



BUNDY'S PLAYBOOK



Play is our brain's favourite way of learning

w w w . b u s y p a w z . c o m . a u



FUNDAMENTALS

Ditch The Bowl - Use Bundy's daily food to reinforce wanted behaviours, help her make good decisions, and play games to build confidence and promote calmness. Be strategic about when you give it to her. Prepare a few options in advance, like frozen konges, so you have quick distractions ready to go for those moments when you need them. (see Ditch the Bowl eBook).

Crate Training - This is something to consider which will be super helpful for Bundy to empty her bucket and for you to implement management when you cannot give her your full attention. All good things happen in the crate—this is Bundy's safe place, where she can switch off (see Crate Training eBook).

Start as You Plan to Go On - Think about how you want Bundy to respond to situations and start working towards that. Be specific—what do you want her to do when she feels worried? What do you want her to do when you walk past another dog? For example, if you want her to ignore dogs as you walk past, get her focus on treats falling from your hand (see Magic hand) - this will redirect her focus and teach her skills to manage her emotions.

Management - Bundy has developed some reactive responses to situations and will inevitably make poor decisions. Limit her choices by implementing management strategies to prevent those unwanted behaviours from happening. For example, when she sees another dog, move her away before she has a chance to react and if she does react, get her out of the situation as soon as possible. These strategies will set her up for success while you teach her to make better behaviour choices.

Desensitise Triggers - Notice the things that fill Bundy's bucket. For example, if the doorbell makes her anxious, our goal is to help her develop a NEUTRAL response. Ring the doorbell and do nothing, ring the doorbell, open it the door - close the door, have people ring the doorbell from outside and do nothing etc. Use this same strategy for any other triggers she may have.

Mental Stimulation - Bundy is a clever and energetic labrador, and keeping her mind busy will help avoid boredom and help her practise being calm. Use her food for treasure hunts in the backyard (which can also replace a walk), let her tear up cardboard boxes, give her puzzles, and of course, play with her!

Control the Controllable - You can't always control the environment, so instead, work with Bundy to build skills that help her move away, feel safe, or focus on something else. For example, offer her a stuffed kong or do a scatter feed when the guinea pigs are out! (I'm still giggling about that!) Although Bundy would not be considered a bite risk, muzzle training to deter people interacting with her may be a good tool to have up your sleeve. (see muzzle training PDF)

Clear Communication - Be very clear with Bundy about what you expect. Phrases like 'stop it' or 'stop barking' are too vague. Instead, use clear instructions such as 'On your bed/mat,' or even throw a treat for her to chase/catch to redirect her. If she ignores you, it's likely because she doesn't understand what you want, so give her a little help.

Use Your Words Mindfully – We don't want our voice to become white noise to our dogs. If you give a command, such as 'sit,' and Bundy doesn't respond, it's not because she hasn't heard you—it's because she can't sit in that moment. Her bucket may be too full, or she may be confused. Instead of repeating the command, try getting her focus back on you by engaging with her (this could be tossing a treat) and bringing her energy down so she can think. Once you have her attention, try the command again. Aim to only give commands when you are 100% sure she will follow through.

Your Energy! – Dogs mirror our energy, so it's really important to stay mindful of your own energy around Bundy. If you want calmness, you need to project calmness. If you're feeling stressed, overwhelmed or just tired, it might not be the right time for an outing—choose something easy for both you and her instead. We do not need to walk our dogs every day!

Your Bucket! – Be mindful of not only of Bundy's stress bucket but also everyone else's. If things are getting overwhelming, do whatever you need to (as calmly as possible) to give yourself a moment to empty your own bucket.

Be Patient – Things may feel overwhelming at times, and it's normal to feel like progress is slow or inconsistent. Bundy may nail a skill one day and struggle with it the next—it's all part of the learning process. Just know that it's normal to have both good days and bad days. Stay positive and keep going! Those neural pathways in her brain are forming—you'll get there with time and persistence!

LET THE GAMES BEGIN!

Following are games to play with Bundy - always start easy and increase the difficulty by increasing the duration, distance and distraction. ***If Bundy struggles with a particular game - THAT is the game she needs to play!***

There are A LOT of games to choose from - don't overwhelm yourself and try play them all! Choose 3-4 to start with and gradually grow your repertoire.

Remember, it is not only Bundy who is learning how to play, but you too! It takes coordination and practise so be patient with yourself as you learn :-)

Reward Nothing- whenever Bundy chooses calmness or makes a good choice e.g. goes and lies down in her crate/bed, calmly give her a treat. Do not worry if it unsettles her - keep capturing those moments and growing that tunnel in her brain.

Luring with food - have a small treat in your hand (hold it firmly between your thumb and palm) and get Bundy to follow your hand from left to right. Be sure to keep the food right in front of her nose and move slowly - release the food before she loses interest - start off with a short distance and work your way up. Watch my video for tips [here](#)

THERE'S A GAME FOR THAT

CATCH

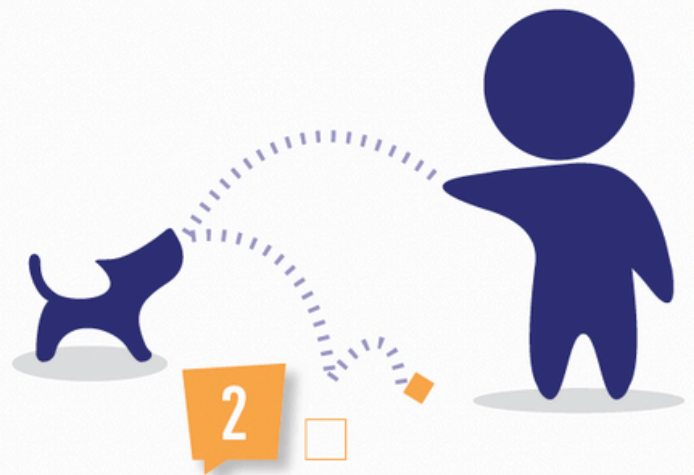
Helps Boost: Focus, Proximity, Confidence

HELPS WITH...

