



# COCO'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 Coco's food even more strategically to reinforce desired behaviors, help her make good decisions, and play games to build confidence and promote calmness—especially during moments where she may struggle (see Ditch the Bowl eBook). Additionally, apply the same strategy with her toys and chews. Instead of giving her access to all her toys 24/7, reserve them for key moments when she may need extra help to calm down or focus on something other than what's going on. For instance, offer her a chew or an empty bottle when things might get exciting or overwhelming, like when the kids are getting ready to leave for school. This way, the toys serve as tools to help manage her energy and emotions, just like her food.

**Calmness Strategies** – Our goal is to help Coco "empty her stress bucket" throughout the day so she can cope with life's challenges. Give her time to sleep—this could be in her existing crate or a crate set up in the lounge area, so she can still be with everyone but doesn't have the option to get up and move around.

**Increase Your Value** – Coco finds the outside environment highly exciting, so you're competing with a fierce contender! Outshine the environment by making yourself irresistible. Play games that promote proximity (being near you) and always reward her when she responds well, like coming when called (rewards could be food or a game—just be mindful of her stress bucket!).

**Clear Communication** – Be clear and specific with Coco about what you want her to do. Vague commands like 'stop it,' 'stop barking,' or 'get down' can be confusing. Instead, use direct instructions like 'In your crate,' or try a scatter feed to divert her attention. If she ignores you, she may not understand, or her "bucket" could be too full, so give her some help.

**Mental Stimulation** – Coco is super smart! Teaching her new tricks and challenging her brain with games will help tire her out mentally, encouraging more rest. This, in turn, will help empty her bucket and promote calmness.

**Control the Controllable** – You can't always control the environment or the people in it, but you can help Coco build skills to move away, feel safe, and focus on something else. When you cannot assist her because you're busy with the kids, use her crate to give yourself some freedom while keeping her comfortable.

**Crate Training** – Although Coco is familiar with her crate and pen area, it has become associated with negative experiences. You will need to take a few steps back and start rebuilding its positive value. Use the pen for fun activities and management to make it a positive experience again. You could also introduce a favourite toy or blanket she only gets to enjoy in the crate during rest time (see Crate Training eBook).

**Your Energy!** – Our dogs mirror our energy, so it's essential to be mindful of your own energy and the energy of those around your dog. If you want Coco to calm down, you'll need to remain calm too. This may be tricky in your busy household, so focus on managing your energy and helping Coco as much as possible.

**Your Bucket!** – It's extremely important to be aware not only of Coco's stress bucket but also of everyone else's. If things are getting stressful, do whatever you need to (as calmly as possible) to give yourself a moment to empty your own bucket.

# LET THE GAMES BEGIN!

Following are games to play with Coco - always start easy and increase the difficulty by increasing the duration, distance and distraction. ***If Coco 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 Coco 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 Coco 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 Coco 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

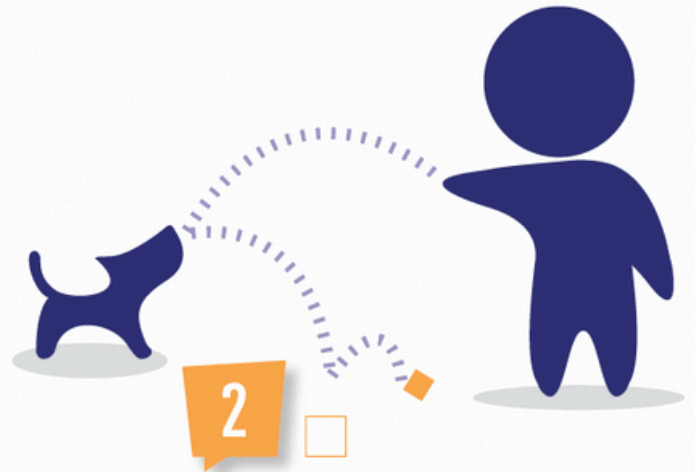
Helps Boost: Focus, Proximity, Confidence

