

# DO IT YOURSELF PACKET

Enrichment & Comfort  
Items for Dogs



Thank you for your interest in helping the animals at San Diego Humane Society! We would not be able to provide the level of care and commitment to our animals without the help of people like you. This *Do It Yourself* packet outlines several projects that are fun and easy and will help the animals have a more enriched experience while in our care. A Volunteer Log is included on the last page if needed for service hours.

To receive a service letter, please scan the Volunteer Log and email it to:

**Education Department Contact**

Amelia Curtis, Education Manager

619-299-7012 ext. 2292

[edu@sdhumane.org](mailto:edu@sdhumane.org)

You may drop off items at any of our three campuses from 9:00am-6:00pm daily:

**San Diego**

5500 Gaines Street  
San Diego, CA 92110

**Oceanside**

2905 San Luis Rey Road (For Dogs)  
572 Airport Road (For Cats, Small Animals)  
Oceanside, CA 92058

**Escondido**

3450 E Valley Parkway  
Escondido, CA 92027



# OCTOPUS DOG TOY

## Materials:

- Tennis Ball
- T-shirt or ½ yard of fabric
- Scissors

## Instructions:

1. Lay your t-shirt on a flat surface and mark off your cuts. You'll want to make 2 pieces that are about 5-6 inches wide and a thinner strip about 2 inches wide. Once you cut up your t-shirt, you'll end up with 3 tube-like pieces, and an extra piece from the top.
2. Cut each tube piece along one seam to make them into long straps.
3. Use the extra piece of fabric from the top of the shirt to wrap the ball. Then lay the two wide strips of fabric in the shape of an X and place the ball in the middle.
4. Wrap the ball with all the layers and gather the strips at the bottom of the ball. Take your skinny strip and tie a tight double knot to secure the fabric-wrapped ball. Now you should have four wide strips hanging from the base of your ball.
5. Cut each of the four strips into three even sections. You will have 12 sections total.
6. Braid the 3 newly cut strips and knot it at the bottom. Repeat until you have 4 braids total. **Note: it is very important that the braids be tight. If the braids are loose, we will be unable to give them to the dogs due to safety issues.**



# NO SEW SOCK TOYS

## 4 DIY DOG TOYS MADE FROM SOCKS

Proud Dog Mom



All of these projects require a long sock. Please only use clean, gently-used, colored (not white) socks for these toys. Thank you!

- Stuff  $\frac{3}{4}$  of the sock with cotton balls and hide the squeaker in the middle.
- Tie a knot in the sock right above the stuffing.
- Leaving about an inch between each knot, continue tying knots until the end.

- Tie a knot at the toe end of the sock.
- Insert the tennis ball.
- Working your way up the sock, continue to tie knots, leaving 1-2 inches in between each knot.
- Tie both ends together to create a circle!

- Tie one or two knots at the toe end of a sock, depending on its length.
- Insert a clean & empty water bottle (with cap removed) into the sock.
- Tie a knot on the other end of the sock, securing the water bottle in place.

- Tie a knot at one end of the sock. Leaving an inch in between each knot, continue tying knots until you reach the end.

# ROPE TOYS

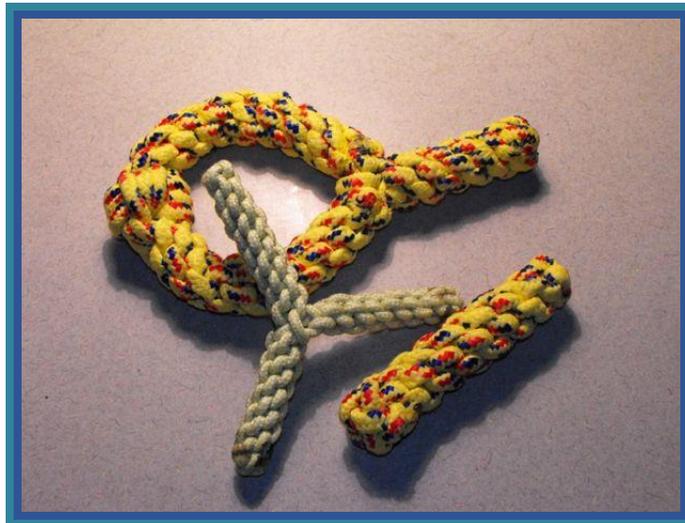
The following rope toys are a bit more challenging to make, but they are very good for our heavy chewers and have been specially requested for the dogs at our behavior center. The extra time it may take to make these is very much appreciated by both our dogs and trainers!