- ✓ Recall
- ✓ Walk on the leash
- ✓ Barking at passers by
- ✓ Reactivity



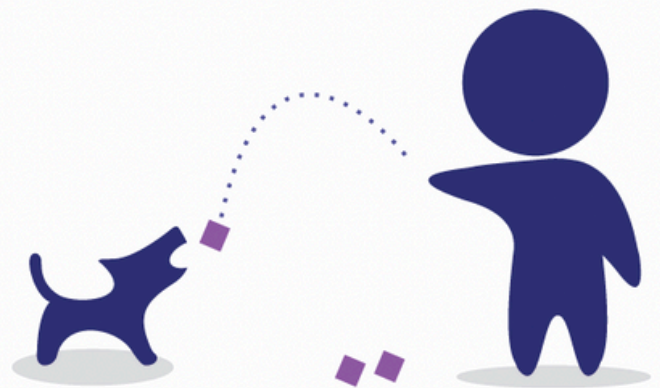
Start with a piece of food that's easy for them to see and easy for you to handle



Toss food towards your dog. Make it very informal and fun, if they drop it don't worry



Reinforce them for EFFORT. If they try REWARD IT



As they begin to catch more and more, begin to drop food down towards them from above



They can catch more than food....play catch with toys too

THERE'S A GAME FOR THAT

FOOD FUN

HELPS WITH...

- ✓ Engagement
- ✓ Focus
- ✓ Reactivity
- ✓ Relationship

Daily food amount



1



Use your dogs daily food amount for any games you play across each day

CATCH



FLICK



ROLL



CHASE



2

Play with your food...

CHOOSE YOU



NOT JUMPING



CHOOSING A BED



*This is my go-to game! It is a great way to get focus on YOU and off other distractions - it is also good as a reset when you feel like you are 'loosing' her when playing games that may be tricky for her.

THERE'S A GAME FOR THAT

ORIENTATION GAME

HELPS WITH...

- ✓ Recall
- ✓ Walking on leash
- ✓ Listening to you

Helps Boost: Disengagement, Focus and Value for Proximity



Start this game by dropping a piece of food on the ground. Allow them to eat the food



And when they TURN towards you - mark that moment with a word like 'yes' or a click with a clicker, and drop another piece of food away from you



Repeat a few times continuing to 'mark' that choice to orientate back towards you each time



Add a leash and play the same game



then take the game outside and play too

*Get her sniffing - this will help empty her bucket and keep her brain focussed - use this any time when you need a quick distraction

THERE'S A GAME FOR THAT

SCATTER FEEDING

HELPS WITH...

- ✓ Lowering stress levels
- ✓ Reactivity
- ✓ A dog that worries
- ✓ Relationship building

1



Scatter feeding is a simple but effective strategy to use in different situations. It lowers excitement levels, allows us to achieve better focus and a calmer behaviour with one or multiple dogs, as well as growing tolerance of frustration.

2

HELLOOO...



Scatter feeding when you arrive home is a great way to lower excitement levels.

3



Entering a vehicle can be an exciting event. Lower the excitement levels by scatter feeding into the cage or crates as your dog enters the vehicle.



4



Taking dogs out of a vehicle can send energy levels skyward again. Lower the excitement levels by scatter feeding as your dog exits the vehicle.

5



Life is exciting, and daily distractions can increase energy levels. Scatter feed away from distractions to regain focus with one or multiple dogs.

HELPS BOOST...

- ✓ Arousal up/down
- ✓ Calmness
- ✓ Thinking in arousal
- ✓ Optimism
- ✓ Grit and tolerance of frustration



*She was pretty good at taking food gently so use this to hold her focus on you

THERE'S A GAME FOR THAT

AEROPLANE FEEDING

HELPS WITH...

- ✓ Jumping up
- ✓ Counter-surfing
- ✓ Barking at visitors or passers-by

1



You will need



YOUR DOG

+

TASTY FOOD (aeroplanes)

+

YOU

+

BOUNDARY (optional)

2

TAKE IT SLOW!



Use a boundary (a bed, mat or anything your dog can sit or stand on). SLOOOOWLY deliver a piece of food (aeroplane) in your hand to your dog's mouth.

3

If your dog gets excited or tries to grab the food, the aeroplane reverses, and the food moves away from your dog.



4

GO AGAIN!



When your dog settles, SLOOOOWLY deliver the food again. If there is no snatching or grabbing, give the food to your dog.

5

This game helps make your dog much more thoughtful and calm around things that excite them. SLOOOOW delivery is vital when playing this game.



HELPS BOOST...

- ✓ Listening to you
- ✓ Recall
- ✓ Body

*I'm pretty sure she will be great at this but still a good one to get her brain thinking ... to up the challenge, play this when there are distractions

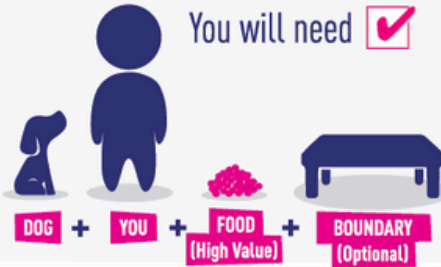
THERE'S A GAME FOR THAT

MOUSE GAME

HELPS WITH...