### HELPS WITH...

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



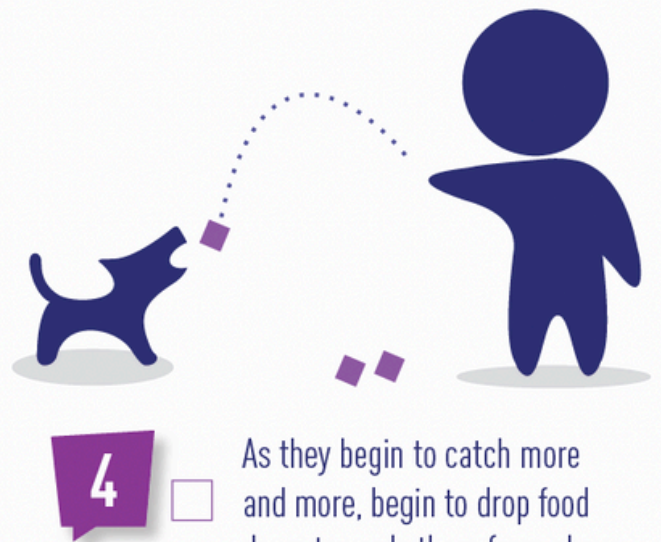
Start with a piece of food that's easy for them to see and easy for you to handle



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 when you get home or any other times when you need a quick distraction

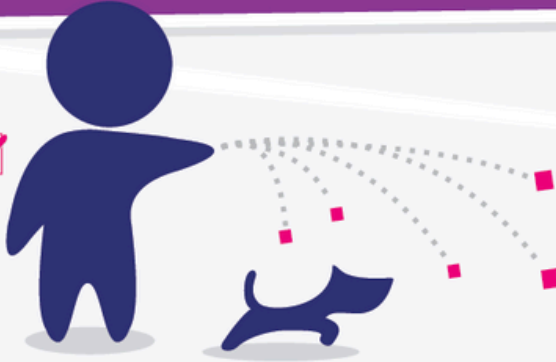
THERE'S A GAME FOR THAT

# 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



\*Another one for impulsiveness, patience and self control

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



# THERE'S A GAME FOR THAT

## MOUSE GAME

### HELPS WITH...

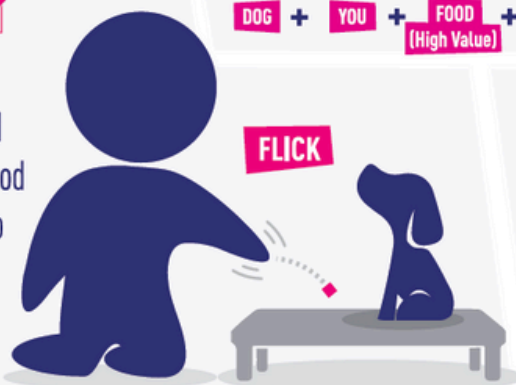
- ✓ Chasing
- ✓ Recall
- ✓ Counter-surfing
- ✓ Jumping up

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....





\*You're already using this when making lunches - use her bed/mat and reward her ON the bed.  
(you can use this to build up the value of her crate too!)

# THERE'S A GAME FOR THAT

## BOUNDARY GAMES

### GROWING CALMNESS

- HELPS WITH...
- ✓ Recall
  - ✓ Chase
  - ✓ Saying hello to everyone
  - ✓ Relationship

You will need

DOG + YOU + FOOD + BOUNDARY

**1**

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

**2**

Sloooow delivery of food!

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 Coco 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!)

## THERE'S A GAME FOR THAT

# MAGIC HAND ON THE MOVE

### HELPS WITH...

- ✓ On lead walks
- ✓ Relationship
- ✓ Reactivity



**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** □ **STEP BACKWARDS** **CATCH!** **CATCH!**

Include backward steps and introduce gradual turns too!

