

Beginning Life Skills: Week Three Homework

Homework Tracking

Skill to practice	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Auto check-in on the road							
Sit—no lure							
Down—no lure							
Sit 30 secs and release							
Going to mat and down 15 seconds							
Come from 12 feet							
Leash work-10 steps and turn							

Quick Reminders

Auto-check-in on the road. Wait quietly for your dog to orient to you. When your dog looks in your direction, you “yes” and treat. Practice in at least three new locations away from your house this week.

Sit—no lure. Ask your dog to sit without the treat in front of your dog (have it behind your back or in your pouch). You can use the same body language and hand signal that you did when the treat was in your hand. Say “yes” and treat as soon as your dog sits.

Down—no lure. Ask your dog to down without the treat in front of your dog (have it behind your back or in your pouch). See Sit-no lure for details.

Sit for 30 seconds and release. Ask your dog to sit. As soon as his behind touches the ground, say “yes” and treat, then continue to give him five to six treats in a row, with 3 to 10 seconds between each, before you release. Aim for 30 seconds total time in the sit by the end of this week.

Going to the mat and down. Walk to the mat with your dog. As soon as your dog’s paws are on the mat, say “yes” and put the treat on the mat, right between your dog’s paws. Then ask for a down, say “yes, and continue to put treats between your dog’s paws every 3-5 seconds. Release after 15 seconds.

Leash work—10 steps and Turn. This is also called the **Turn and Go**. Start with a “find the spot” warm up. Once your dog is into it, say “let’s go” take five steps encouraging your dog to follow. Say “yes” when your dog’s head catches up to your pant leg. Reward right by the pant seam. Repeat by saying “let’s go” and turning away from your dog so he has to catch up gradually increasing the distance you walk until you can take 10 steps or more between turns.

“Come” from 12 feet. Say, “come” from 12 to 20 feet away from your dog and encourage him to come to you with your voice. When he gets to you, say “yes” and whip out a VERY high value treat such as chicken, hot dogs, or roast beef. Do this at least 5 repetitions EVERY DAY! Play between the repetitions this week!

Call or email if you have questions!