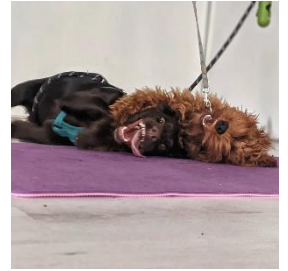


SKY WALKER: PUPPIES
SESSION NO: 2



HOMEWORK

SIT (WITH A HOLD)

We'll continue working on that hold in a sit position, so our puppy is not lifting their pretty bums off the ground the second they're into a sit! A quick reminder of the full "sit" repetition:

"Kobe, sit" -> show your puppy a hand signal or lure them into a sit (remember, say "sit" once then lure them into a position!) -> Puppy sits down -> count to 3-10 -> "good" -> reward

Homework: We are trying to build that stay in the sit to up to at least 10s, but feel free to go up if you're doing well or down if your puppy needs more time. Remember to practice it in various locations but be sensible of the difficulty (that means, if you are out in the park, don't aim for 10s straight away, build it up again!).

"ON THE MAT"/SETTLE

We want to start teaching puppies to settle on their "pub mats"! We are going to be working on two things here:

1) Them being able to stay on the mat for shorter periods. Repeat what we did during the class: **"On the mat"/"Place" -> lure on to the mat -> hold for 3-10s -> "yes" -> reward**

2) Them being able to settle on the mat.

- Start in a distraction-free environment (ideally inside the house)
- Ask them to get ON the mat and reward
- Now we are starting to play with the time they spend on the mat. Start with a couple of seconds, then gradually increase it. Don't forget to say "off"/"go play" or other chosen release word and reward them!
- When we are good at all the previous steps, we can add some movement. Move around the room, sit on a chair, maybe turn your back etc.
- Use the advantage of their mealtimes and give them meals in a kong or other puzzle toy on the mat while you are eating/watching TV/have guests. You can also use any chew treats for it too! Let's build some high value on being on those mats!

