Whippets need a regular chance to run. A large fenced yard (say at least 100' long) is ideal. If you don't have that, you'll need to visit a neighborhood tennis court or other large fenced area three or more times a week. Whippets are usually calm in the house but most have spells of running and leaping about in play a few times a day. These 'tears' are rarely destructive; whippets are not given to bodyslamming the bookcase or clearing the coffeetable with a sweep of the tail. If your whippet is more active in the house than you like, he is probably not be getting enough exercise.