

Why do dogs get the zoomies?



Have you ever seen a dog suddenly run around and around, super fast, for no reason? Zoom, zoom, zoom! Why do dogs get the zoomies?



Why?

1. A short burst of wild running.

The dog races in circles, spins and bounces, with a big happy face. Then, after a minute or two, it stops, and flops down.

2. Saved-up energy pops out.

A dog's body stores up energy, like a balloon filling up with air. When there is lots and lots of energy inside, pop! It all comes out at once.

3. Happy, excited feelings.

The zoomies usually mean a dog is happy and excited. Puppies and young dogs get them the most. The zoomies are normal and healthy.

Try it! Time the zoomies

You need: a dog to watch

1. Next time you see a dog zooming, start counting.
2. Stop counting when the dog stops.
3. How long did it last?

What happened? Most zoomies are over in just a minute or two!

Video + more questions:
whywhywhykids.com/zoomies



scan with a grown-up