



Day 4 Hands-On Lesson

Goal: Continue to building a FUN, positive association that when your dog moves to lays down on the mat WONDERFUL things happen! (treats rain from the sky!)
Extra: Trying in a NEW location with minimal distractions. (lower expectation to a sit)

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:

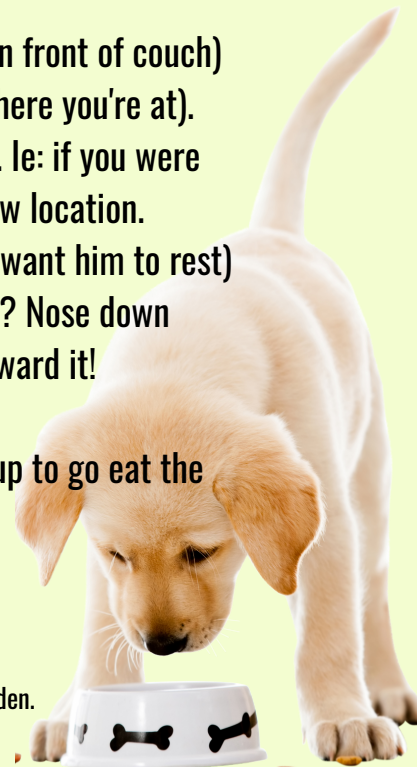
Warm up in with the level you left off yesterday (or last day of training). 4-10 repetitions while you continue to slow down the food rewards while adding some more time on the mat before you release your pup. If you're not ready to add a new location, continue where you left off on Day 3.

Step 2: Adding a new location to the mix

- Bring mat out or, if trying a new spot- enter room where it's set up (ie: on floor in front of couch)
- Allow your puppy to choose/approach and sit or lay down (or down depending where you're at).
- ➡ If you are trying a BRAND new location - don't expect the same results quite yet. Ie: if you were getting downs, you might first reward a few sits and work up to downs in this new location.
- Ignore your puppy. Take a deep breath-exhale, look down at the mat (where you want him to rest)
- Deliver treats a few seconds AFTER they sit or down.... can you wait for a hip roll? Nose down sniffing? Chin rest? (notice increased levels of relaxation from your pup and reward it!)
- Your goal is to add more time on the mat while slowing down the food.
- To release her, say "okay" toss a treat away 2-4 feet off of the mat so she gets up to go eat the treat.
- Pick up the mat
- Repeat the above steps 5-10x



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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TIPS

- To help promote your puppy to think about laying down, pause before giving her treats when she sits down on the mat, instead of dropping treats, give her a chance to think about slowly lowering her body into the down position. (Remember: no telling her “down”, no touching, no pointing)
- Take a big deep breath. Exhale. Look down at the mat (vs your puppy’s face). Wait up to 10 seconds. If she stands up... she’s not quite ready yet. If she does go into a down: reward plentifully!!!! (JACKPOT!)
- Try to deliver the treats like they are “magically” falling from above when she isn’t paying attention (this will help reduce her having to always have your attention when she’s on the mat)
- Silence is golden- yes, you can praise, but remember that the MAGIC is allowing them to self calm and relax!
- Release your puppy (or give treats a bit more quickly) BEFORE she pops up or leaves the mat.
- IF your puppy offers a NEXT level : down,hip roll, chin rest = JACKPOT!

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sessions
minimum
daily

GENERALIZATION: When you practice your training in different places so your puppy can learn to respond and behave correctly in any situation.

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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