

Intermediate Life Skills—Your class meets for 6 weeks.

Welcome to Intermediate Life Skills! This class will involve three elements: Class time; reading handouts; practicing outside of class. You will get the best success if you do all three!

Goals—to be able to do each of the following exercises with gradually increasing distractions

- Attention
- Leave It.
- Sit and Down Stay
- Coming when called
- Loose-Leash Walking
- Settle and relax

In addition, you will understand better how to use real life rewards. You will understand the different types of rewards, what your dog finds rewarding, and learn to use a variety of rewards throughout your day.

Your reading materials are located at <https://www.gooddogsantacruz.com/handouts/>. Look for your class name for the page specific to your class. Your handouts for this class are:

Attention Fix
Coming When Called
Leave It
Stay 1, 2, 3, Advanced

Week One Homework Tracking

Skill to practice	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Attention Fix exercises							
Doggy Zen (leave it handout)							
Classically condition “come”							
Spontaneous “come” games							
Sit, down, stay for 30 seconds							
Leash work—pattern training							

Attention: Read and practice days 1-3 of the Attention Fix handout. Even if you feel like your dog has good attention, this will act as a powerful review and set the foundation for the rest of your class practice. (Go through all 7 days if you have the time.)

Leave it: Read pages 1-2 of the handout. Practice the Doggy Zen exercise. Try to move through so that your dog has a solid verbal cue and can perform with an open hand by our next class.

Coming when Called: Read through the Coming when Called handout.

1. This week, make every day game day! Each day, try spontaneous recall games. Be creative!
2. Classically condition your recall word (page 2, Step 1, First two bullets). Do two sessions each day with 10 awesome treats.

Sits, Down, Stay: Read stay 1 and stay 2. Aim for 30 seconds in both sit and down.

Loose Leash Walking: Practice short patterns—walking in a circle, square, figure 8 or triangle. Aim for 100 percent success this week. Reward next to the seam of your pants.

When you are practicing, break it up with short bursts of play. Also, end each session with a few minutes of settle on your mat. Let us know if you have any questions!