

Sit/Calm/Look



**Maggie's
Rescue**

This is 'mindfulness' for dogs

The goal of this exercise is to focus on your dog's emotional state of relaxation to help him/her be in control of feeling calm and relaxed. This is NOT an obedience exercise.

Over many repetitions, your dog will show relaxed body language. The exercise becomes an 'over learnt', predictable and positive routine. Eventually, your dog will lie down during the exercise by choice because it will be familiar with the exercise.

How?

When teaching any new exercise, ensure you set your dog up for success by training in a quiet environment without distractions.

- Whisper all cues/words
- Use a mat/towel for these exercises (you may also practice without it)
- Ask your dog to "sit" - give a treat immediately
- Ask your dog to "look" (bring a treat to your eyes) - give a treat immediately
- Repeat asking for "calm" and "look" interchangeably for 10-15 treats
- Finish the exercise with a "release" cue, e.g. "finish". This way your dog knows when the exercise sequence/training is finished

Tips for Success:

- Practise this exercise as quietly and calmly as possible
- Avoid excessive talking or excitement
- Do not ask your dog to stay or watch for long periods - remember this is not about obedience and how long they can hold a sit, calm, and look. The aim is for this sequence of behaviours to be predictable in your movement and length of time
- Exercise for up to 1 minute and (no longer) as many times as possible throughout the day



The Goal for your Dog:

- Laying down, yawning, and stretching during the exercise
- Relaxed behaviour
- If your dog gets up and moves away at any time, calmly ask them to sit again. Then, reward and release your dog with their finish cue as they may have had enough