

Name _____

Paws and Play: Keeping Your Cat Active and Happy

Open-Ended Response Answer Key

1. Regular exercise and play are important for cats' overall health and well-being because they help maintain a healthy weight, prevent boredom and behavioral issues, and provide mental and physical stimulation. Physically, exercise helps cats maintain muscle tone, flexibility, and cardiovascular health. Mentally, play stimulates their natural hunting instincts, reduces stress, and prevents boredom.
2. Besides toys and climbing structures, other ways to provide enrichment and stimulation for indoor cats include puzzle feeders, hiding treats or toys for them to find, providing a variety of scratching surfaces, and rotating toys to keep them interested.
3. If you notice signs of boredom or lethargy in your cat, you can adjust their exercise routine by introducing new toys or activities, increasing the duration or intensity of play sessions, or providing additional enrichment opportunities. Strategies for keeping them engaged and motivated include using interactive toys, rotating toys regularly, and incorporating food puzzles or treat-dispensing toys into playtime.
4. Answers may vary. Example: One fun activity I did with my cat was creating an obstacle course using household items like cardboard boxes and tunnels. My cat loved exploring the course, jumping over obstacles, and chasing toys through the tunnels. It kept her entertained and active for hours!

