fun and often quite amusing for all involved.

### See IT - DROP IT

- This game uses food to teach impulse control the dog learns to wait and look at the food before being cued to GET IT GET IT!
- The game progresses from gently restraining the dog so that he waits and **sees it**, to the dog doing this on his own, to the dog doing it even if the treat is **dropped** or tossed.
- The handler patiently helps the dog succeed with a playful attitude.
- Short sessions will prevent frustration and keep the dog (and handler) in the game.
- This is a handy way to teach stay all the while the dog just thinks it is a fun game!

### TARGETS ARE FUN!

- In dog training, a "target" is anything that the dog must focus on and perform some action towards.
- Trainers use targets to help get dogs into the position they want or to perform the behaviors that want them to perform.
- Dogs tend to develop strong positive associations with targets they provide a positive focal point, which is especially helpful for dogs that tend to "worry" or for those that are very "busy"... Focusing on the target is a great thing!
- Targets are very useful for building many skills (playing many games!) and can be faded as necessary over time.



#### PLACE

- "Place" is a type of "target game" In this case, the dog's target is his "place" (a bed, a mat, a platform – whatever you have chosen it to be). As you play this game, the dog will become very confident that it is a good place for him to be.
- The game is to make him choose to go there and when he does, he earns a reward.
- An excellent way to train this exercise is through "shaping" – this means you will reward successive approximations of the behavior (eg. reward when dog has one foot on the place, 2 feet on it and so forth), gradually raising the criteria for a reward until the dog is completely on his place.

#### PLACE

- Begin no more than a foot away from the "place". *Try to refrain from luring the dog to the place*. The plan is to "get him to do it himself" and then reward him for it.
- The dog needs to know you have treats (and needs to be motivated by that) his problem is to figure out how to earn the treats.
- Stare at the place use your body language if you need to help him (lean towards the place) but try to refrain from luring him with your hand or leash. Begin to click (or use your reward word) and reward him with treats for each contact with his place.
- If your dog is not comfortable with the mat or platform that you have chosen for his place, allow him to become familiar with it encourage him to sniff it, walk over it...

#### PLACE

- Wonderful for shy dogs confidence building great for them to go to their place and then meet someone – because after all, only GREAT things happen when they are on their place!
- Also helpful for dogs that need to learn impulse control!
- After the dog readily goes to his place when you stand next to it, then it is time to add the command "Place".
- The next step is to work from a little farther distance away – stand back from the place a couple of feet and stare at it – stay at this distance until the dog goes to his "place" all by himself. Gradually increase the distance you are from the place in small increments.

### PHYSICAL PLAY

- o Tag
- Hide and seek
- o Go wild and freeze
- o Touch, spin and other "fun" behaviors

### "PRESCRIBING" PLAY

- For behavioral wellness
  - Practical shelter protocols
  - Play to learn good behavioral skills Playing "Skames"

#### • For behavior modification

- Dogs with poor impulse control (jumpy/mouthy/easily aroused)
- Shy/fearful/anxious dogs
- Dogs with kennel stress