If you are interested in making rope toys, you can find tutorials here:

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

<https://www.pinterest.com/pin/313281717806278466/>

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



# SNUFFLE MAT

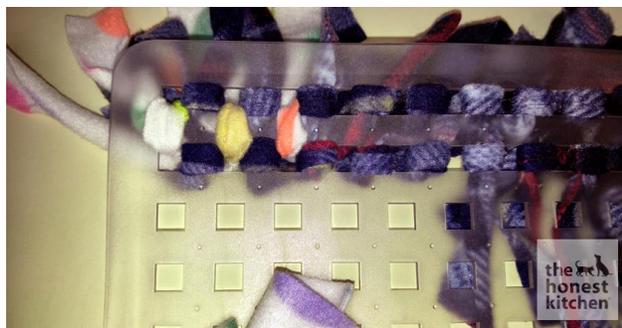
## Materials:

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

## 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.

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



# DOG TREAT DISPENSER

## 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.



# NO SEW BANDANAS

## Materials:

- Fabric scraps – at least 14 x 14 inches
- Scissors
- Iron
- Hemming tape
- Optional: Fabric markers

## Instructions:

1. Using a marker or pencil, draw the outline of your bandana on the inside side of the fabric. The outline will resemble an open envelope. To help, draw a rectangle 10"W x 5"H, with the bottom of the rectangle at the edge of the fabric. Then draw a triangle on top of your rectangle to get the bandana shape. Note: you want the excess fabric at the bottom (where you drew the rectangle) as this will form a collar loop.
2. Using your drawn guidelines, cut out two pieces. Ensure that they are as closely identical as possible and trim where required.
3. Get each piece of fabric and fold in the edges about half an inch, and iron to hold the shape.
4. Apply hemming tape to one piece over the newly folded edges. Place the second piece of fabric on top and iron in place. At this stage, all the patterned fabric should be on the outside. Once ironed thoroughly, your hemming tape should have joined the two fabric pieces together to form the bandana.
5. Fold the top excess material over to form a loop. Place a piece of hemming tape across the bandana to secure the loop and iron on.
6. If desired, decorate with messages to attract adopters, like "Adopt Me", "Free Kisses", "Snuggle Buddy", "Best Friend", "Looking for Love", "Best Buddy", etc.



# NO SEW DOG BLANKET

## Materials:

- Sharp scissors
- Fleece fabric

## Instructions:

1. Decide on how large or small a blanket you wish to make and determine the dimensions.
2. Fold the fabric in half or place two pieces on top of each other and cut the fabric into the size and shape you want.
3. With the two pieces lined up, cut strips about  $\frac{3}{4}$  - 1" wide and 4-5" long around the entire piece of fabric.
4. Take one strip from the top layer and tie it to the corresponding strip beneath, creating a secure knot. Tie until all strips are knotted.

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



# Volunteer Hours Log

Please list all volunteer hours completed. We will sign off on up to 15 hours of service each month.

Child's Name \_\_\_\_\_

Parent Name \_\_\_\_\_ Parent Signature \_\_\_\_\_

Parent Email \_\_\_\_\_

Date	Time	Project	Please explain how you completed this project
		Made enrichment items	
		Collected supplies	
		Had a bake sale	
		Made and posted flyers for my donation drive or bake sale	
		Posted Flyers	
		Posted on Facebook	
		Recruited friends to help me	
		Other project:	
		Other project:	
		<b>TOTAL HOURS</b>	

Thank you for volunteering!

