

HOMework

WEEK 1



These homework sheets are designed to be a guide on what training to cover week by week, gradually building on each exercise. It is important not to skip steps so your dog has the best chance of understanding and being able to be successful at each exercise.

Progress through at your dog's pace, keeping to short training sessions split up through the day when your dog is awake, remember your dog needs lots of rest too.

Play and sleep after sessions can help consolidate learning.

Exercise	When/where/how to practice	Done?
<u>Habituation</u> - intro to safe novel objects - set up in familiar room e.g. the kitchen with treats in/around for them to find at their own pace, supervise	<ul style="list-style-type: none"> • Different textures e.g. doormat, rubber mat, baking tray • Washing basket on it's side • Stacked up cushions • Low sided box with towel etc in • Chair with blanket/sheet over it • Opened umbrella on the floor 	<input type="checkbox"/>
Toy play - tug with a long or large soft toy on the ground, finishing with treats dropped on floor or other calm activity	<ul style="list-style-type: none"> • During play sessions 	<input type="checkbox"/>
<u>Attention exercise</u> - positive interrupter cue 'watch me', lure this by taking a treat from their nose up to your eye or chin, practice in a range of contexts	<ul style="list-style-type: none"> • Lounge • Kitchen • Garden • On lead on a walk • When needing to interrupt something • To get the lead on 	<input type="checkbox"/>
<u>Mat settle</u> - with their lead on, nice and slack under your foot, small rewards dropped onto their mat when your dog is stood, sat or lying down on it	<ul style="list-style-type: none"> • While sat on sofa • While sat at a table • While you are reading/on computer • While you are eating 	<input type="checkbox"/>
<u>Recall</u> -Step back, recall cue, catch and reward (gently taking collar at the same time as rewarding), practice in a range of locations	<ul style="list-style-type: none"> • Lounge • Kitchen • Garden • On lead on a walk • On long line • Off lead in a secure area 	<input type="checkbox"/>
<u>Drop and swap</u> - hands come to give not takeaway, with a handful of tasty treats, say 'drop' to request they swap what they have, Hansel and Gretel trail them away from item, practice with a range of items	<ul style="list-style-type: none"> • Plastic toy • Soft toy • Chew • Every item they have 'stolen' 	<input type="checkbox"/>
Familiarise yourself with your dog's breed(s) traits, different <u>training techniques</u> and <u>enrichment</u>	<ul style="list-style-type: none"> • <u>Luring, shaping and capturing games</u> • Research your dog's breed, what they were bred for, any common illnesses/conditions associated with the breed • Fill out your dog's <u>favourite rewards</u> 	<input type="checkbox"/>