

Indoor Fun For Small Dogs

100 TINY DOG GAMES & CHALLENGES

Easy Indoor Activities
For Rainy Days

Perfect
For Apartments
And Small
Spaces



Table of Contents

Chapter 1: Zero-Prep Fun: Games You Can Start Right Now	3
Chapter 2: Sofa & Living Room Games: Lazy Human, Happy Dog	6
Chapter 3: Kitchen Adventures: Games With Everyday Objects	9
Chapter 4: Brain Gym: Thinking Games For Smart Dogs	12
Chapter 5: Sniffari Indoors: Nose Work For Rainy Days	15
Chapter 6: Small Space, Big Fun: Games For Tiny Apartments	18
Chapter 7: Kids & Dogs: Safe Games For The Whole Family	21
Chapter 8: Low Energy Days: Quiet Games For Tired Humans	24
Chapter 9: Skill Builder Challenges: Upgrade Everyday Obedience	27
Chapter 10: The 30 Day Rainy Day Challenge	30

Chapter 1: Zero-Prep Fun: Games You Can Start Right Now

Rain is drumming against the window, your tiny dog is buzzing like a little espresso with legs, and you are still in your comfy pants. Perfect moment for zero prep games. No props, no rearranging furniture, no “wait, where did I put the clicker”. Just you, your dog, a few treats, and five to ten minutes of focused fun.

Think of this chapter as your emergency menu. Each game is short, silly, and secretly smart. You build better recalls, more focus, and impulse control, while your dog simply believes you finally understand their life mission: play with me. Always keep movements gentle for small bodies and use tiny rewards. If your dog looks overwhelmed or too hyped, take a break, breathe, and pick a calmer game.

Read these like little bathroom break stories: quick setup, quick laugh, quick win for your dog. You can cherry pick a favorite or flip through at random whenever rain, boredom, or Sunday morning laziness hits both of you at once, hard.



Name Chase

Say your dog’s name plus your recall cue in a cheerful tone, then jog away in a straight line. When your dog reaches you, mark with a happy word and give a mini treat party or a quick tug game. Keep the distance short at first so success is easy. Later, add curves, sudden turns, or little stops. If your dog hesitates, crouch down, clap lightly, and make yourself extra fun. Stop the game while your dog is still eager.

Hallway Sprint

Use a narrow hallway or a small corridor. Put your dog on one end, you at the other. Call them once in a bright voice, then reward like a hero when they arrive. Toss a treat behind them so they trot back to the starting point, then call again. You get a fun recall workout, your dog gets controlled zoomies in a safe lane. Keep floors non slippery and limit repetitions so tiny joints stay happy.

Sneaky Statue

Start walking around the room with your dog following. At random moments, quietly say “sit” or “down” and freeze like a statue. Reward as soon as your dog hits the position, then release and start moving again. Over time, wait a second or two before you pay, so they learn to hold still. If your dog guesses and cycles through all tricks, laugh, make it easier, and help with clear hand signals. It is a self control game disguised as silliness.

Shadow Follower

Imagine your dog as your tiny furry shadow. Walk slowly through your home and reward any time they keep close to your leg. Turn around furniture, make small circles, or step forward and back. If your dog rushes past, simply pivot away, then pay when they find your side again. Keep your voice soft and relaxed. You are teaching the idea of heeling without a strict competition vibe, perfect for everyday walks later.

Slow Motion Walk

Instead of normal walking, move like you are underwater. Lift a foot, pause, then place it down very slowly while your dog tries to stay with you. Mark and reward calm steps, not bouncing. Tiny dogs often react with little hops at first, which is adorable but not the goal. Use a short hallway to keep the line straight. One or two minutes of true slow motion is surprisingly tiring for both brains and paws.

Musical Positions

Put on a song you like and gently move around the room. At random points in the music, stop and cue a position: sit, down, or stand. Reward the correct response, then continue walking when you say your release word. For beginners, switch only between sit and down until it feels easy. If your dog looks confused, pause the game and practice each position on its own, then blend it into the music again.

Mirror Me

Stand facing your dog. Take a tiny step to the side, bend your knees, or turn in a small circle. Right before you move, say a fun cue such as “copy”. Reward any attempt to move

with you, even if it is not perfect. Gradually, your dog learns that your goofy human movements predict rewards when they follow along. Keep it simple so your dog can win often. Think mini choreography, not full TikTok dance.

Surprise Recall

Go back to your usual home routine, then suddenly call your dog from another room with your happiest voice. When they find you, pay like they just won a reality show. Sometimes you are in the kitchen, sometimes on the sofa, sometimes half hidden behind a door. Vary everything, except the rule that coming to you is always worth it. Short, unpredictable recall jackpots today make real life recalls more reliable tomorrow.

Doorway Checkpoint

Pick a doorway you pass many times per day. Before walking through, pause and wait for your dog to sit, offer eye contact, or simply take a breath and stand still. Reward, then invite them through. If your dog rushes ahead, calmly step back, reset, and try again. No scolding, just clear rules: calm dog gets access, wild dog waits. Tiny dogs often shoot through door gaps at light speed, so this habit pays off outside too.

Eye Contact Challenge

Sit or stand comfortably with your dog in front of you. Hold a treat at chest height, not right at their nose. Say their name once, then wait. The moment their eyes flick up to meet yours, mark and reward. Slowly stretch the time by half seconds, always staying in that sweet spot between “slightly challenging” and “too hard”. If your dog looks away or licks their lips nervously, soften your face, blink, and shorten the duration again. End with an easy success and a cuddle.

Chapter 2: Sofa & Living Room Games: Lazy Human, Happy Dog

Some days your energy is somewhere between “human burrito” and “sentient pillow”. Good news: your dog does not need a marathon to feel happy. In this chapter you stay on or near the sofa, your dog gets the action, and everyone still ends up pleasantly tired. Think of these games as cozy living room rituals that turn lazy evenings into quality time, with zero guilt about not going out in the rain.

Keep treats small and surfaces soft so tiny joints and bellies stay safe. If your dog gets overexcited, simply dial the intensity down, shorten the sessions, or switch to a calmer game from this chapter. Mix a few minutes of play with generous cuddle breaks, so your dog learns that relaxing beside you on the couch is just as rewarding as zooming through the hallway.