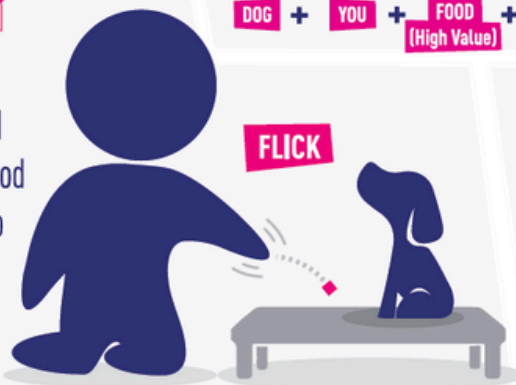
- ✓ Chasing
- ✓ Recall
- ✓ Counter-surfing
- ✓ Jumping up

You will need



1

Get your dog engaged by delivering some food to the boundary (or to your dog if you're playing on the floor).



2



If they show impulse control, deliver pieces of food from the pile. If your dog tries to get the food, cage it with your hand.

3



While the food is caged you might find your dog sniffs, paws or licks your hand. Wait for that moment of back off before you reward with another piece of food from the pile.

4



Vary your delivery. Feed straight to your dog's mouth, flick food from the pile or occasionally release your dog to "get it!"

5



Increase the difficulty by keeping the food uncovered for longer, playing with it before feeding or using higher value food.

HELPS BOOST...

- ✓ Desire
- ✓ Self-control
- ✓ Focus
- ✓ Connection



PLANT POT PRISON

LEVELS 1 & 2

Boost Engagement & Relationship

1



You will need



PLANT POT
(OR SIMILAR)

+

YOU

+

DOG

+

FOOD

Allow your dog
to sniff and
investigate



Food under plant pot

2



Place a piece of food beneath the plant pot

3



As soon as your dog shows some self control...
(stepping back, a sit or similar) lift the plant pot and
allow your dog to access the food. Repeat a few times

SIT



Food under plant pot

4



Repeat step 2...while they are sniffing ask for
a simple behaviour they know well eg. 'Sit'.
When they do...allow them to get the piece of food

GET IT



REPEAT x 3

5



Repeat steps 2,3 & 4 a few times and remember to
balance control with allowing them to get it too....



THERE'S A GAME FOR THAT

BOUNDARY GAMES

GROWING CALMNESS

HELPS WITH...

- ✓ Recall
- ✓ Chase
- ✓ Saying hello to everyone
- ✓ Relationship

You will need



1



Warm-up with hopping on and releasing off the boundary.

Sloooow delivery of food!

2



Begin to grow CALMNESS on the bed. As you slow yourself down and remain calm, your dog will become calmer too.

3

Vary how and when you feed, ping-ponging the delivery of food to the bed.

Wait a few seconds between delivering one piece of food and the next, then deliver one or two pieces a little closer together. Look for moments of relaxed behaviour and feed those too.



4



Food fiddle – play with the food in your hands. If your dog remains on the boundary when you move around, deliver food to the bed.

5

Begin to pair Step 4 with real-life distractions. Reward your dog for CHOOSING to stay put when distractions are at a distance. If playing outside, use your lead to keep your dog safe.



HELPS BOOST...

- ✓ Calmness
- ✓ Confidence
- ✓ Self-control
- ✓ Focus

*Magic hand is dropping food to Bundy while she is in a 'heel' position - this is the next level of catch and will help with loose lead walking (with or without a lead attached!) and keeping her focus on you.

THERE'S A GAME FOR THAT

MAGIC HAND ON THE MOVE

HELPS WITH...

- ✓ On lead walks
- ✓ Relationship
- ✓ Reactivity

You will need

DOG + YOU + FOOD

1 CATCH!

Warm-up first with Catch and stationary Magic Hand.

2 CATCH!

Begin to shift your weight forwards and backwards. Drop a piece of food if your dog follows your movements. Don't be in a rush to move on from this step!

3 CATCH!

As your dog begins to mirror your movements and catch the food, take a step forward. Drop a piece of food for them to catch while on the move.

4 CATCH!

Add more steps forward, so your dog is catching food as you both move.

5 CATCH!

STEP BACKWARDS

Include backward steps and introduce gradual turns too!

HELPS BOOST...

- ✓ Focus
- ✓ Optimism
- ✓ Confidence
- ✓ Thinking in arousal
- ✓ Proximity

THERE'S A GAME FOR THAT

HANDLING GAME

HELPS WITH...

- ✓ Grooming
- ✓ Vet checks
- ✓ Health checks
- ✓ Nail clipping

You will need



1

Begin with a gentle, calm touch, then feed. Repeat a few times.

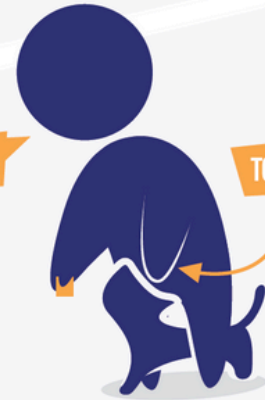


MIDDLE

TOUCH

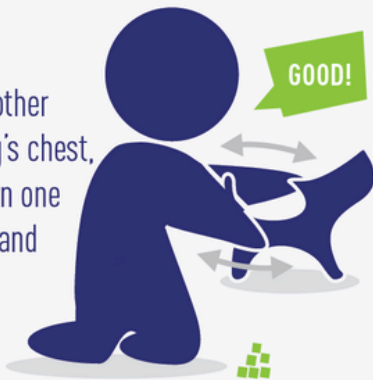
2

Have your dog in Middle. Touch and feed. If your dog chooses to leave they are not comfortable – take the pressure off and build up more slowly.



3

Progress to touching other areas. Stroke your dog's chest, or run your hands down one leg. Can you lift a leg and hold your dog's paw? Touch and feed!



4

Progress to lifting each paw, examining ears, checking gums, feeding between each repetition. Go at your dog's pace.



5

In lots of short, positive sessions, work up to being able to stroke and touch every part of your dog's body. Feed away from position as a pressure release.



