

COW ENRICHMENT OVERVIEW

Pasado's Safe Haven Cow Enrichment Program is designed to provide a more varied experience for our Sanctuary residents, making their stay more comfortable and enjoyable. Interacting with these animals in activities that they enjoy can make them happier, less anxious, and more adoptable!

We have put together this binder so volunteers can easily find things to do with our animals, and to identify specific activities that are particularly beneficial for each species, otherwise known as *targeted enrichment*. Pasado's staff will maintain this binder weekly and edit if some of the activities are inappropriate for that particular species/animal. The appropriateness of certain activities for animals can vary due to changes in diet, health, or behavior.

Always ask a staff member prior to beginning any enrichment activity. Review the activities on the enrichment sheet before working with an animal/species. Upon completion of your session, **please be sure to write down what you worked on with the animal and leave comments so we can monitor the progress and see what works well for each animal.**

Below are descriptions of the activities you will find in this binder (check each sheet carefully to be sure that these activities are listed; not all activities will be appropriate for all species).

Please be sure to call a caregiver before handing out ANY enrichment to the cows.

- **Frozen Treats** - There are pre-made frozen treats in the freezer in the enrichment room. This can range from ice cubes, frozen produce, popsicles, and other things. Ice cubes can be given in bowls to the animals but please give the ice cubes slowly so they don't choke. Frozen produce can be broken up and distributed as treats. The SUGAR FREE popsicles are for the animals, and they can/will eat them right off of the stick. Just make sure that you keep the stick! Please call a caregiver before distributing.
- **Making Frozen Treats** - If you are interested in making frozen treats to restock the freezer so we may use them in the future, first check freezer to make sure there is enough space/room. Ziplock bags can be filled with cut up fruits (cut according to guidelines) and some watered-down juice. Seal the bag completely and put it in the freezer. Ice cube trays can be filled with water and a few fruit slices/smaller pieces of fruit and put in the freezer. If there are any other ideas, you have for frozen treats okay the contents with a caregiver before making.
- **Large Inflatable Ball**- This is a large ball that can be found in the tack room at cows. For this activity, you will need to have a caregiver with you. Once the ball is in the pasture, gently kick the ball around. Please do not kick/throw the ball directly at the cows; this may make them afraid of a toy that is meant for fun.
- **Brushing/Grooming**- For this activity you will need to have a caregiver with you. Brushes can be found in the tack room at cows in a black basket on the shelf. Take the brush and gently go in the same direction as the fur. This will help remove their winter coat and dirt. Please spray the brushes with Rescue before returning them to the bin.

- **Music** - If you play a musical instrument and would like to play a sweet melody for our animals, please reach out to a caregiver to discuss this further. There are also radios that can be used. We may discover that they have a favorite station!
- **Scents** - There are scents in the enrichment room with their own spray bottles. If you need to make more, just do a few drops of the scent and dilute it down with water. The scents will be labeled with which species can have them, so please be mindful of the species you are working with and any species that they share a pasture/space with. Spray the scent on a cardboard box or on things around the yard. DO NOT spray on the bedding for the animals as that is where they sleep and is their space to get away if needed. The animals may not be interested in the scents immediately, and they may also smell it and go away to process the scent. This can be more of a cognitive enrichment for them and may be different than when you do other types of enrichment.
- **Boxes** - Set up a box and let the cows roll it around or crush it, some cows - especially young cows. The boxes can also have treats or scents in them. Holes can be cut in the sides for treats to fall out or scents to be smelled. Please choose scents OR treats, not at the same time as that can be too much.
- **Visuals** - Use a mirror outside of the stall to show the cows their reflection. Don't use outside on sunny days because the light glaring off can frighten cows. Use the star caster (often in the healing barn - remember to return it after) in the winter when it is dark early put it in the cow barn so that the cows can watch the lights on the barn walls.