

## Beginning Life Skills: Week Two Homework

Visit: <https://www.gooddogsantacruz.com/handouts/>

This week, please read: **Sit for Everything; Go to Your Mat; Heel Work; and Attention Games**

### Homework Tracking

Skill to practice	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Auto check-in new places							
Sit 15 secs and release							
Sit for everything fun							
Name game plus play							
Going to mat and down							
Leash work-5 steps							
Come from 6 feet							

### Quick Reminders

**Auto-check-in new places.** 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 such as your kitchen, backyard, and front yard.

**Sit for 15 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 before you release. Once your dog is sticky, put three to five seconds between each treat. Aim for 15 seconds total time in the sit this week.

**Sit for Everything Exciting.** See handout from this week. Have your dog sit for exciting things such as dinner, ball tosses, going outside, or getting the leash snapped off.

**Name game plus play.** Toss a treat away from you. Let your dog eat it. Say your dog’s name and “yes” on the head turn, then run away, bring out a fun toy to tug with, toss a ball, or toss a treat for your dog to chase.

**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. Yes when the elbows touch and treat again. Then say your release word before your dog gets up.

**Leash work—Five steps.** 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.

**“Come” from six feet.** Say, “come” from 6 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!

Questions? Please send an email or give us a call!