HELPS BOOST...

- ✓ Confidence
- ✓ Optimism
- ✓ Calmness
- ✓ Flexibility



*She values you both already so this is to just reinforce that value - being near you is always the best place to be

THERE'S A GAME FOR THAT

PROXIMITY VORTEX

- HELPS WITH...
- ✓ Recall
 - ✓ Walking on leash
 - ✓ Relationship

Helps Boost: Engagement, Disengagement, Value for proximity

1

You will need

YOU + DOG + LOWER VALUE FOOD + HIGHER VALUE FOOD

2

Place lower value food out

3

When they orientate back to you...deliver higher value food

4

Place lower value food out

5

Deliver higher value food on returning to you...watch them return to you faster each time!

THERE'S A GAME FOR THAT

DISENGAGE GAME

HELPS WITH...

- ✓ Reactivity
- ✓ Recall
- ✓ Hunting
- ✓ Chasing
- ✓ Retrieve

You will need



1

Throw a piece of food away from you and let your dog get it.



When they orientate back to you, place lots of pieces of food close to you.

2

Repeat Step 1 a few times.



3

Add a distraction away from you (e.g. a bowl of food, toy or person). Throw one piece of food towards your distraction and reward closer to you when your dog chooses to disengage from the distraction. Don't make it too hard!



4

Add different levels of distraction.

Have a helper available in case they fail so they can prevent access to the distraction. If no helper, stay close so that you can prevent access by covering it with your hand, etc.



5

Play in proximity to real distractions at home or outside.



HELPS BOOST...

- ✓ Disengagement
- ✓ Proximity
- ✓ Confidence
- ✓ Optimism



THERE'S A GAME FOR THAT

CARDBOARD CHAOS

HELPS WITH...

- ✓ Reactivity
- ✓ Being cool with novelty
- ✓ Recall

You will need



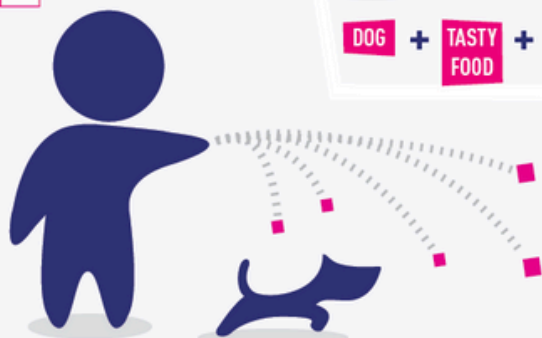
DOG

+ TASTY FOOD

+ CARDBOARD BOXES

+ YOU

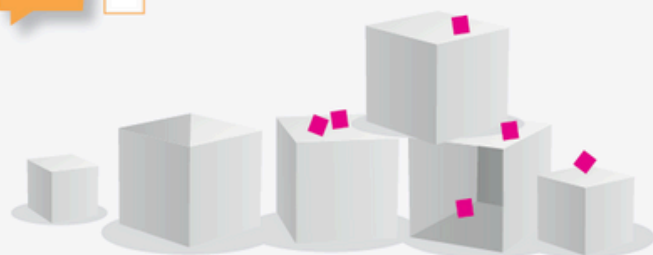
1



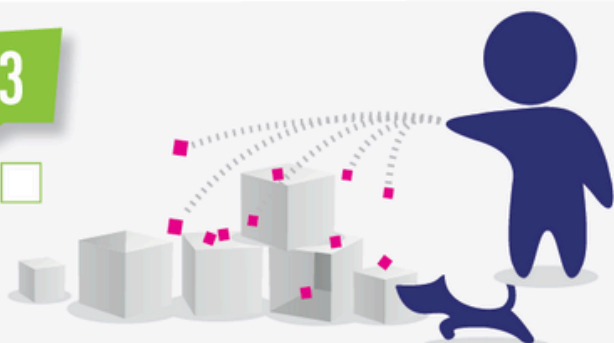
Make sure your dog is ok with scatter-feeding first

Build your cardboard chaos, be creative. Include spaces to go under, over, on and through. Scatter some food among the boxes

2



3



Allow them to investigate. As they investigate scatter more food amongst the boxes without them noticing

4

Observe carefully. Notice their reactions. Are they comfortable and confident?



5



Build gradually to make sure they are confident. Every now and then call them to you and then send back in to the cardboard.

HELPS BOOST...

- ✓ Confidence
- ✓ Optimism
- ✓ GRIT
- ✓ Flexibility



THERE'S A GAME FOR THAT

NOISE BOX

HELPS WITH...

- ✓ Novelty situations
- ✓ Noise reactivity
- ✓ Fear reactivity

You will need



1



Start with your empty box. Drop food near the box. Reinforce any slight interaction with the box.

2



As your dog's confidence grows, drop food into the box. Hold the box to keep it steady to avoid your dog becoming frightened.

3

Once your dog is in the box, keep dropping food into it to build confidence.



4

Add a few safe items to the box...



Items can be a mixture of paper, foil, bubble wrap, plastic bottles, etc. Add food to the box when they choose to get in and explore. If your dog is cautious, one item is enough to begin with.

5

As your dog's confidence grows, add more items with different noise levels. Keep adding food into the noise box to encourage foraging and noise making.



HELPS BOOST...