### HELPS BOOST...

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

# PICK ME!

## Boost Engagement & Relationship

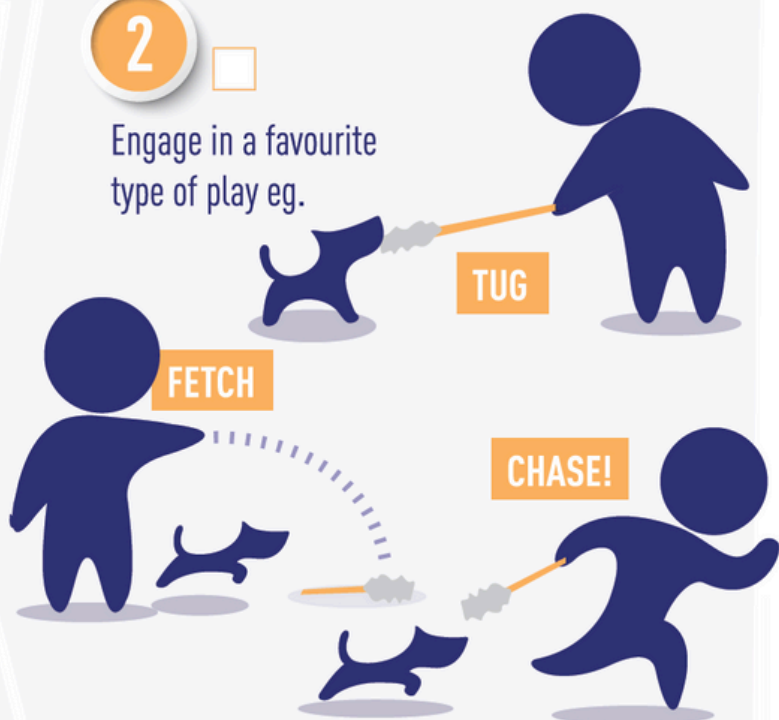
1

You will need...  
Favourite toy or food  
games at the ready



2

Engage in a favourite  
type of play eg.



3

Stop play...  
and **WAIT...**



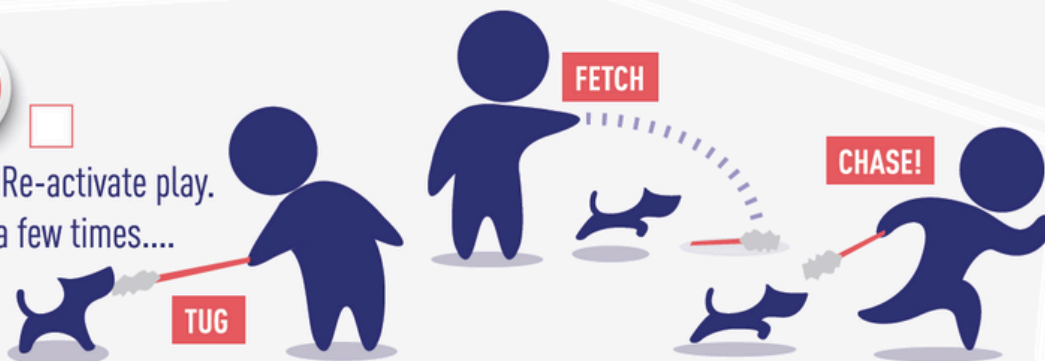
4

As soon as they  
'CHOOSE YOU'...



5

**BOOM!** Re-activate play.  
Repeat a few times....





\*Increase your value so Coco knows that being near you is the best place to be

THERE'S A GAME FOR THAT

# PROXIMITY VORTEX

Helps Boost: Engagement, Disengagement, Value for proximity

HELPS WITH...