Cushion Kingdom

Turn your sofa area into a tiny adventure land. Arrange a few cushions on the floor so they form “islands”. Invite your dog to step from cushion to cushion, then reward every brave little hop. Keep heights low and distances tiny. For more challenge, cue “sit” or

“down” on a particular cushion, as if it is the royal throne. End the game with a cuddle session on the sofa, because every king deserves a snuggle.

Paw Target Touch

Sit comfortably and present your open hand or a small target like a coaster. Wait until your dog experiments with a paw. The moment they tap, mark and reward. Add a cue such as “paw” or “tap”. You can play this during a show or while scrolling on your phone, giving your dog brain work in little bursts. Later you can ask for a paw tap to “press” an imaginary button or to say a polite hello.

TV Commercial Tricks

Instead of groaning at yet another commercial break, turn it into a micro training window. Pick one simple trick, such as sit, spin, or touch. During each break you rehearse only that cue. When the show returns, training stops. This clear start and stop keeps the game fun and predictable. Over time your dog becomes the star of the living room, with a growing repertoire learned in sixty second episodes.

Treat Toss Accuracy

Lay a towel or small mat on the floor as your official “landing zone”. While you sit on the sofa, gently toss one treat at a time onto the mat. Reward your dog for trotting calmly to the target instead of pouncing wildly. If your dog becomes too excited, ask for a sit before each toss. You are basically playing tiny living room basketball, only the player is furry and the prize is crunchy.

Follow The Finger

Stretch out your arm and point one finger slowly along the back of the sofa or the edge of the coffee table. Reward your dog whenever their nose follows the path. Add curves and little pauses, then mark when they stay engaged. This game builds focus without much physical effort from you. It also sets the stage for later nose targeting tasks, such as guiding your dog through more complex indoor routes.

Under The Bridge

Sit on the sofa with your feet flat so your legs form a low tunnel. Lure your dog to crawl underneath with a treat, then reward once they emerge on the other side. For smaller dogs you can make a “bridge” from a low cushion placed between your knees. Add a cue like “under”. Keep the movement slow, especially for dogs with long backs. Each successful crawl earns praise, a treat, and possibly a bonus belly rub.

Couch Side Stretch

With your dog standing beside the sofa, lure their nose slowly toward their shoulder or hip with a treat so they stretch gently through the neck and spine. Hold for a second, then reward and release. Repeat to both sides, always within a comfortable range. You can add a little “bow” by luring the nose down between the front paws. Keep stretches smooth, never jerky. This feels like a mini yoga session, only with extra fur.

Relax On The Mat Game

Place a comfy mat or blanket next to the sofa and reward your dog every time they choose to lie on it. At first you can toss a treat to the mat, then feed a few more while they stay settled. Add a cue such as “chill” or “park”. Gradually increase the time between rewards, especially during your own quiet activities like reading or scrolling. The message is clear: calm behavior near the couch makes good things happen.

“Find Me” Behind Furniture

Instead of hiding snacks, hide yourself. While your dog waits in the hallway or faces away, quietly slip behind a chair, curtain, or the far side of the sofa. Call your dog once in a cheerful tone. Celebrate like they found buried treasure when they locate you. This game builds recall and confidence, because your dog practices solving tiny indoor “search and rescue” missions where the reward is you.

Yes or No Head Tilt

Sit in front of your dog and talk to them with different phrases and tones, then watch for natural head tilts or small ear movements. Capture these tiny motions by softly marking and rewarding them. Some dogs naturally offer a “yes” tilt to one side and a “no” tilt to the other. You can gently attach fun cues once the movement is predictable. It feels like you are having a living room talk show with your own furry cohost.

Chapter 3: Kitchen Adventures: Games With Everyday Objects

Rain outside, coffee on the counter, tiny dog staring at you with those “I am bored and dramatic” eyes. Perfect moment to turn your kitchen into a mini playground. This chapter shows you how to use the stuff you already own, so you can feel like an enrichment pro without buying yet another overpriced puzzle toy.

We keep it safe and simple. Use only stable objects that do not slide, tip, or break easily. Avoid glass, sharp edges, hot surfaces, and anything that once had aggressive cleaners on it. Food wise, stay away from onion, garlic, chocolate, xylitol, grapes, and raisins. Tiny dogs have tiny stomachs, so work with micro treats or a portion of their normal food.

Think of these games as snackable “Hunde-Nerd moments” for both of you. You get a story to tell at work, your dog gets to feel like a genius, and your kitchen suddenly earns its “indoor adventure park” badge.



Muffin Tin Treasure Hunt

Take a muffin tin, drop a few treats in some of the cups, then cover each filled cup with a tennis ball or similar sized object. Place it on the floor and let your dog investigate. At first, leave some cups uncovered so your dog gets an easy win. Most dogs quickly learn to nudge, paw, or flip the balls away.

Short nose work like this is ideal for rainy days, since sniffing tires the brain more than zooming around the living room.

Plastic Cup Shuffle

Line up three plastic cups on the floor. Let your dog see you place a treat under one cup, then slowly shuffle the cups. Keep it easy in the beginning, tiny shuffle and obvious placement. Ask your dog to choose with nose or paw, then lift the cup to reveal their decision.

Once your dog understands the idea, you can shuffle faster or add a fourth cup. You officially have your own kitchen casino, only your dog always wins something.

Towel Roll Surprise

Lay a hand towel flat, scatter a few treats on it, then roll it up like a burrito. You can tuck the ends in slightly so it stays closed. Hand the roll to your dog and let them sniff, lick, and unroll their way to the reward.

If your dog is new to problem solving, start with a loose roll. Advanced tiny geniuses get tighter rolls or two smaller towels nested together. Great for dogs who love to shred, without sacrificing your socks.

Drawer Sniff Mission

Choose a low, safe drawer that you can leave slightly open. Drop a treat or scented cotton pad inside, then invite your dog to “search.” When they show interest in the drawer with nose or paw, open it farther and let them claim the reward.

