

## High-Energy Cats

Some cats have more energy than others. This can be a lot of fun to have around the house! But, if this energy is not expended properly, your cat may become frustrated or bored. An insufficient amount of interaction can lead to your cat:

- Pouncing on you at unwelcome times
- Engaging in play that is too rough
- Becoming destructive around the house
- Overgrooming themselves

Homes that include high-energy cats need to include a great deal of stimulation. See the suggestions below for keeping your high-energy cat occupied.



### Enriching your home

For cats with extra energy, ensuring your home is organized with their needs in mind is extra important. Supply your cat with multiple elevated surfaces to climb and jump on, as well as sensory stimuli for them to investigate, such as putting bird feeders near windows and providing catnip for them to sniff out. See [Enriching Your Home](#) for more information!

### Playtime!

Play is a healthy behaviour that cats love to perform. It helps to keep cats physically fit, mentally sharp, low stress, and from exhibiting problem behaviours. It is also a lot of fun and a terrific way to bond with your pet!

#### Solitary play (just your cat, a toy, and their imagination)

- Try cycling through various types of toys. Novelty in toys can be VERY important to cats.
- Cat toys do not need to be expensive. Try items from around the house, such as: paper bags, cardboard boxes, paper towel rolls, or hair bands.
- Consider motion sensor toys that mimic prey movements. This will help keep their interest, as some cats tire of solo play quickly.

#### Interactive play (you and your cat together)

- Play with your cat at a scheduled time, every day. Cats thrive on routine!
- Select toys that direct play away from your hands. Consider limiting your play sessions to wand toys, strings, and long feathers.
- Try clicker training. This technique uses positive reinforcement and gives the cat a feeling of control over the interaction, which is VERY important to cats! It also engages both their mind and body, which will definitely help tire them out. See [Trick Training Your Cat](#) for more information!
- Take your cat for a walk. There is so much to see and smell outdoors that your cat is likely to come home exhausted. However, it is wise to harness train your cat first, to ensure their safety. See [Harness Training Your Cat](#) for more information!



## Feeding

In the wild, cats spend an enormous amount of their waking hours engaged in hunting and eating. Most owners feed their cat from a bowl once or twice a day. This leaves a large amount of their day free to get into trouble. To help make your cat's meals more mentally and physically engaging, try:

- Splitting your cat's daily food ration into two or more meals throughout the day.
- Feeding at least one of their meals in a puzzle feeder - this will increase the amount of time meals take and will challenge them mentally. This should help to burn off some of your cat's extra energy! We recommend Catit Senses 2.0 Digger for dry food, and an ice cube tray for wet.
- Using one of their meals (or a special treat if this isn't motivating enough) as the reward in your training sessions.

