



**Georgian Triangle Humane Society**

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## **High Energy Cats and Play Aggression**

Just like in people, different cats can have very different energy levels. We're all familiar with the image of the fat, lazy housecat, but not all cats are like that. In fact, many cats (especially young ones) are quite energetic. This can be a lot of fun, but if that energy isn't used properly your cat can become bored and frustrated.

### **Signs that your high energy cat is bored**

- ❖ Playing too roughly (biting, scratching hands)
- ❖ Playing more roughly when they sense that you are about to end the play session
- ❖ Pouncing on you/attacking your legs when you walk by
- ❖ Overgrooming
- ❖ Becoming destructive around the house

### **How to help your cat expend their energy**

- ❖ Provide a variety of toys and rotate them regularly. Novelty is key!
- ❖ Toys can be both store bought, and easily made from items on hand at home, such as paper bags, toilet paper rolls, q-tips, cardboard boxes or crumpled up paper
- ❖ Schedule play sessions with your cat. Cats can become tired of solitary play and need interactive play. Waving wand toys, rolling balls, and laser pointers are a few ways to play with your cat.
- ❖ Split your cats daily food ration into 2 or 3 meals, to give them something to look forward to
- ❖ Research and provide food puzzles – cats benefit from the opportunity to “hunt” for their food. Make sure the puzzle isn't so easy that they can immediately eat the food, but also don't make it too hard so that they give up quickly.
- ❖ Try clicker training – this can be fun and rewarding for both of you, and something you can show off to your friends!

**Resources:** [www.clickertraining.com](http://www.clickertraining.com)

[www.foodpuzzlesforcats.com](http://www.foodpuzzlesforcats.com)