- ✓ Recall
- ✓ Walking on leash
- ✓ Relationship

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

## PROXIMITY PLAY

### HELPS WITH...

- ✓ Recall
- ✓ Walking on a leash

You will need



1



Move the toy away from your dog to get them to chase the toy

2



When they get it let them have it

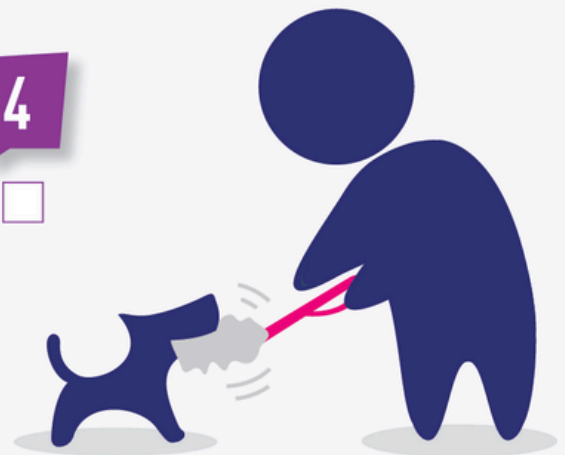
3

When they have it encourage them to come towards you with the toy...



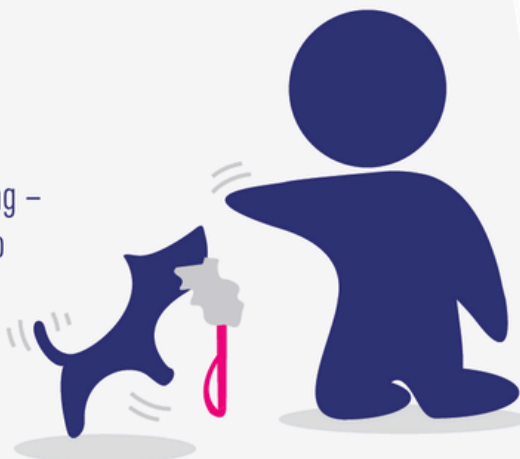
4

When they come to you – re-engage with play but let them keep it!



5

Play sitting or standing – the aim is they love to bring the toy towards you & play close to you without the fear of losing the toy.



### HELPS BOOST...

- ✓ Relationship
- ✓ Focus
- ✓ Value for proximity
- ✓ Confidence



# 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.

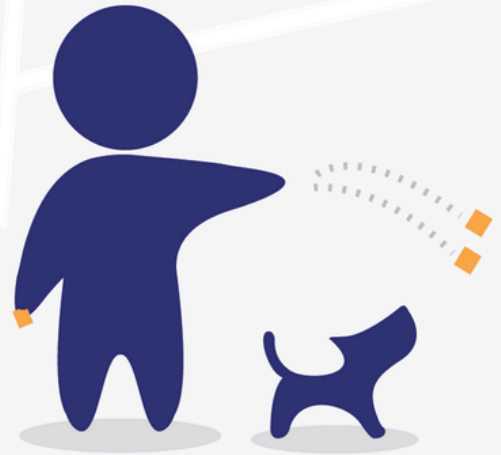
When they orientate back to you, place lots of pieces of food close to you.



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





\*Start with one box on it's side and work up from there - this will help her cope with the unexpected

# THERE'S A GAME FOR THAT

## CARDBOARD CHAOS

### HELPS WITH...

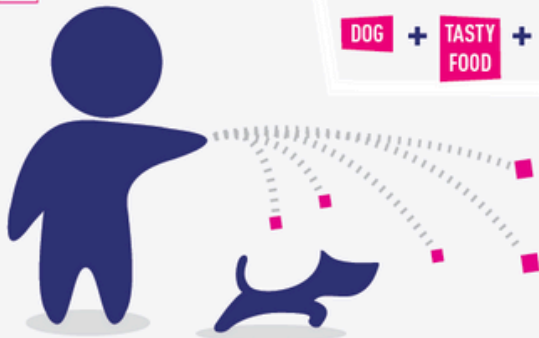
- ✓ Reactivity
- ✓ Being cool with novelty
- ✓ Recall

