



Day 1 Hands-On Lesson

Goal: Introduction of the magic carpet (mat or towel).
Pairing the mat or towel as a positive association for your pup. Puppy begins to be curious by exploring the mat or moving towards the mat.

Association example: Puppy thinks- I like chicken, mat = chicken..... I like my mat!

Time Requirement: 3-7 minutes per mini session
(5-10 repetitions each session)
Total of 2-3 mini sessions today

Before You Begin

The top 5 things you'll need to be successful

1. Mat or Towel

This is where the Magic happens! Preferably a mat that will not slide around on the flooring if other than carpet. Please use the same one all week if possible. No need to go buy anything. An old bath mat will do!

2. Treats

The amount of treats really depends on the size of your dog. $\frac{1}{4}$ -- $\frac{1}{2}$ cup should be good.

Size: Small pea-sized treats.

Tip: you can even use part of their daily meal! You might consider soaking the dog kibble in some chicken, beef or vegetable broth to make it a bit more exciting and tasty to work for.

3. Quiet Space

Space: Find a room to practice in without too many distractions

4. Time

3-7 minutes 3x each day. Ya gotta show up.

Several small sessions each day will get you closer to your goal.

5. Positivity

A positive attitude is critical for your success this week as well as your pup's!
Keep an open mind and trust the process.





Day 1 Hands-On Lesson

Instructions

Session (3-7 min per session, or 5-10 repetitions)

Try for 3
sessions
minimum
daily

Step 1:

Pick one room to practice in. Put the mat down on the ground and sprinkle it with several treats. Allow your puppy to come discover the mat and eat the treats. What fun!! Drop a few more if she remains standing on it.

Now, say “okay!”, toss a treat away so she moves a few feet away from the mat as we don’t want to pull it out from underneath her. (That’s no fun!) Pick up the mat, put it down in a new spot- just 1-2 feet from where it was before.

You don't always have to pick up the mat if your puppy walks a good distance away to eat her reward


Step 2:

- As she looks towards it.... Drop a few treats on the mat (3-4). Let her go eat them.
- Or....
- If she moves towards it automatically when you put the mat down.....drop several treats on the mat
- If she sniffs it.....drop a couple more treats on the mat
- If she steps on it.....drop a couple more treats on the mat
- If she walks right onto it- drop a few more treats on the mat- the more you drop (one at a time, right after one another) the more you’ll be telling her “staying right there on that mat is a GREAT CHOICE!”.

AWESOME!

Now, say “okay!”, toss a treat away again so she moves a few feet away from the mat. Pick up the mat and put it down in a new spot- just 1-2 feet from where it was before. No need to go far. Repeat the above wherever you left off. If your dog immediately approaches the mat and steps on it or sits on it, you won’t have to reward her for looking at it or sniffing it....

When you’re all done: Let your pup know! And then.....pick up the mat and put it away.

 REMEMBER! We aren’t forcing our puppy to move to the mat. We aren’t really even talking! Silence is golden. It will give your pup an easier time to process and make her own choices.

