



Day 2 Hands-On Lesson

Goal: Continue to building a FUN, pawsitive association that when your puppy chooses on her own to stand or sit on the mat WONDERFUL things happen! (treats rain from the sky!)

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

Instructions

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

Try for 3
sessions
minimum
daily

Step 1:

Once sits happen more frequently, you'll begin to wait for sits to reward vs just rewarding moving to or standing on the mat. Let's see where we can get to today!

Start off warming up with an easy peasy level! This will help remind your puppy of the magic and keep her successful! Be sure to track your progress using the downloadable worksheet.

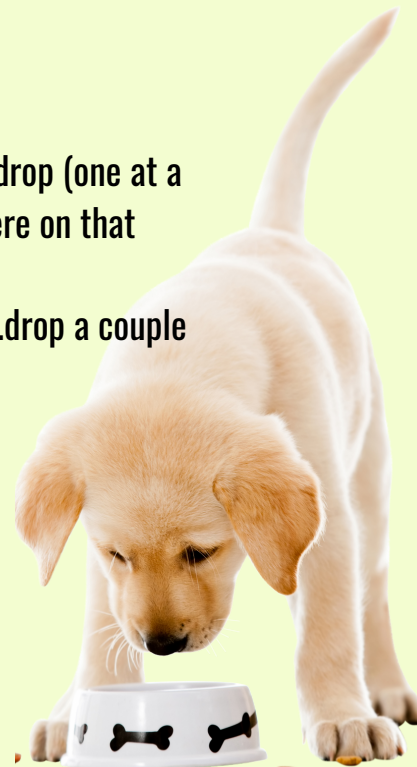
Put the mat down on the ground near your puppy:

- If she moves towards it.....drop a couple more 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!"
- If she walks onto it, wait a couple seconds to see if she thinks about sitting....drop a couple treats on the mat

AWESOME!



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.





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Instructions

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

Step 2:

Tip: Jumpy dog? Reward down on the mat vs feeding up high into her mouth. This will help get her focus DOWN and sniffing which is all good stuff!

Try for 3
sessions
minimum
daily

Is she sitting now pretty well on it?

Put the mat down on the ground near your puppy

Allow her to choose to move to the mat and sit down on it. Yes!

Reward your puppy by dropping treats down on the mat near her paws a few times

Say release word and toss a treat away 2-4 feet off of the mat so she gets up to go eat the treat

Wait for her to re-approach the mat and sit and repeat the above 4 steps!

Repeat this 2 more times for your Day 2 assignment!

Extra Credit:

If your puppy is moving onto the mat now and getting rewarded consistently and you haven't waited for sits yet.... Try pausing 2-3 seconds BEFORE you reward and see if your puppy thinks about offering you a sit! (all on her own- without you telling her) - if she does it- REWARD with several treats! Whoo hoo! We call that a JACKPOT!

AWESOME JOB!

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



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