You will need



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

1



Make sure your dog is ok with scatter-feeding first

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



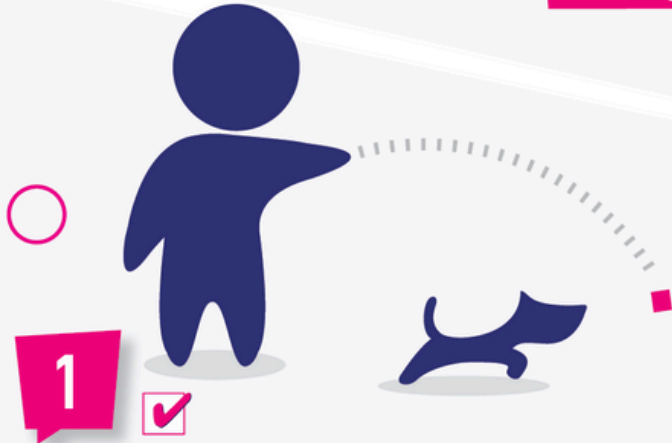
# THERE'S A GAME FOR THAT

## FUNDER

Helps Boost: Confidence, Proximity, Disengagement

HELPS WITH...

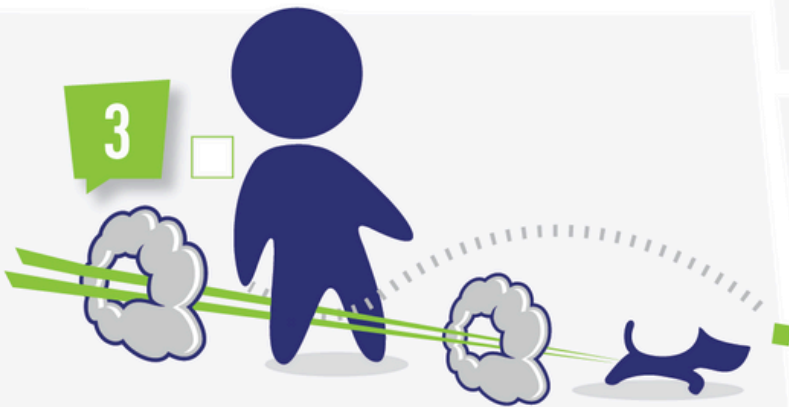
- ✓ Recall
- ✓ Staying close
- ✓ Walking on leash



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...

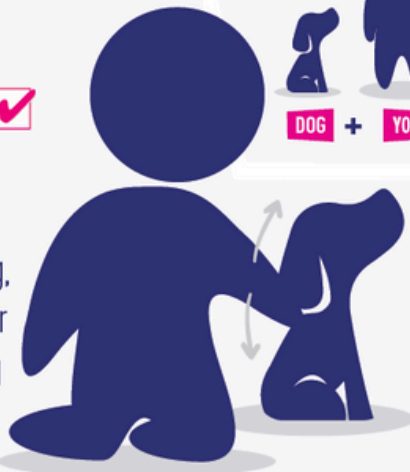
- ✓ Calmness
- ✓ A dog who can listen
- ✓ Reactivity

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.



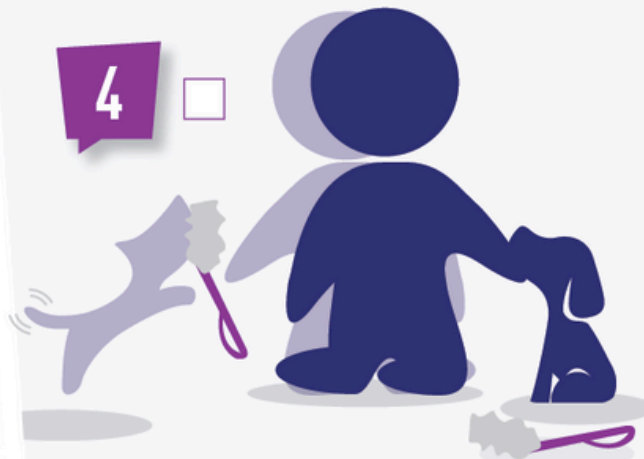
3

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! If she favours one toy, you may need to use two of the same toy ... this can be tricky but something Oliver can work on!