Never force the drawer near your dog’s head. The point is to encourage gentle investigation, not heroic missions under heavy furniture. Over time, you can create a short “kitchen search tour” with two or three fixed sniff spots.

Mat Fold Puzzle

Place a small rubber mat or folded cloth on the floor, sprinkle some treats inside, then fold it once or twice so the snacks hide between layers. Let your dog figure out how to nose, paw, or drag it open. The friction gives tiny paws enough grip and keeps things quiet for apartment life.

To increase difficulty, fold in different patterns or stack two thin cloths. Bonus: your dog does the unfolding, you pretend this counts as housework.

Box In, Box Out

Grab a sturdy cardboard box that is big enough for your dog to step into comfortably. Place it on a non slippery surface. Lure your dog to put one paw in, then two, then the

whole body. Reward every tiny step. Add a cue like “box” when they hop in and “out” when they step back onto the floor.

This simple game builds body awareness and confidence, especially for small dogs who often feel unsure about new surfaces.

Bowl Balance

Arrange a few heavy bowls in a line or loose cluster, leaving small gaps between them. Your dog should weave their nose around the bowls to follow a treat in your hand without bumping or tipping anything. Move slowly and reward for careful, controlled motion.

Think of it as a mini driving school for snoots. Start with wide gaps and solid bowls. If your dog gets excited and smacks everything over, reset, breathe, and slow it down again.

Spoon Follow

Put a tiny bit of dog safe spread on a spoon, let your dog lick once, then move the spoon slowly in front of their nose. Reward when they follow calmly. You can guide them in small circles, figure eights around chair legs, or gentle zigzags through the kitchen.

This game is perfect for shy or cautious dogs, since the spoon creates a clear, predictable target. Just keep movements low and smooth, and clean the spoon afterward unless you like surprise flavor experiments.

Food Bowl Patience Game

Instead of placing the bowl down at full speed, turn mealtime into a tiny impulse control ritual. Ask for a sit or stand a step back, lower the bowl a little, then lift it again if your dog rushes forward. As soon as they hold position for a second, place the bowl fully down and give a clear release cue like “okay.”

You only need a few repetitions per day. Over time, your dog learns that waiting politely makes food arrive faster than tap dancing and squeaking.

DIY Obstacle Line

Use what your kitchen already has: chairs, stools, bins, boxes. Create a simple “runway” that your dog walks through. You can ask them to go between chair legs, around a bin, then pause on a mat at the end. Keep everything low and wide for tiny bodies and leave enough space so nothing feels tight or scary.

Change one element each day. One day it is a chair slalom, the next day it is a slow walk along a row of stools. Your boring kitchen suddenly becomes a tiny dog park, no umbrella required.

Chapter 4: Brain Gym: Thinking Games For Smart Dogs

Rainy days are perfect for showing your dog's inner nerd. Physical exercise is great, but tiny dogs in apartments often get more than enough trotting from sofa to kitchen. What they really crave is mental work. Short brain games can tire your dog faster than a long walk, as long as you keep things fair and frustration free. Think of this chapter as a tiny indoor escape room for your dog, with you as the friendly game master.

Keep sessions very short, one to five minutes at a time. End on a success, not when your dog is confused or walking away. If they start to lick, yawn a lot, bark at the puzzle, or wander off, you have made it too hard. Make it easier, help once, celebrate like crazy, then take a break. Smart games should feel like "I am a genius", not like school homework.



Three Choice Puzzle

Place three identical containers in a row, one with a treat inside. Let your dog watch while you hide it under one container. Then mix them slowly or leave them still for beginners. Release your dog with a cue such as "search". When they nose or paw the correct container, cheer and lift it. If they choose wrong, simply reset without scolding.

Start easy, no shuffling, then gradually add movement like a slow, dog friendly shell game.

Open The Box

Take a simple cardboard box with a loose lid or flap. Let your dog see you drop a treat inside, then close it lightly. Encourage them to nudge, paw, or nose the lid open. At first, you can leave a small gap. When they understand, offer boxes with different openings, such as a side flap or a simple tuck in lid. Always keep the cardboard safe to chew and pick up any soggy pieces, smart dogs still eat silly things.

Tug Release Logic

Play a gentle game of tug with a soft toy. After a few seconds, stop moving and present a clear “release” cue such as “drop”. As soon as your dog lets go, mark and give the toy back to restart the fun. The brain twist: giving up the toy makes the game continue. Start with very short holds so your dog learns the pattern. If they clamp down harder, trade once with a treat to avoid conflict, then go back to easier reps.

Toy Sorting

Grab two small baskets or boxes and two different toys, for example a ball and a rope. Pick one basket for each toy. Show your dog the rope, say “rope box”, then toss it toward the correct basket and reward any interest in that basket. Repeat with the ball and its basket. Over many repetitions, most dogs start to move toward the “correct” box when they see the toy. Keep it light and goofy, this is a party trick, not a university exam.

Direction Cues

Stand with your dog in front of a chair or small piece of furniture. Toss a treat slightly to the left of the chair and say “left” as they go around to get it. Then do the same on the right side with the word “right”. After several repetitions, try cuing “left” or “right” first, then gesture to help. Many dogs quickly link the word to the side. This is surprisingly handy on walks and sounds very impressive to other humans.

Room To Room Send

Pick two safe rooms with clear doorways. Start by standing halfway between them, your dog beside you. Toss a treat into Room A and say “bedroom”, for example. When your dog runs there, praise warmly. Then return to the middle and toss into Room B while saying “kitchen”. Once the pattern is clear, try pointing toward a room and giving its name without throwing. Reward when your dog moves in the right direction, even if they only take a few steps.

Object Naming Starter

Choose two favorite toys that look different, such as a plush duck and a rubber bone. Sit on the floor with both behind your back. Show one toy, say “duck, duck, duck”, then toss it a short distance for your dog to grab and bring back. Do several turns with one toy, then switch to the second toy and its name. After some repetition, place both toys on the floor and say only “duck”. Celebrate if your dog even leans toward the correct one.

