



Action & Distraction • Week 3

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It's time to Meet...That...Challenge!

It's time to Meet that Challenge! The person with the most points wins a prize next week. Each challenge is worth one point. You can do each challenge multiple times. Total your points and turn this in next week!

Stay

Challenge Points

Build more distraction into your dog's stay. Your challenges for the week:

1. Your dog sit-stays. You then sit on the floor in front of your dog as he remains in a stay. _____
2. Your dog sit-stays in the car while you put on his leash. _____
3. Your dog sit-stays while you toss his favorite toy up and down. _____
4. Your dog sit-stays while you turn your back. _____
5. Your dog down-stays while you prepare his food dish and place it on the floor. _____
6. Your dog down-stays while you walk around him. _____
7. Your dog down-stays while you step over him. _____
8. Your dog down-stays while you casually drop a treat on the floor. _____
9. Your dog down-stays while you hide treats in another room. _____

Total "Stay" Points _____

Tips for a successful stay:

- Say "stay" one time.
- As your dog remains in the stay give calm praise.
- Be sure to use your dog's release word at the end of the exercise.
- If your dog is having difficulty, make the exercise easier by decreasing the distraction. As he gets it right, begin to gradually increase the difficulty.

Leave It

Remember the rules for leave it:

- Say "leave it" one time only.
- Wait for your dog's head to turn away from the leave it item, then say "yes" and reward.
- If your dog is having a hard time, use a less distracting item or increase the distance between your dog's nose and the item.
- Use a leash if necessary (ie on walks)
- Occasionally let your dog have the leave it item, if appropriate, after a successful leave it.

Your leave it challenges:

Challenge Points

1. You "accidentally" drop a piece of bread on the kitchen floor and your dog leaves it. _____
2. A dog _____
3. A cat/squirrel _____
4. Your lunch on the coffee table _____
5. A telephone pole _____
6. A favorite toy _____

- 7. A bicycle _____
- 8. A treat on the sidewalk _____
- 9. A favorite person _____

Total "Leave It" Points _____

Recalls

Your recall challenges (use a leash if necessary):

Challenge Points

- 1. Your dog comes away from an interesting scent on the ground _____
- 2. Your dog comes away from a dog in the distance _____
- 3. Your dog comes away from food on the ground _____
- 4. Your dog comes away from a person _____
- 5. Your dog comes away from a favorite toy _____
- 6. Your dog comes when called on a leashed walk _____
- 7. Your dog comes away from a squirrel/cat _____

Total "Recalls" Points _____

In addition, play the following recall games:

1) Inside: place favorite toys and some treats on shelves throughout the house that you can use as fun and surprising rewards for your recall practice. If your dog does not come make sure you show him/play with the fabulous reward he missed out on and then place it back on the shelf. Try the recall again. Your dog's recall should improve.
Worth 3 Extra Points _____

2) Teach your dog the importance of keeping an eye on you! Play hide and seek with your dog in a safely fenced area. Wait until your dog is distracted and more than five feet away from you. Quietly hide. Wait for your dog to locate you and then reward. If your dog is having a difficult time finding you, make some noises from your hiding spot to help him out. Your dog should start to pay better attention to where you are.
Worth 3 Extra Points _____

Close/Heel

Your close/heel challenges:

Challenge Points

- 1. Your dog walks on a loose leash while at the park _____
- 2. Your dog walks on a loose leash toward a treat on the ground _____
- 3. Your dog walks on a loose leash past a treat on the ground _____
- 4. Your dog walks on a loose leash through a crowd (3/more people) _____
- 5. Your dog walks on a loose leash past a dog _____
- 6. Your dog walks on a loose leash past a person _____
- 7. Your dog walks on a loose leash while crossing the street _____
- 8. Your dog walks on a loose leash in a figure eight pattern in your yard _____
- 9. Your dog walks on a loose leash into (or out of) class _____

Total "Close/Heel" Points _____

Goals for this week:

You meet the challenges! You are becoming an opportunistic trainer and incorporating your dog's training into the day. Each time you interact with your dog is an opportunity to train! In addition, you are insisting that your dog follows your directions. If he does not comply, make sure there is a consequence (ie he doesn't sit at the door=you don't allow him to go through).