# THERE'S A GAME FOR THAT

## TOY SWITCH

### HELPS WITH...

- ✓ Relationship
- ✓ Fitness
- ✓ Obedience

You will need



+



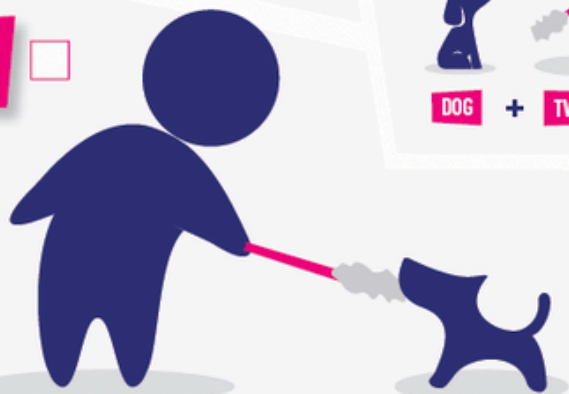
TWO TOYS

+



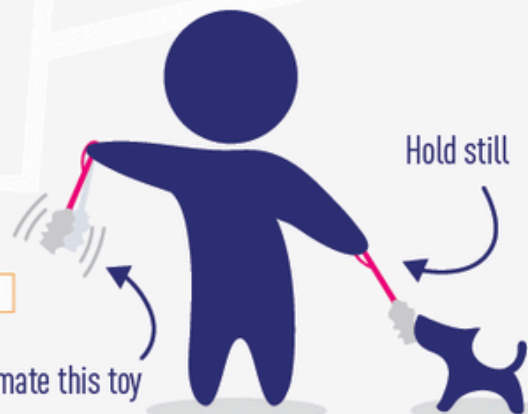
YOU

1



Engage in a game of tug...

2



Hold still

Then, animate this toy

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 Coco 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.

THERE'S A GAME FOR THAT

# MIDDLE & SIDE

Helps Boost: confidence, Value for Proximity  
Arousal Concepts

HELPS WITH...

