

Lesson Six - Homework

Let's Go

5 times	Step	Distraction	Tips / notes
	Place some low value food on the ground. Let your dog have the food. As they are about to finish the food say "let's go" Mark the instant your dog turns towards you. Feed when they get into the heel position	Low: Low value of food	
	As above	Moderately low: Higher value of food	Use high value food rewards
	While out on a walk. Let your dog sniff for 30-40 seconds then say "let's go" Mark the instant your dog moves into the heel position and reward generously.	High: outside on a walk, sniffing a bush	Same as above
	Let your dog play with another dog for 30 seconds then say "let's go" Mark the instant your dog comes running towards you. Reward them generously (4-6 treats.)	Very high: When your dog is playing with another dog / saying hello to a person	Same as above

Loose Lead Walking

Bring all the training exercises together. Start your walk making sure your dog is in the heel position before setting off.

- Reward your dog for staying in the heel position. (Every third step.)
- Reward for voluntary eye contact when there are distractions in the environment.
- Let your dog sniff and take in the environment.
- Use your "let's go" cue.
- If your dog re-engages with you before you say your "let's go" cue reward them for choosing to re-engage
- Walk at a nice slow pace.

Go to your Mat / Bed

3 times	Step	Distraction	Tips / notes
	Place your dog's mat on the floor. Cue your dog to go to their mat. Place a small handful of rewards in-between their paws. Give them a release cue after 30 seconds.	Moderately low: While the kids are running around or you could use your dogs favourite toy as a distraction.	Use high value food rewards
	Place your dog's mat on the floor. Cue your dog to go to their mat. Place a small handful of rewards in-between their paws. Give them a reward every 30 seconds. Release your dog once meal prep is done	Moderately high: Place your dog's mat in the kitchen while you are preparing a meal	Same as above
	As above	As above	Same as above
	Cue your dog to go to their mat when the door bell rings. Drip feed rewards in-between their paws while someone else answers the door. Release your dog once the front door has been closed.	Very high: When visitors ring the door bell.	Same as above

Hide and seek

5 times	Step	Distraction	Tips / notes
	<ul style="list-style-type: none"> • Hide in another room • Call your dog • Make a fuss and reward your dog when they find you. 	Low: In the house	
		Moderately low: Outside in the garden or equivalent	Use high value food rewards
	Hide behind a tree / bush	High: outside on a walk.	Same as above
	Same as above	Very high: On a walk when they are some distractions in the environment.	Same as above

Emergency Stop

10 times	Step	Distraction	Tips / notes
	<ul style="list-style-type: none"> Place a treat in your hand. Put your hand up high. Say “stop” Immediately throw a treat behind / next to your dog. 	Low: In a quite room	<ul style="list-style-type: none"> If your dog is not stopping when you say the cue. Make sure you are throwing the treat straight away. Try throw the treat to the side of your dog if they are struggling to find the treat.
	<ul style="list-style-type: none"> Place a treat in your hand. Put your hand up high. Say “stop” Wait three seconds then throw a treat behind / next to your dog. 	Low: In a quite room	Same as above
	As above	Moderately low: In the garden or equivalent	Same as above
	As above	High: Inside, with distractions such as running kids or near low window	Same as above
	Say your “stop” cue when your dog is running towards a low distraction	Very high: Running towards a low distraction	Same as above