Problem Box

Attach a treat or small toy to a short string or ribbon and place it inside a low, open box. The end of the string should hang over the edge where your dog can grab it. Let them sniff, then wait. Many dogs start to paw or pull at the string. The moment they tug and the prize moves, praise generously. If your dog is stuck, show them once by pulling yourself, then reset. The game is about “cause and effect”, not about making them fail.

Target Chain

Place a small mat or towel on the floor. First teach your dog to touch the mat with a paw or stand on it, reward a few times. Then add a simple chain: “go to mat”, then “sit”, then “come”. At the beginning, cue each step separately and reward each one. Later, try giving the first cue only and see how far your dog goes in the chain before you help. Keep it short, two to three steps are already a big brain workout for small dogs.

“Fix It” Leash Untangle Game

Clip the leash on your dog and walk slowly around a chair leg or table corner so the leash wraps once. Stop and gently mark the tangle with a cue like “fix it”. Many dogs naturally step backward or move around to free the leash. Reward instantly when the leash becomes loose again. If your dog is confused, guide them with a hand or tiny lure, then celebrate. This game teaches problem solving in real life situations, which feels very hero like for your little brainiac.

Chapter 5: Sniffari Indoors: Nose Work For Rainy Days

Your dog's nose is basically Wi Fi for smells, always online, always scanning. On rainy days you can turn that superpower into calm, satisfying fun that fits perfectly in a small apartment. Nose work tires dogs out quickly, especially small ones, without needing wild zoomies or furniture parkour. You get a happily snoring dog, your cushions overleben den Tag.

Keep it safe and simple. No strong irritants such as chili powder, vinegar, perfume, or essential oils, since tiny noses are far more sensitive than ours. Stick to mild, dog safe treats or a favorite toy with a bit of natural scent. Always supervise, and if your dog looks overwhelmed, make it easier and help them “win” fast.



Scatter Sniff

Pick a rug or a non slippery area, then crumble a few tiny treats and scatter them across the surface. Show your dog one piece, say “search”, then gently point toward the rug. At first, let some pieces be very obvious so your dog understands the idea quickly. As confidence grows, tuck a few crumbs a little deeper between rug fibers. End the game while your dog is still having fun, not when they give up.

Scent Trail

Crush one small treat between your fingers so you get a bit of smell on them. Walk through the room and lightly touch the floor every few steps, leaving a minimal crumb or scent mark. At the end of the path, place a tiny “jackpot” of a few extra treats. Bring your

dog to the start, say “follow your nose”, then let them sniff along. Keep the first trails short, then slowly increase distance and turns.

Towel Burrito Line

Roll a treat inside a small towel so it becomes a little burrito. Make three or four of these, but only load one or two with treats. Lay them in a line or small cluster on the floor and cue “search”. Let your dog investigate, paw, nudge, and unroll. Celebrate big when they find the paying towel. If your dog gets frustrated, leave the towel half open at first, then roll tighter as they learn the game.

Hide And Seek With One Toy

Choose one favorite toy and show it clearly to your dog. Place it in plain sight on the floor, say the toy’s name plus “search”, then let them trot over and grab it. Reward with play or a treat. Next round, hide the toy just behind a chair leg or partly under a cushion, always letting your dog watch. When that is easy, start hiding it while they wait in another room, then release them to find their treasure.

Multi Room Search

Once your dog understands simple hiding games, upgrade to a mini indoor “sniffari”. With your dog in a sit and stay, walk through two or three safe rooms and hide small treats or their toy at nose height or lower. Release them with a special cue such as “house search”. Follow quietly, enjoy the snuffling soundtrack, and resist the urge to point too soon. Only help if they get stuck, then celebrate every discovery together.

Human Scent Trail

Rub a tiny treat on your fingers, then put it away. Walk from one room to another, lightly brushing doorframes or furniture with your hand to leave a faint scent line. At the end, sit down on the floor or sofa with a reward ready. Ask a helper to release your dog at the starting point and say “find me”. Let your dog track your path by nose, not by calling. When they arrive, party like they found buried treasure.

“Find The Family Member”

Pick one human “target”. Let dog and human interact a moment so the dog is interested, then have the person quietly leave the room and hide in an easy spot, for example behind a doorframe. Say “find Anna” or the person’s name and watch your dog puzzle it out. Start with very obvious hiding places and lots of cheering. Over time, make the hides trickier or use different family members so your dog becomes a true people radar.

Scent Box Pyramid

Collect a few clean cardboard boxes. In one box, place a treat or scented cotton pad. Stack or cluster the boxes so your dog has to move around them and sniff carefully. Cue “search” and allow pawing or nudging, as long as it stays safe. When your dog clearly shows interest in the correct box, mark, then open it and let them claim the prize. Rotate which box is “hot” so you do not accidentally teach them a pattern.

Nose Target Wall

Tape two or three flat targets to a wall at nose height, for example sticky notes or pieces of masking tape. Behind one of them, on the other side of the wall or just hidden in your hand, is the treat. Encourage your dog to sniff each note. When they linger on, poke, or boop the correct target with their nose, mark and deliver the reward. Switch the “winning” target often. This feels like a secret code panel for dogs.

