



# BUILDING YOUR DIY SNUFFLE MAT





I hope you find this eBook to be a great resource. Our goal here at DogsThat is to enrich the lives of dogs and dog owners worldwide.

Teaching your dog a new training game is going to deepen the bond you have with your dog, grow trust, build your dog's confidence and give your dog a new skill set that they will benefit from every day.

This eBook is a companion to our Shaped by Dog Podcast [Episode 200](#) that will help you solve your dog's separation anxiety with the FRIDA 10-step protocol.

Here's to setting our dogs up for success!

A handwritten signature in blue ink that reads 'Susan Garrett'.

Susan Garrett  
[www.DogsThat.com](http://www.DogsThat.com)



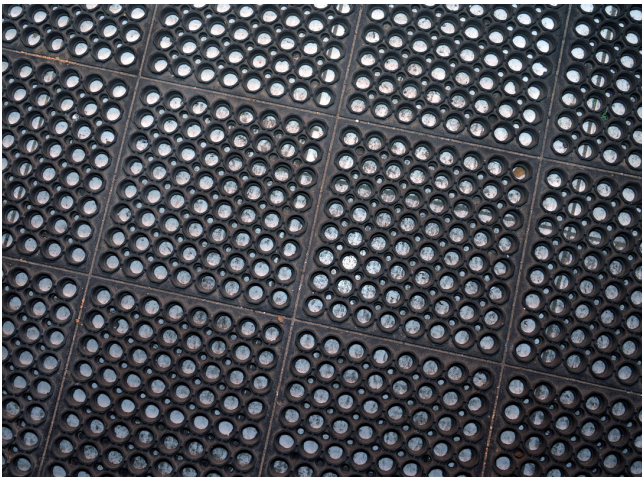


## Building Your DIY Snuffle Mat



### You Will Need

- A rubber anti-fatigue mat with holes.
- 4-lb felt and/or fleece fabric.



### BUILDING INSTRUCTIONS

#### Step 1 – Cutting Your Materials

- Use a sharp cutting tool to cut the rubber mat into 12-inch tiles. No need to smooth out rough edges as these will be covered by fabric.
- Pre-cut the fabric to strips measuring 1.5 to 2-inch wide & 6 to 8-inch long. Arrange the strips by color & pattern

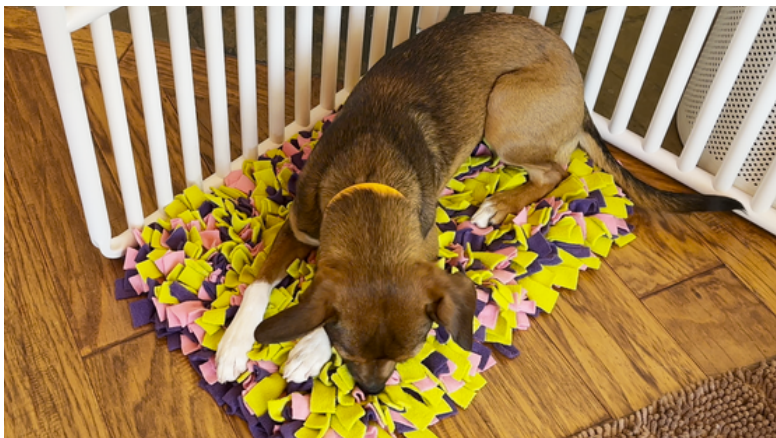




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### Step 2 – Putting Everything Together

- Place the tile facing up on a flat surface with one flat edge facing you. Start at one of the bottom corners (either left or right, doesn't matter).
- **Row 1:** Take a single strip of fabric and pull it through the top of first hole and partially out the next HORIZONTAL hole. Double knot the strip of fabric leaving several inches of fabric tail on the tile facing up. Repeat along the horizontal row alternating the color/pattern fabric strips, as desired.
- **Row 2:** Returning to the first hole of row 1, take a single strip of fabric and pull it through the top of the first hole and partially out the next VERTICAL hole. Double knot the strip of fabric & repeat along the horizontal row as per row 1.
- **Row 3 & onwards:** Repeat row 1 (horizontal knots) & 2 (vertical knots) for the remainder of the tile. Knots can be extended to the outer edge of the tile.





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### Tips and Tricks

- Using felt or fleece fabric helps trap the treats for longer engagement.
- When selecting the colour scheme for the snuffle mat, consider the colour spectrum that is visible to your dog. Create a pattern that could create interest (gradient vs contrasting colours).

Human's View:



Dog's View:



Source: Animation Agility







## Building Your DIY Snuffle Mat

### About Susan



A world-leading educator of dog trainers, Susan is also one of the most successful agility competitors of the last three decades. She has won multiple Gold Medals at National or World Championship events with every dog she has ever owned over the past 30 years. Susan was one of the very first dog trainers to share knowledge online when she opened her “Clicker Dogs” website many years ago. Susan has helped hundreds of thousands of people enjoy a great relationship with their dogs through her workshops and keynote speaking around the world, award winning books, DVDs, magazine articles, blog posts, podcasts, free dog training and dog agility video series, and online dog training programs.

A natural teacher and an entertaining speaker, Susan is world renowned for her dog training knowledge and practical application of that knowledge. Her understanding of how to apply science-based learning principles to both competitive and family pet dog training has been pivotal in changing how dogs are trained.

Susan is now helping many thousands of dog owners in over 100 countries have the best relationship possible with their dogs. The real joy for her comes from bringing confidence to dogs and their owner through playful interactions and relationship building games that are grounded firmly in the science of how animals learn.

### Meet Us Online

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