- ✓ Confidence
- ✓ Resilience
- ✓ Grit



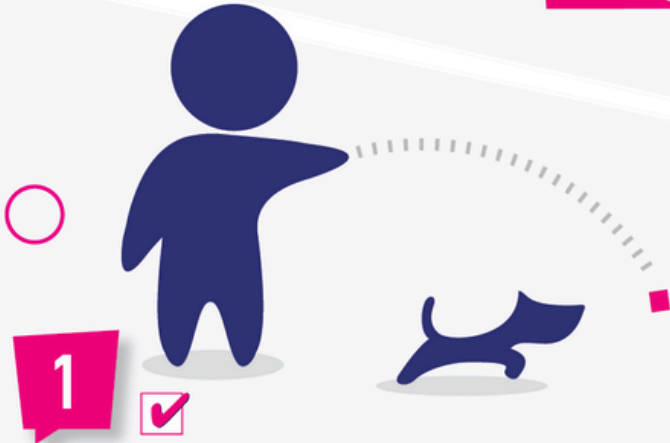
THERE'S A GAME FOR THAT

FUNDER

Helps Boost: Confidence, Proximity, Disengagement

HELPS WITH...

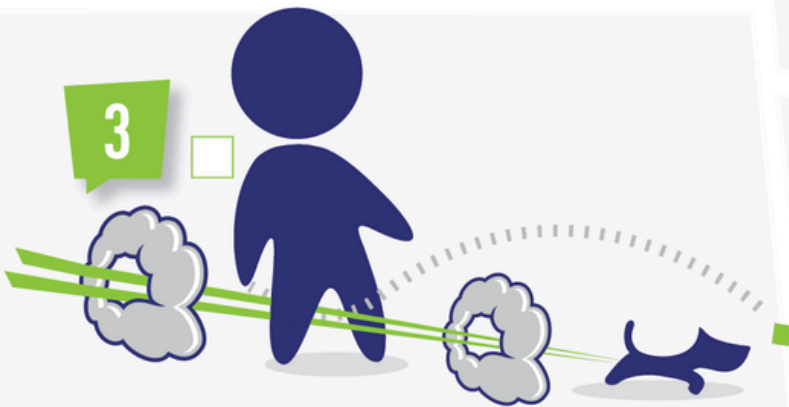
- ✓ Recall
- ✓ Staying close
- ✓ Walking on leash



Start this game by throwing a piece of food and see if they will chase it



This time throw the food through your legs for them to chase running through your legs to get the food



Turn around and throw another piece of food through your legs for them to chase again running through your legs to get the food



Every few goes feed them in front of you, touch their collar and feed, clip on the lead and feed, clip off the lead and feed



Begin another game of Funder....

THERE'S A GAME FOR THAT

AROUSAL UP, AROUSAL DOWN

HELPS WITH...

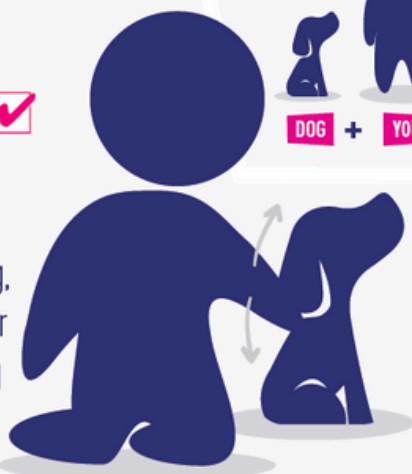
- ✓ Calmness
- ✓ A dog who can listen
- ✓ Reactivity

You will need



1

Begin by calmly stroking, massaging your dog. Everything is relaxed.



2

GET IT, GET IT!

Bring the arousal up with high energy play.



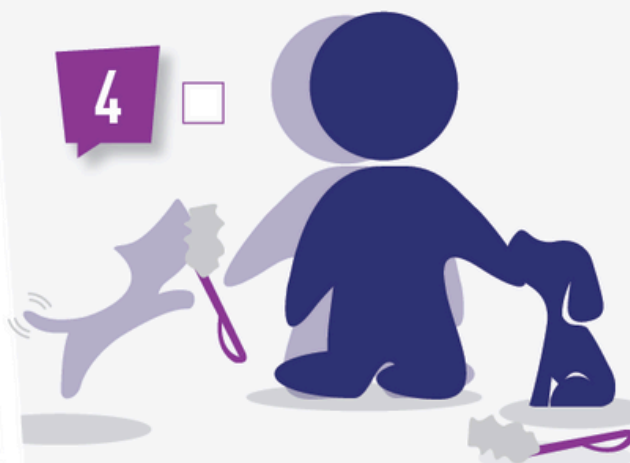
3

Back to arousal down – let your dog keep the toy and return to calm stroking and gentle massage.



4

Keep rotating around exciting play and back to calm strokes and gentle massage.



5

Keep sessions super short! Training should be a fun time, not a long time.



HELPS BOOST...

- ✓ Calmness
- ✓ Thinking in arousal
- ✓ Self-control
- ✓ Confidence



*Another one to add to your games of tug! This will help her switch her focus e.g. from a dog back onto you. If she favours one toy, you may need to use two of the same toy ...

THERE'S A GAME FOR THAT

TOY SWITCH

HELPS WITH...

- ✓ Relationship
- ✓ Fitness
- ✓ Obedience

You will need



DOG

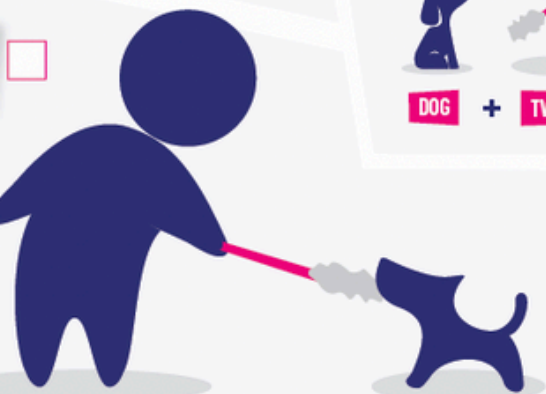
+

TWO TOYS

+

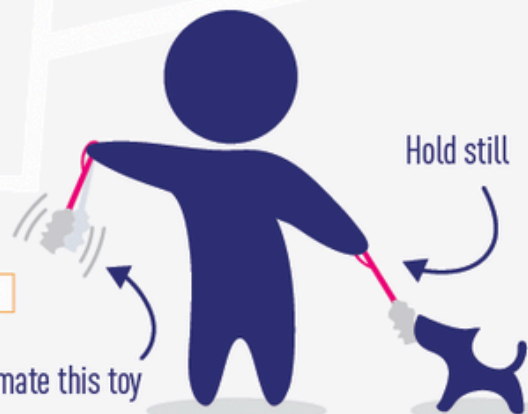
YOU

1



Engage in a game of tug...