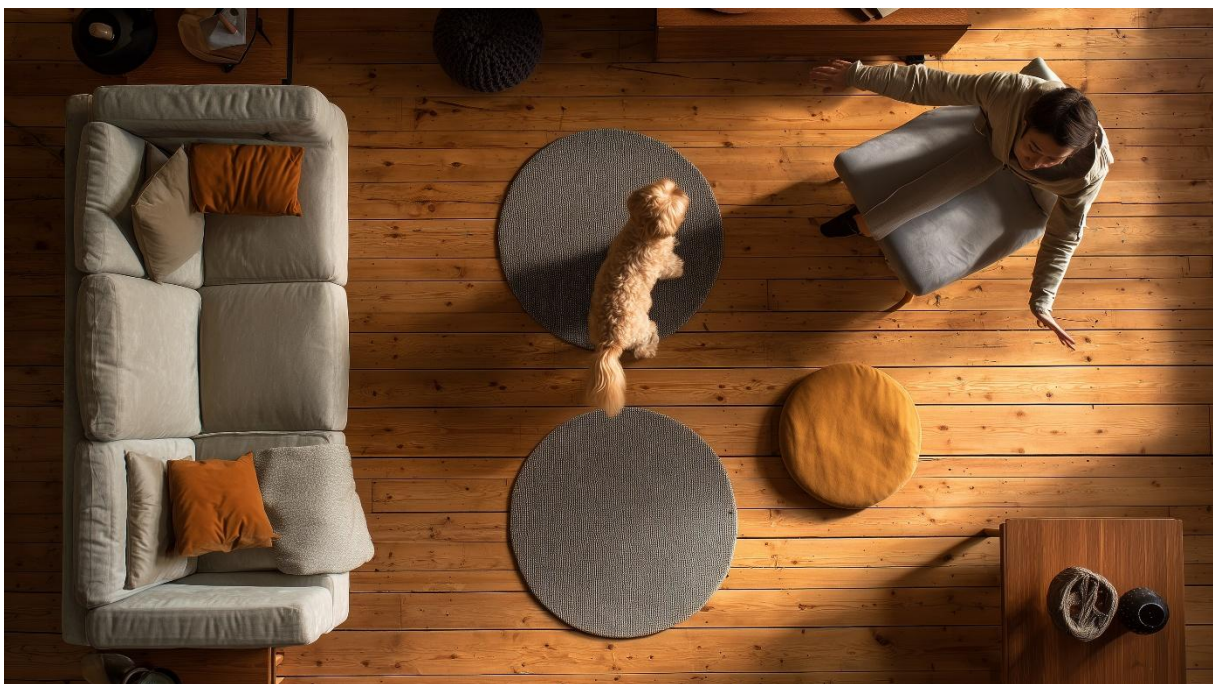
Smell And Choose

Place two small containers on the floor, such as yogurt cups or clean jars, both with small holes so scent can escape. In one container, hide a treat or scented cotton, the other stays empty. Present both to your dog and say “choose”. Reward any clear interest in the correct container, for example nudging, pawing, or focused sniffing. Swap sides between rounds to prevent simple left right guessing. Soon your dog realizes their nose is the boss.

Chapter 6: Small Space, Big Fun: Games For Tiny Apartments

Living with a dog in a tiny apartment can feel like you adopted a furry tornado and locked it in a shoebox. The good news: you do not need a garden, a long hallway, or a home gym to give your dog a satisfying workout. You only need a few clear rules, some imagination, and a willingness to shuffle around the coffee table like an obedient human obstacle.

In this chapter you will find low impact, low chaos games that work in studio flats, city apartments, and cramped living rooms. Every game focuses on control, body awareness, and little brain challenges instead of wild zoomies. Your dog gets to move and think, your neighbors do not complain, and your furniture survives another rainy day.



Micro Circle Heeling

Pick a single piece of furniture, for example a chair in the middle of the room. Stand next to it with your dog at your side and begin walking in a small circle around the chair. Reward every few steps when your dog stays in position. Gradually shrink the circle until it feels almost silly small. This teaches tight body control and focus. Two or three slow circles are plenty, then give a cuddle break.

Back Up Alley

Create a little “alley” between a wall and the sofa or between two pieces of furniture. Stand facing your dog in the alley, then slowly step toward them while luring a step backward with a treat. Mark every backward step. Many dogs find reverse gear confusing

at first, so celebrate tiny progress. Keep sessions short so muscles stay happy. Backing up builds strength and is perfect for small spaces, plus it looks adorably professional.

Side Step Shuffle

Stand with your dog facing the same direction as you in a narrow area, for example beside the bed. Take one small step sideways and reward when your dog shuffles along instead of walking forward. Start with one or two steps, then return to the start. Side stepping is brilliant for body awareness and it turns you into a slow dancing pair. If your dog forges ahead, reset and slow your own feet down even more.

Spin And Reverse Spin

Teach a simple spin on the spot by luring your dog's nose in a small circle. Once they understand one direction, teach the opposite direction with a separate cue. Now alternate: spin left, spin right, spin left again. In a tiny apartment this is your no travel energy boost. Keep the floor non slippery and focus on smooth movement rather than speed. End the sequence with a calm sit so your dog does not stay in carnival mode.

Place To Place

Put two small mats or folded towels on the floor, only one or two steps apart. Send your dog to "Place One", reward, then cue them to hop or step to "Place Two". At first you can guide with your body and hand signals. Gradually increase the distance or turn the mats so your dog has to navigate around the table leg. It feels like a tiny parkour course. Finish with a longer settle on one mat for extra chill.

Elevator Game

Ask your dog to sit or lie in a chosen spot, for example next to the sofa. This is their "elevator". You move around at different speeds and heights: standing, crouching, reaching up to a shelf. Each time you return to them and reward if they stayed put. If they pop up, simply reset without scolding. The message is clear: staying parked makes good things arrive. Perfect for small homes where you share every square meter.

Narrow Hall Sprint With Stops

Use your smallest corridor or the space between sofa and wall. Start your dog in a sit, release them with a fun cue, and jog a very short distance together. Randomly call "Stop" followed by a sit or down. Reward the stop generously, then either release for another micro sprint or walk back together. Keep surfaces safe and distances tiny for little joints. This feels like a racing game, yet it secretly trains impulse control and fast responses.

Doorway Position Switch

Pick a doorway you use often. Walk toward it with your dog on one side of you. Just before the door, cue a position change so your dog moves to your other side, then pass through together. You can lure at first, later use only hand signals or verbal cues. Vary which side is the start. This game is ideal for crowded apartments where you often squeeze past furniture or people and need a dog that moves gracefully with you.

Blanket Island

Choose one blanket or mat as your “island”. Every tiny game in this chapter can start and end on that same spot. Before each round, send your dog to the island, reward calm, then invite them off to play. After the game, cue “Back to island”, reward again, then take a short pause. Over time the island becomes a portable off switch. This is incredibly helpful when visitors enter your small kingdom and your dog feels like greeting committee and security team at once.

