SCENT SOCK KICKER

Materials Needed

- A clean cotton sock with no holes, loose threads, beads, or tags (a long sock makes a great kicker)
- Dried catnip, silvervine, or valerian root
- Stuffing: polyester fiberfill, fabric scraps, or a second sock rolled up tight
- Scissors

Why it works: Grabbing, bunny-kicking, and rubbing on a scented toy lets cats release energy and stress, and leaves their own scent behind to help the cage feel like home.



Step-by-Step Instructions

1. Prep the Sock

- Wash it in unscented detergent and let it dry fully. Strong perfumes can put cats off.
- Check for holes, loose threads, or anything that could be chewed off and swallowed.

2. Stuff and Scent

- Fill the sock with stuffing until it's firm enough to grab and kick, but still squishy.
- Sprinkle 1–2 teaspoons of catnip or silvervine through the stuffing as you go, so the scent fills the whole toy.

3. Close It Up

- Tie a tight double knot at the open end.
- Trim the leftover cuff short so there's nothing long to dangle or chew.

4. Add to the Cage

- Place it in the cage and watch for grabbing, rolling, rubbing, and those classic bunny kicks.
- No reaction? Not every cat responds to catnip. Try silvervine or valerian instead.

5. Care and Refresh

- One sock per cat. Wash or replace it before it moves to another cat.
- Scent fades over time, so store socks in a sealed bag or jar with extra catnip to recharge them.
- Remove the sock if it tears or the stuffing starts coming out.

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