2



Then, animate this toy

Hold still

After a short few moments hold the first toy still & bring a second toy out and animate the second toy

3



Your dog should switch to the toy that's 'alive'... (It might take a few moments)

4



Animate the second toy after a short play, hold that toy still and animate the other toy... **BRING ALIVE!**

5



Allow your dog to play for a few moments with the animated toy & switch again... play this until they happily switch between toys.

HELPS BOOST...

- ✓ Confidence
- ✓ Focus
- ✓ Thinking in arousal
- ✓ Self control

THERE'S A GAME FOR THAT

NOSE TOUCH

HELPS WITH...

- ✓ Optimism
- ✓ Retrieve
- ✓ Focus

This is a great game with many practical uses. We love to play this game to get the process of retrieve started. If your dog has an amazing nose touch, they are more likely to be able to figure out how to deliver an object to your hand. This game can grow confidence, as well as optimism.



With your dog's attention on you, extend your palm out to the side at your dog's eye level, perhaps 2-3 inches away from their nose. If they move toward your hand and touch your palm with their nose, say "Yes" and then toss a piece of food away. Remove your hand and as soon as they have eaten their reward and turn back, offer your hand again.

If, for some reason, your dog is hesitant to touch their nose to your palm, that's okay. Offer your hand and then with your other hand deposit a piece of food into your palm. This should encourage them to interact. Quickly fade this out once their confidence in moving toward your hand grows. Alternate hands and then, when your puppy is doing really well, delay your "Yes" and reward to see if they'll press even harder.

*You can add movement when Bundy gets good at this - this is a great skill to use this when you need to get her 'under control' or in a safe spot - I think this will be especially valuable for Bundy

THERE'S A GAME FOR THAT

MIDDLE & SIDE

Helps Boost: confidence, Value for Proximity
Arousal Concepts

HELPS WITH...

- ✓ Reactivity
- ✓ Recall
- ✓ Listening to you.

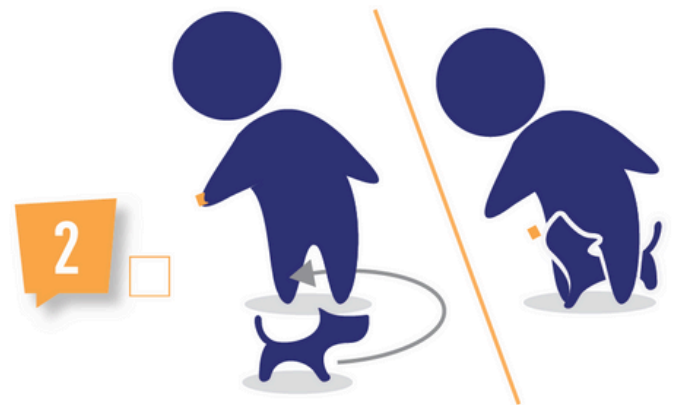
1

You will need



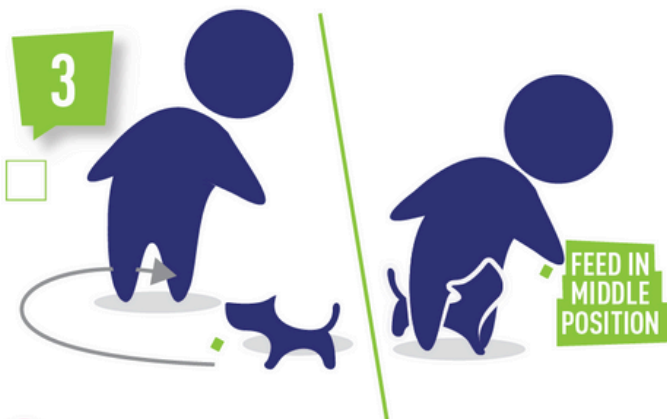
YOU + **DOG** + **FOOD OR TOY**

2



With your dog in front of you lure your dog around your leg & into a 'Middle' position between your leg, feed in the 'middle' position

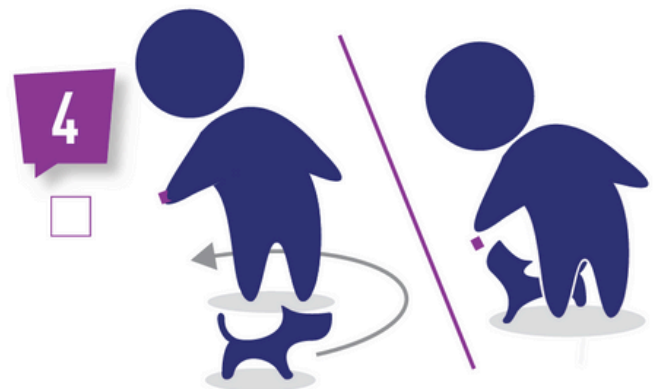
3



FEED IN MIDDLE POSITION

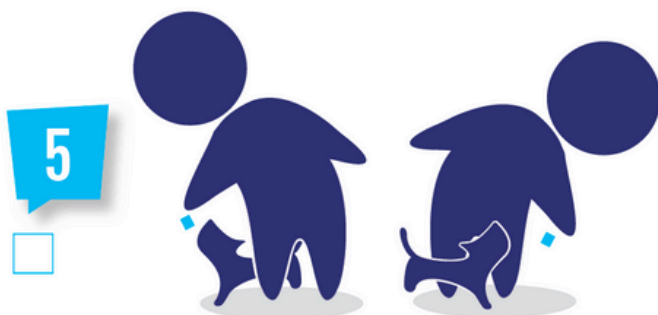
Toss a piece of food away & as your dog returns lure again around your leg

4



As an alternative to middle you can lure round to your side & feed in position at your side... feed in that position

5



Remember to play the game in both directions and both sides

*A fun one to work towards! You can use food instead of a toy.