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

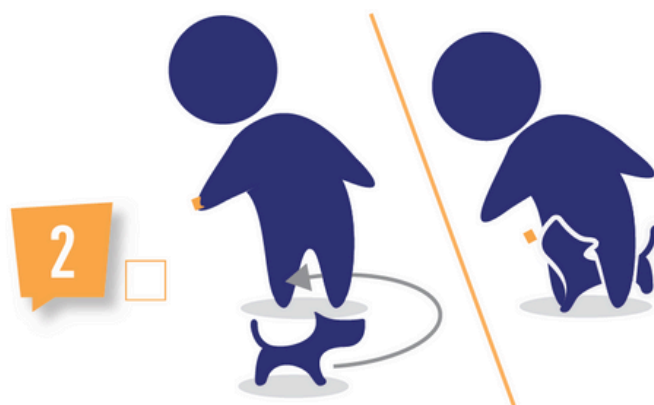
1

You will need



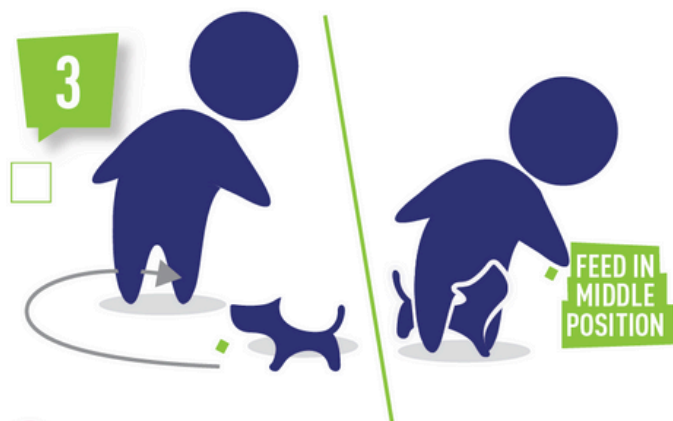
YOU + DOG + FOOD OR TOY

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

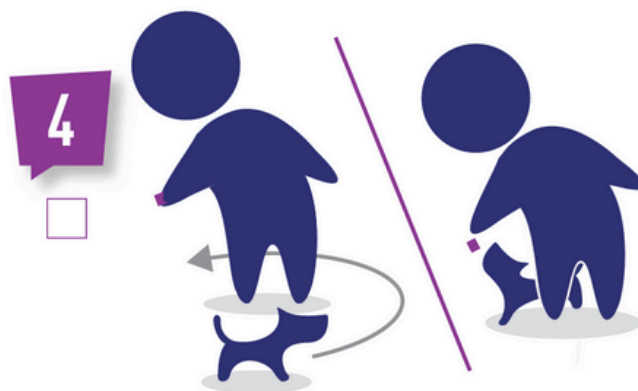
3



FEED IN MIDDLE POSITION

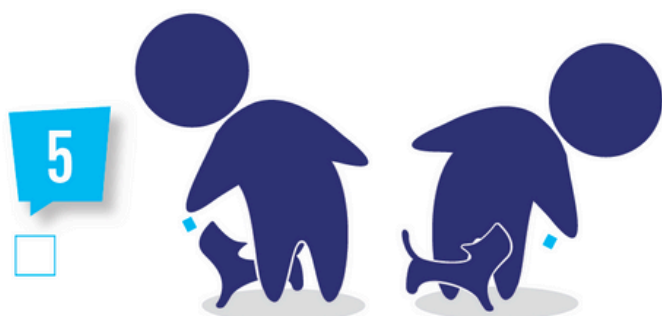
Toss a piece of food away & as your dog returns lure again around your leg

