

RABBIT SOCIALIZATION & PLAYTIME

Rabbits require plenty of socialization, playtime, and exercise.

These activities provide opportunities for rabbits to bond with humans, engage with the world around them, and stay healthy and fit. Rabbits need to run, chew, burrow, dig, and jump in order to stay healthy.

Socialization Space

While rabbits can be socialized and have bonding time in most places, the ideal location will have ramps, tunnels, and digging boxes for multilevel exercise. Fabric tunnels are great for rabbits to hop through.

You can build a hideaway fort out of cardboard boxes and tubes. Connect boxes of different sizes to provide opportunities for jumping and strengthening leg muscles. To encourage healthy burrowing and digging, create a tunnel feature by covering the ends of tubes with old towels. You can encourage chewing by cutting small windows or holes into the boxes. Rabbits will chew and customize their fort to their liking. Add even more interest and novelty by including toys and activity spaces that enrich their playtime.

Playtime

The following are a few toys and activity stations ideas to try with your rabbit to help keep them mentally and physically stimulated!

- **Digging or Foraging Box** – One helpful tool is a digging box. Digging boxes can be made of a sturdy cardboard box, a kiddie pool, or a covered or uncovered litter box. Fill the box with 3 to 4 inches of play sand, straw, newspaper, or shredded paper for the bunny to dig through. A foraging box could be made out of the same materials, but instead fill with a variety of hay (1st, 2nd, 3 cut timothy, grass hay, bermuda grass, orchard grass, oat grass, or alfalfa), dried plants (ie: willow leaves, flowers, etc...), and sprinkle a few treats or vegetables so that the rabbit can snoop through and find the yummy stuff to eat.
- **Chewing Sticks** – Rabbits' teeth never stop growing. Provide a variety of chew toys to help prevent their teeth from becoming overgrown. Store-bought chewing sticks or natural, untreated wood work great. Many rabbits find apple and willow twigs especially appealing.
- **Treat Clothesline** – Clip produce to a string to encourage stretching, chewing, and mental stimulation!
- **Treat Ball** – Make treat balls out of toilet paper and paper towel rolls to promote mental and physical stimulation. Add your rabbit's favorite treats, sticks, or hay. Bonus: Cut holes in a small/medium bottle (ex: water bottle) for rabbits that need a more difficult challenge.
- **Egg Carton Puzzle Feeder** – Make a great puzzle feeder for your rabbit by putting their pellets and/or treats in a cardboard egg carton.