Silent Signal Session

In a tiny apartment every bark and shout feels louder, so this game replaces words with quiet body language. Pick three cues your dog already knows, for example sit, down, and spin. Decide on clear hand signals, then run a little sequence using only those signals. Reward generously when your dog gets it right, shrug and reset if they guess wrong. Many dogs focus more deeply when the human finally stops talking for a moment, which might be the biggest plot twist of all.

Chapter 7: Kids & Dogs: Safe Games For The Whole Family

Rainy days plus kids plus a tiny dog can be pure magic or pure chaos. This chapter stacks the deck toward magic. These games give children a clear role, your dog lots of choice, and you simple rules to keep everyone safe and happy. Think of it as a “family fun menu” you can open whenever little humans and little paws both need something to do.

Safety first, always. An adult is present for every game, kids ask before touching or starting, and the dog is free to walk away. If the dog yawns, licks lips, turns their head, or hides the toy, that is a polite “no, thank you”. Kids learn that respecting the dog’s answer is part of the game, not a failure. Short sessions beat long marathons, especially for small dogs with small batteries.



Treat Toss To The Target Mat

Place a small mat or towel on the floor and explain that this is the “treat landing zone”. The child gently tosses one small treat onto the mat while the dog waits with you. When the treat lands and the dog looks calm, you give the release cue so the dog can run in and eat it. If the dog gets too excited, move the child farther away and toss from a sit position to keep the throw soft and controlled.

Color Cup Search

Take two or three plastic cups in different colors and let the child choose a “lucky color”. The child watches while you hide a treat under one cup, then you gently shuffle them. Ask the child which color the dog should check first, then encourage the dog to sniff and

boop the chosen cup. Lift the cup if the dog shows interest and celebrate together. Swap roles, change colors, and keep shuffles slow for tiny noses.

Storytime Settle

Invite the dog onto a comfy mat near the couch, then let your child pick a book or comic. The rule is simple: when the dog is lying down or curled up, the story continues. If the dog gets up, the child pauses and waits for the dog to resettle, then quietly rewards with a tiny treat beside the mat. This turns reading practice into a calm bonding ritual and teaches kids that quiet bodies make dogs feel safe.

Follow The Leader Line

Use a strip of tape on the floor or an imaginary line from door to sofa. The child walks the line at different speeds, sometimes tiptoeing, sometimes marching, while the dog follows on a loose leash or simply off leash in a safe room. You coach both: “slow feet, gentle voice, check if the dog is still happy”. If the dog hesitates, the leader stops, crouches, and invites the dog back with a treat instead of pulling.

Trick Show Night

Turn your living room into a tiny talent show. The kids are the presenters, the dog is the star, and you are the backstage coach. Children call out tricks the dog already knows, such as sit, spin, or paw, and you quietly help with cues and rewards. Clap after each trick, maybe even “score” them with silly numbers. Keep it light and never force new or scary behaviours. End the show with the dog’s easiest trick so everyone wins.

Gentle Brush And Reward

Sit your dog on a mat and give the child a very soft brush. Show them how to stroke in the direction of the fur, then create a rhythm: three gentle strokes, one tiny treat. You watch the dog’s body language and pause if they lean away, yawn, or look uncomfortable. Kids learn that grooming is slow, kind, and full of breaks. Your dog learns that little hands near their coat predict good things, not rough pokes.

Toy Choice Voting

Place two safe toys on the floor, a little distance apart. Ask the child which toy they think the dog will choose, then release the dog with a cheerful “go pick”. Whatever the dog sniffs or touches first “wins” the election. Celebrate the chosen toy with a short play burst, then reset with new options. Kids feel like dog-psychology experts, your dog enjoys being listened to, and everyone practices respecting the dog’s preferences instead of pushing their own.

Name That Trick

Make a short list of tricks your dog already knows and give each one a fun name. The child becomes the director and calls out “Pancake” for down, “Twirl” for spin, or “High five” for paw. You help your dog perform, reward, and keep the tempo relaxed. Over time, the child starts to remember which words trigger which movement, and the dog learns to listen to different voices. It is a simple vocabulary game disguised as showbusiness.

Slow Cookie Walk

The child balances a treat on a flat, open hand like a tiny tray, with you walking beside them. The goal is to walk from one spot to another without dropping the “cookie”. Your dog walks with you and only gets the treat when you say the release cue at the finish line. If the dog jumps or grabs, simply reset and make the distance shorter. Kids discover that calm steps and steady hands impress dogs more than speed.

“Thank You” Toy Return

Choose a soft toy your dog likes. The child tosses it a short distance, then you encourage the dog to bring it back. When the dog returns, the child offers a treat in exchange and says “thank you”, then you quietly take the toy if needed. If your dog is new to retrieving, shorten the distance or let them drag the toy back on a light line. Over many repetitions, “thank you” becomes a friendly, conflict-free cue for letting go.

Chapter 8: Low Energy Days: Quiet Games For Tired Humans

Some days you wake up, see your dog's hopeful eyes and think: "I adore you, but my energy is running on 3 percent." This chapter is for those days. You do not need to leave the sofa, you do not need to put on real pants, yet your dog still gets gentle brainwork and connection instead of being ignored.

Keep your sessions short and cozy. Aim for one to five minutes per game, with lots of micro rewards. Use soft treats you can break into tiny pieces, or use kibble from the daily ration if your dog needs to watch their waistline. If you are sick, stressed, or simply peopled out, reduce movement and volume, and focus on calm, predictable patterns.



Lazy Hand Target

This is the ultimate "I am not getting up" game. Sit or lie comfortably and present your hand a few centimeters away from your dog's nose. When they lean in to sniff or boop it, mark with a cheerful word and reward. Gradually move your hand to different easy spots: a little higher, a little to the side, over the edge of the couch. Your dog works their brain and body in tiny movements, you basically play statue.

Nose Bridge

Teach your dog that your lap or arm is the comfiest pillow in the world. Sit or recline, then rest your forearm or hand in an easy position. Lure your dog's nose onto it with a treat, then reward once they rest their chin for even a second. Add a cue such as "bridge" or

“head”. Slowly increase the time before rewarding, always watching for signs of discomfort. This becomes a lovely, grounding ritual for both of you.