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

+



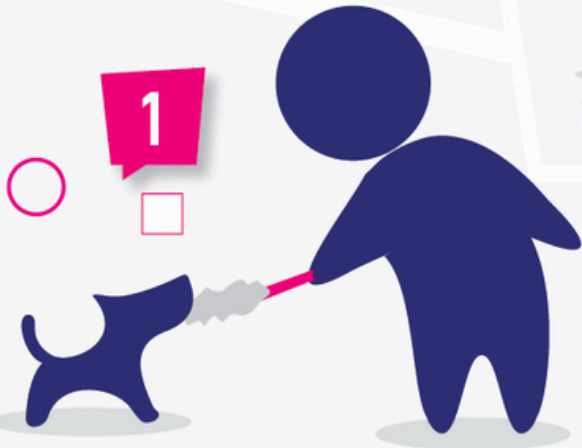
FOOD OR TOY

+

YOU

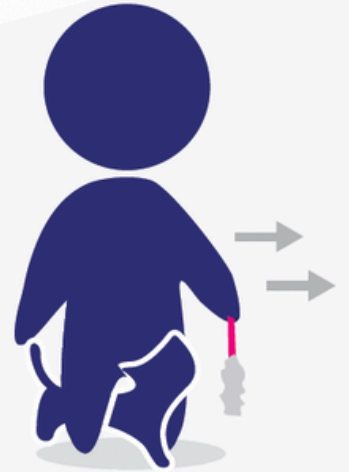


1



Warm up with a short play with the toy

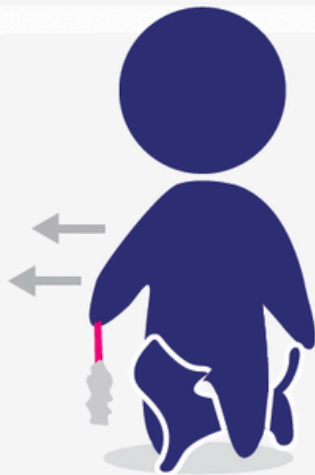
2



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

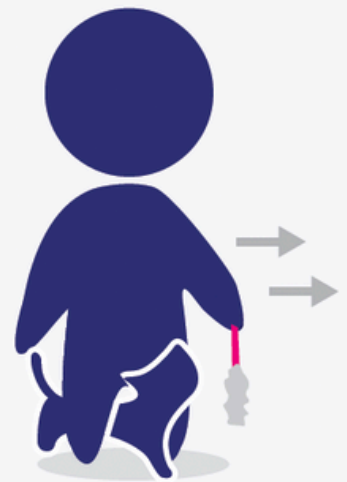
3

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



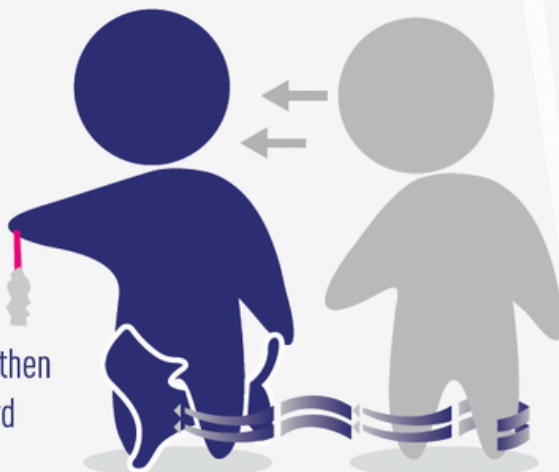
4

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



# 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



**YES!** **REWARD**

**2** 



**YES!**

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


**3** 



**REWARD**

**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 for those unexpected times when she may need to be muzzled - like all games, it has lots of other benefits too so definitely a good one to add to the list!

# 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



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

YES!



5



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

YES!



### 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

+

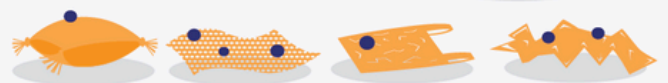
DIFFERENT ITEMS  
TO MAKE A PATH

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**

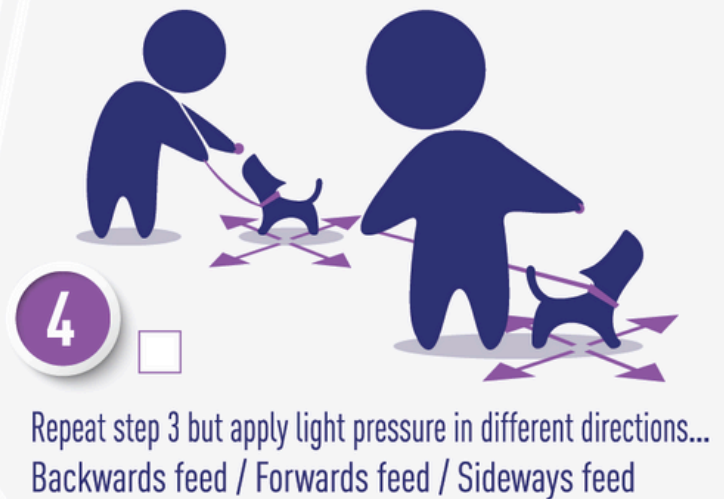
With your dog on leash apply gentle pressure to the leash & feed\*

**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



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

**YAY!**



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

**GET IT**

**PIECE OF FOOD**



**5**  Balance turning back to you with getting the food.

**YAY!**

**GET IT**



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

# REMEMEBER ....



Coco 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 COCO TO DO?  
Then help her achieve that :-)

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

Deb xo

