

A little time with your cat

Five at-home activity cards. Use what you have, choose one invitation and let your cat opt out. The timings describe your time, not a target she has to meet.

Offer a short game

You need: A suitable toy you already own and clear floor space.

Time to allow: Keep a few minutes free; start briefly and let your cat choose the length.

1. Move the toy, pause, and let her stalk or catch it.
2. Finish when she leaves or loses interest. Opting out counts.

Afterwards: Put away string, ribbons and loose parts. Check the toy before its next outing.

Make a box hideout

You need: A clean, sturdy cardboard box big enough for her to turn around in.

Time to allow: A couple of minutes to set up; no deadline for investigating it.

1. Remove staples and loose tape. Place the box on a level floor with an easy exit.
2. Let her enter herself. A familiar blanket nearby is optional; an interview with the box is not.

Afterwards: Remove it if it tips, becomes damp or sheds chewed pieces. Leave other resting choices available.

Offer a quiet view

You need: A secure, closed window beside stable furniture she can already reach.

Time to allow: A quick room check, then watch her first response.

1. Clear a comfortable spot; do not balance anything on a narrow ledge.
2. Offer another resting place if the view makes her tense, especially when unfamiliar cats appear.

Afterwards: Keep the window secure. Clear the route without removing her familiar resting choices.

Let her set the agenda

Try an easy food search

You need: A few pieces from her usual measured dry-food portion; a clean cardboard tube is optional.

Time to allow: A minute to set up; stay nearby throughout.

1. Place food in obvious, easy-to-reach spots on a clean floor, or near the open end of the tube.
2. Keep it easy. If she struggles or loses interest, give the food in its usual way.

Afterwards: Collect leftovers and remove damaged cardboard. Skip this if it conflicts with her prescribed feeding plan.

Do very little together

You need: A familiar resting spot, a hiding place and a clear way to leave.

Time to allow: No timer required. She is not billing by the hour.

1. Sit nearby without asking her to perform or moving her into position.
2. Let her choose whether to approach, rest or leave.

Afterwards: Leave her essentials available. A worrying change from her usual activity or appetite belongs with your vet.

What worked today?

Date: _____ Idea: _____

Her response / what to repeat or change: _____

Guidance checked 6 October 2026: Cats Protection (play, home safety, enrichment toys), Woodgreen (entertainment), Battersea (cat-friendly home), ASPCA (DIY enrichment). Full linked sources and accessible cards are in the guide below. These are invitations, not a treatment or training timetable.