THERE'S A GAME FOR THAT

LEG WEAVES

HELPS WITH...

- ✓ Recall
- ✓ Lead walking
- ✓ Greeting without jumping up

You will need



DOG

+



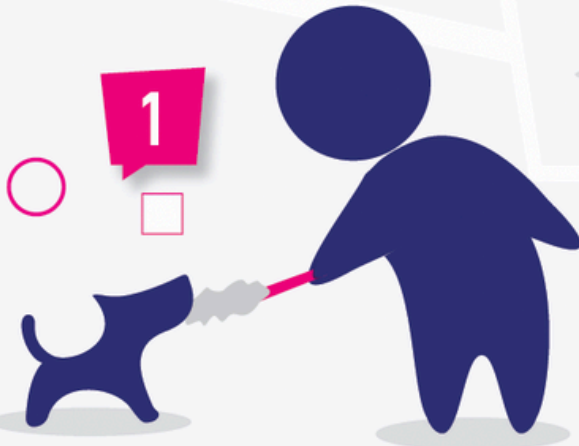
FOOD OR TOY

+

YOU

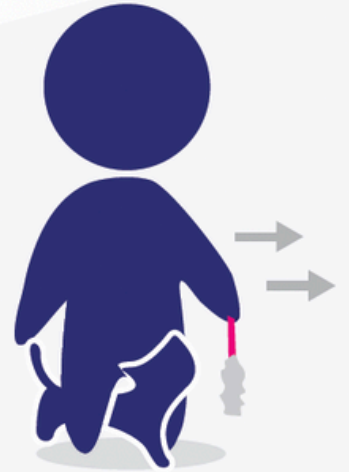


1



Warm up with a short play with the toy

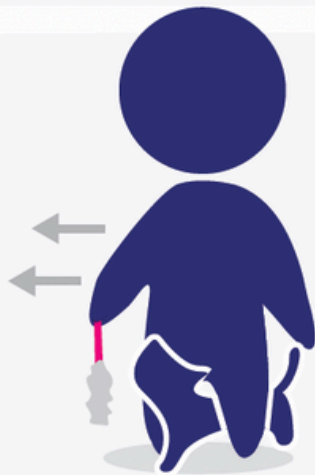
2



Step forward with one leg & present your toy behind your leg, let your dog go through your legs to get the toy... play!

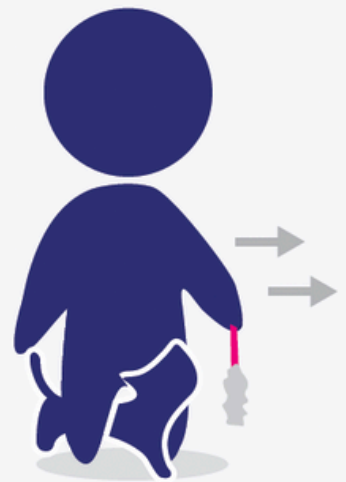
3

As you play allow your dog to wrap around your leg & play in front of you



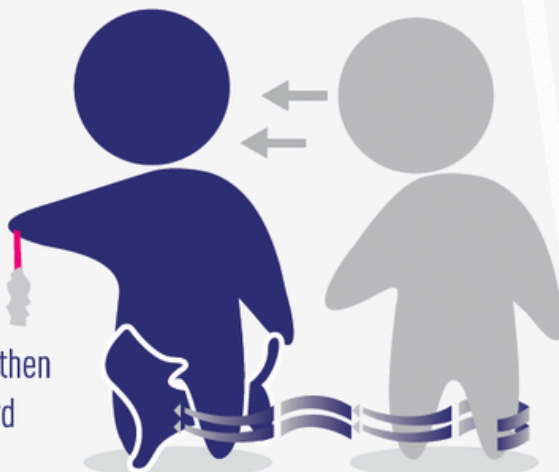
4

Step forward with the opposite leg & repeat step 2



5

Build up by stepping forward to allow your dog to go through one way and then the other...then reward and have a play.



HELPS BOOST...

- ✓ Value for proximity
- ✓ Confidence
- ✓ Resilience
- ✓ GRIT



*Another fun skill for her to add to the toolbox! A personal favourite for all my dogs! Use things in the environment on walks - logs, rocks etc

THERE'S A GAME FOR THAT

TWO PAWS ON

Helps Boost: Confidence, Optimism, Arousal Concepts, Focus

HELPS WITH...

- ✓ On leash walking
- ✓ Listening to you
- ✓ Relationship
- ✓ Heel work
- ✓ Perfect 'conversation starter'

1  You will need

YOU + FOOD + DOG + ANY OBJECT SAFE TO PUT PAWS ON E.G. BOOK OR YOGA BLOCK

Place the object on the ground and reward any steps towards it. Place your reward away from the object



2 



WAIT for your dog to choose to return back to the item and reward steps towards it

3 

THROW FOOD AWAY AGAIN



As they get closer each time then reward any paw on the item. Then throw a treat away

4 

BREAK



Begin to reward for choosing to stay and add duration and begin to add a 'release' cue eg. 'Break', 'OK', 'Free'

5 

YES!