Breathing Buddy

This game turns cuddle time into a mini relaxation exercise. Lie or sit with your dog beside you, one hand gently resting on their chest or shoulders if they enjoy touch. Breathe in slowly, then breathe out longer than you inhaled. Quietly say a soft word, such as “easy”, every time you exhale. Reward occasionally with a small treat when your dog stays settled. Over time, this routine teaches your dog that your slow breathing means “everything is safe”.

Slow Treat Delivery

Instead of one big snack, turn ten micro crumbs into a whole activity. Sit comfortably with a small pile of treats within reach. Give your dog one, wait a few seconds, then another. Gradually stretch the pause between pieces, keeping your body language soft and predictable. If your dog starts to paw or whine, simply freeze and wait for a moment of calm before continuing. You are gently teaching patience and self control while barely moving.

One Minute Brain Blitz

Even on low energy days, you can manage tiny bursts of focus. Set a one minute timer on your phone. During that minute, ask for just one or two easy cues your dog already knows well: sit, touch, spin, or down. Reward every correct response, then immediately go back to resting when the timer ends. The rule is simple: short, sharp, then done. Your dog gets a little mental workout, you get to feel accomplished without starting a full training session.

Mat Distance Game

Pick a comfy mat or blanket and cue your dog to lie on it. Start very close, reward for staying there, then slowly lean back in your chair or slide a little further away. If your dog stays settled, toss a treat back to the mat. If they get up to follow you, simply reset, reduce the distance, and try again. This game quietly strengthens their “place” cue while you stay mostly parked in one spot.

Ear Scratch Countdown

Many dogs love ear or neck scratches, which is perfect when you only have one free hand. Start scratching gently and begin a slow countdown out loud from five to one. On “one”, stop the scratches, pause, then reward with a tiny treat or another round of scratching if they stayed calm. Your dog learns that stillness and relaxation keep the

good stuff coming. You get a simple, rhythmic ritual that feels soothing instead of chaotic.

Gentle Massage For Calm

Turn your dog into your living weighted blanket. With your dog lying beside you, use long, slow strokes along their body, avoiding painful spots or joints. Imagine you are smoothing out tension, not kneading dough. Speak softly, or not at all, and watch their breathing. If they sigh, stretch, or melt into the floor, you are on the right track. You can occasionally pair a word like “relax” with this massage, creating a future cue for calm.

Quiet Chew Ritual

Chewing can be as calming for dogs as tea is for humans. Reserve a special, safe chew for quiet moments only. Present it with a small cue like “relax chew”, then let your dog enjoy it on a mat while you read, scroll, or nap nearby. End the ritual by calmly taking the chew away when time is up, offering a small treat for letting go. Over time, this signals “it is quiet time now” and helps your dog switch off.

“Thank You, All Done” Game

Many dogs struggle when fun suddenly stops. On low energy days, you can teach a gentle ending. When you finish a short game or cuddle round, say “thank you” in a warm voice, give a final small treat, then add “all done” and shift your body slightly away. If your dog pushes for more, simply stay consistent: no more play after the phrase. Repeated over many sessions, this creates a clear, kind off switch that protects your limited energy.

Chapter 9: Skill Builder Challenges: Upgrade Everyday Obedience

Rainy days are perfect for a secret mission: turning your tiny chaos gremlin into a surprisingly well behaved sidekick without ever making it feel like “serious training”. In this chapter, you turn everyday cues into tiny challenges. Short, playful, repeatable tasks that fit between coffee, phone scroll and couch time. No boot camp, no lecture, just little games that quietly level up your dog’s skills while you both have fun.

Think of it as an indoor achievement board. Each challenge asks the same question in new situations: “Can you still listen when life looks a bit different?” You will raise criteria in tiny steps, celebrate generously and always keep the dog on team “This is awesome”, never on team “I am being tested”. If your dog gets stuck, you simply make it easier, laugh about it and try again later.



Sit In Every Room

Pick one simple cue, sit, and send it on a house tour. Ask for a sit in the hallway, bathroom, kitchen, next to the washing machine, on the doormat. Reward each success as if your dog just solved a detective case. Change tiny details, such as you sitting on a chair, you turning your back, you holding a mug. If your dog struggles, go back to an easy room, pay well, then try the “hard” room again later.

Door Manners Challenge

Choose one frequently used door, for example to the hallway or balcony. Ask your dog to sit or stand calmly, then start a slow count in your head before you say the release word

and open. Begin with one or two seconds. Over the days, gently increase the count. If your dog pops up or rushes forward, simply close the door again without scolding, reset and try a shorter count. Doors become magic portals that open for self control.

Leash Clip Patience

Instead of wrestling your dog into the leash, turn it into a little zen ritual. Hold the leash in one hand and wait for four paws on the floor and a still body. Mark and reward that calm, then bring the clip slowly toward the harness. If your dog wiggles or jumps, move the leash away for a moment. The idea is simple: calm makes the leash come closer, chaos makes it “disappear”. Many tiny repetitions create a surprisingly smooth going out routine.

Drop It Speed Test

Play a short tug or gentle fetch game with a safe toy. When your dog is engaged, say your chosen “drop” cue one time, then silently wait. The moment the toy leaves the mouth, mark and reward with either a treat or an even better round of play. To build speed, sometimes give an extra jackpot when your dog drops very quickly. If they chew and ignore you, swap the toy for something less exciting and go back to the basics of trading.

Come From Distraction

Start with tiny distractions indoors. Ask a helper to quietly roll a ball on the floor or to sit on the sofa with a toy while your dog is on a light leash. Let your dog notice the distraction, then cheerfully call them. When they choose you, reward with something more interesting than what they left behind, for example a special treat or a short game. Keep difficulty low at first. Your dog learns that “come here” always leads to something worth choosing.

Stay While You Do Something Weird

Ask your dog to sit or lie on a mat, then give your stay cue. Take one step away and do something mildly ridiculous, such as clapping your hands once or lifting an arm. Return, reward, release. Gradually add new “weird” actions, a tiny jump, a spin, brushing your teeth in the doorway. If your dog breaks position, just reset with a simpler version. This game teaches that the cue “stay” matters more than your strangely behaving human.

