



# Day 3 Hands-On Lesson

**Goal:** Continue to building a FUN, Positive association that when your dog moves to and is sitting or laying down on the mat WONDERFUL things happen! (treats rain from the sky!) Extra: slowing down treats/adding duration of time on mat.

**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 with a 2-4 easy peasy repetitions of just moving to the mat (or whatever level you are currently.

### Step 2:

Pick ONE new layer of difficulty for your puppy (sits or downs) and practice having your puppy perform that BEFORE the treats happen.

- Put the mat down on the ground near your puppy
- Allow her to choose to move to the mat and sit or lay down on it (depending on level)
- Reward your puppy by dropping treats down on the mat near her paws a few times.
- Begin to slow treats down and add more time before you release her. (5 seconds, 7 seconds,...)
- 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 4 steps 5-10x

**AWESOME JOB!**

### Extra Credit:

Introduce a YUMMIER tastier, new food reward from yesterday's LIVE discussion for today's session!

**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.