Take 'Paws On' to new locations

*This is a good skill to work on in preparation for being muzzled - like all games, it has lots of other benefits too so definitely a good one to add to the list! (see Muzzle training PDF for specific muzzle training steps)

THERE'S A GAME FOR THAT

THE CONE GAME

- HELPS WITH...**
- ✓ Novel situations
 - ✓ Reactivity
 - ✓ Visits to the vet
 - ✓ Relationship

1



You will need



DOG + YOU + FOOD + A CONE

2



YES!

Present the cone to your dog... As your dog moves towards the cone mark 'yes' and reward with your other hand away from the cone


3



YES!

As they move towards the cone again 'mark' and reward movement closer and closer to the cone, each time still feed away from the cone


4



YES!

Present the cone and see if they can put their nose into the cone. Mark 'yes' and toss a piece of food away from the cone. Build duration up gradually

5



YES!

Switch the cone for another item to generalise to other things...a muzzle, a harness, a plant pot.

- HELPS BOOST...**
- ✓ Confidence
 - ✓ Optimism
 - ✓ Flexibility
 - ✓ Value for proximity
 - ✓ Focus

THERE'S A GAME FOR THAT

BALANCE PATH

- HELPS WITH...**
- ✓ Relationship building
 - ✓ Reactivity
 - ✓ Making novelty normal

1 ✓

You will need



Cushion, carpet, bubble wrap, foil, crinkly bag

YOUR DOG + FOOD + YOU + DIFFERENT ITEMS TO MAKE A PATH

Make your balance path with items you have available – be creative.

2 □

Lay a trail of food along the balance path.



3 □



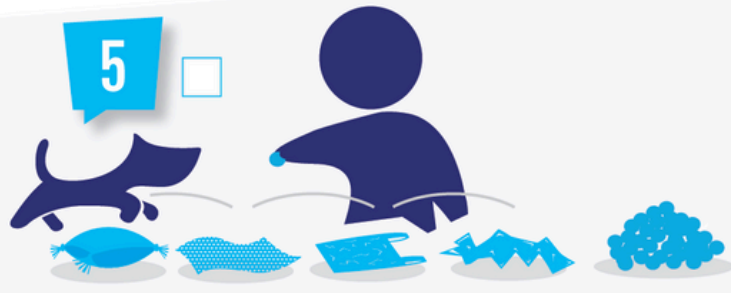
Have your dog walk along the balance path (on or off-lead), picking up the pieces of food as they go. Look for slow and steady, not racing across at speed!

4 □



As your dog chooses to walk and feel the different textures underfoot, reward them with more food, feeding to the balance path.

5 □



Each time your dog negotiates the balance path, reinforce their confidence. Change the order of the items and add new ones to build their confidence, optimism and grit.

HELPS BOOST...

- ✓ Confidence
- ✓ Optimism
- ✓ Grit & Body Awareness



GIVE IN TO LEASH PRESSURE LEVEL 1

Boost Engagement & Relationship

1 You will need



YOU + **DOG** + **FOOD** + **LEASH & HARNESS**

2



LIGHT EVEN PRESSURE

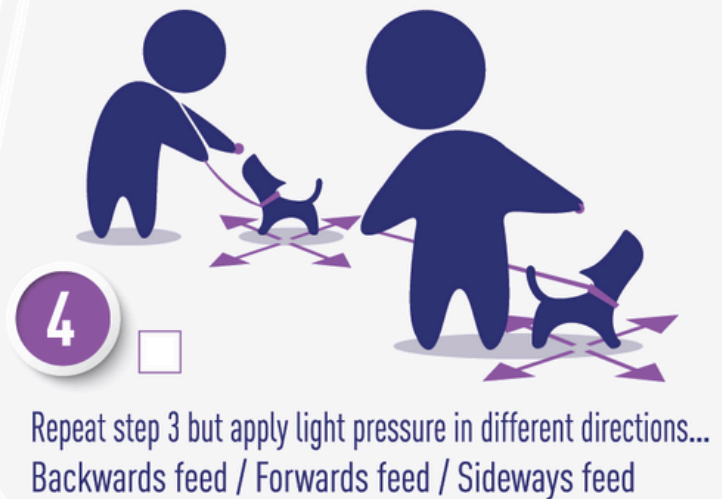
With your dog on leash apply gentle pressure to the leash & feed*

3

Apply gentle pressure and wait...as soon as they 'give in' to the pressure, feed your dog



4



Repeat step 3 but apply light pressure in different directions... Backwards feed / Forwards feed / Sideways feed

5

NICE!

Reinforce each time your dog 'gives in' to the leash pressure...master this game before adding another level of difficulty...Coming soon!



*Smooth gentle tension on the leash is important throughout this game

*When she's mastered level one, step up the challenge...

GIVE IN TO LEASH PRESSURE LEVEL 2

Boost Engagement & Relationship

1 You will need



YOU + **DOG** + **FOOD** + **LEASH & HARNESS**



PIECE OF FOOD

2 With your dog on a harness and leash add a piece of food to the bowl and apply gentle tension* on the leash and wait



3 **YAY!**

As soon as your dog turns towards **YOU** turn away and reward... Repeat steps 2 & 3 a few times



4 **GET IT**

PIECE OF FOOD

With tension* on the leash allow your dog to get the food



5 **YAY!** **GET IT**

Balance turning back to you with getting the food.



*Smooth gentle tension on the leash is important throughout this game

REMEMEBER



Bundy is learning lots of new things it will take repetition and time for her to learn new skills and grow her confidence



Notice the small steps in the right direction :-)



Training is not linear - you will have good days and not so good days.



Be patient and consistent :-)

When you are not sure what to do, ask yourself
'WHAT DO I WANT BUNDY TO DO?'
Then help her achieve that :-)

If you have any questions along the way don't
hesitate to get in touch!

Deb xo