Heel To The Kitchen

Pick a short route, for example from the sofa to the kitchen counter. Ask your dog to walk at your side for only a few steps, then drop a small food jackpot at the destination. Turn this into a predictable pattern: call dog, heel a few steps, party at the end. Later you can

add turns, pauses or a sit at the final spot. Avoid nagging or leash corrections. The message is “walking close is the golden ticket to the snack bar”.

Bedtime Routine Game

Turn the last trip of the evening into a calming mini choreography. For example: sit at the door, walk nicely to the chosen potty spot, “go potty” cue, return, sit, gentle towel wipe of paws, then up to bed. Repeat this pattern every night so your dog can almost predict the next step. Tiny treats can mark each part in the beginning. Over time, the ritual itself becomes soothing, like brushing teeth for humans, just with more tail wags.

Calm Before Food

Instead of the classic bowl rush, create a short pre dinner puzzle. Ask for a sit, then maybe a spin, a nose target, and a brief wait. Keep it playful, not military. The bowl only lowers when your dog is reasonably calm again. If excitement explodes, move one step back in difficulty and choose a shorter behavior chain. This daily mini routine teaches your dog that thinking and listening, even when hungry, pays off better than pogo jumping around the kitchen.

“Go Settle While I Work”

Choose a comfortable spot near your desk or sofa, such as a bed or mat. Cue your dog to lie there, then reward with a chew or a few scattered treats on the mat. Start with only a few seconds of you typing, scrolling or reading. If your dog stays loosely relaxed, wander back, drop another treat, then release. Gradually extend the time. You are teaching a realistic life skill: “When the human is boring, you can still relax and good things quietly appear.”

Chapter 10: The 30 Day Rainy Day Challenge

Some days it rains. Other days it really rains, your dog has the zoomies, and you are out of ideas. This chapter turns the book into a 30 day game plan so you never have to stare at your dog and whisper that sniffing the carpet counts as enrichment. You mix high energy games with brain work, sofa cuddles with skill builders, and your tiny dog feels like the star of a mini training show.

Think of this as a low pressure challenge, not a boot camp. If you miss a day, no problem. Just pick up where you left off or do two micro sessions the next day. Most combos here are under ten minutes, so you can sprinkle them between emails, Netflix, and coffee. Your dog does not care about perfection. They care that you show up, smile, and play.

To keep things fun, you can print a simple 30 day calendar and tick off each day with a silly sticker or paw print. Rotate through chapters: one day a zero prep game plus a sniff game, another day a sofa game plus a brain gym challenge. Use this chapter as your toolbox whenever your dog looks at you like “Is that all you got”.



Two Room Relay

Pick two “stations” in your home, for example the hallway mat and a blanket in the living room. Send your dog from you to Station A, cue a quick behavior such as sit or spin, then call them to Station B for another behavior. After a few rounds, add a short stay before

you call them. Keep distances small for tiny legs. Finish with a jackpot reward when your dog zips happily between both stations.

Memory Lane

Today starts with a throwback. Ask yourself which game from yesterday made your dog light up the most. That is your “memory game”. Start with a quick warm up, then cue that same game again and see how fast your dog remembers the rules. You can increase the difficulty slightly or change the room. The fun part is watching them go “oh, this one” and offering favorite moves before you even ask.

Mixed Scent Puzzle

Choose two different “scent jobs”. For example, first a Scatter Sniff on a rug, then a Hide And Seek With One Toy in another room. Let your dog finish task one completely before you switch. Use a clear marker word such as “search” at the start and “all done” at the end. This teaches your dog that each scent game has its own start and finish, perfect for smart little noses that love structure.

Trick Chain Of Three

Pick three simple tricks your dog already knows well, such as sit, spin, and nose target. First, cue them one by one with a reward after each. Then slowly chain them together so the reward only comes after all three. Keep your voice upbeat and your criteria loose, small dogs often throw in bonus wiggles. If your dog gets stuck, break the chain apart again. End with one easy, fast version they can nail.

Family Relay Challenge

This one is perfect when more humans are trapped indoors with you. Each person stands in a different spot in the home. Take turns calling the dog, rewarding when they arrive, then letting the next person call. Add simple cues at each station, for example a sit, a hand touch, or a down. Keep voices friendly rather than shouting. If your dog gets overexcited, slow the tempo and add a short settle on a mat between rounds.

Surprise Envelope

Write the numbers of all 100 games on small slips of paper and drop them into an envelope or jar. Each rainy day, draw one or two “mystery missions”. Today, let your dog pick by sniffing or pawing at one slip. Whatever number you pull, play that game with full enthusiasm. If you draw a game that is too hard for your dog right now, treat it as a preview and simply scale it down or swap it for a favorite.

Speed Round

Set a timer for sixty seconds. In that short window, cue as many easy tricks as your dog can comfortably perform, such as sit, down, spin, hand touch, or eye contact. Scatter tiny treats between reps so it feels like a party, not an exam. Count how many behaviors you completed together and write the score on your challenge calendar. On another day, try to beat that score, but always stop before your dog looks tired or frustrated.

Reverse Routine

Pick a routine your dog already knows, for example “sit, down, stand, then go to the mat”. Today you run it backward. Start with the mat cue, then stand, then down, then sit. Your dog may blink and look confused at first, which is normal. Help them with hand signals and big praise for each correct step. You are not trying to trick them in a mean way, you are simply giving their brain a fun little puzzle.

Dog’s Choice Day

Lay out three toys or write three game names on paper and place a treat next to each. Let your dog walk up and choose one by eating the treat or nudging the toy. That is the game you play first. If they keep checking the other options, you can play those too. This tiny bit of choice can make a big emotional difference. Your dog gets to feel like the director of the day instead of just the actor.

Rainy Day Graduation Test

Time to “graduate” from the challenge. Build a tiny indoor course that mixes skills from the whole book: a short recall, a nose work task, one trick chain, and a calm settle at the end. Walk through the course once without your dog to plan it. Then invite them to join and guide them kindly through each station. Celebrate every success, laugh off any chaos, and finish with cuddles. Diploma not included, zoomies absolutely allowed.