

## Learning to Relax: Part 3 and 4

Reminders: This is a very calm exercise. Do NOT use your clicker or reward marker. Instead, in a very soft voice, say: Good Dog and put a treat between your dog's feet. Use lower value treats. We don't want your dog to be too excited. We are looking for relaxation.

Do all of part 2 before moving to part 3, and all of part 3 before moving to part 4. It may take several days or more for your dog to get through each part. Take your time. Aim for success.

Example: Have your dog down. Count 5 seconds. Quietly say, "Good Dog" and put a treat between your dog's feet. Remind your dog to stay down, count 10 seconds, etc.

### Part 3: Dog'sTask

- Down for 10 seconds
- Down for 15 seconds
- Down while you take 2 steps backward and return
- Down while you jog 5 steps backward from the dog and return
- Down while you walk halfway around the dog to the right and return
- Down while you walk halfway around the dog to the left and return
- Down while you take 10 steps backward and return
- Down for 15 seconds
- Down while you take 10 steps to the left and return
- Down while you take 10 steps to the right and return
- Down for 20 seconds
- Down while you walk halfway around the dog to the right, clapping your hands, and return
- Down for 20 seconds
- Down while you walk halfway around the dog to the left, clapping your hands, and return
- Down for 10 seconds
- Down while you jog 10 steps to the right and return
- Down while you jog 10 steps to the left and return
- Down while you jog in place for 10 seconds
- Down for 15 seconds
- Down while you jog in place for 20 seconds
- Down for 10 seconds
- Down while you jog backward 5 steps and return
- Down while you jog to the right 5 steps and return
- Down while you jog to the left 5 steps and return
- Down for 5 seconds while you clap your hands
- Down for 10 seconds while you clap your hands
- Down for 10 seconds
- Down for 5 seconds

## Part 4: Dog's Task

- Down for 10 seconds
- Down while you jog backward 5 steps and return
- Down for 20 seconds
- Down while you jog halfway around the dog to the right and return
- Down while you jog halfway around the dog to the left and return
- Down while you move three fourths of the way around the dog to the right and return
- Down while you move three fourths of the way around the dog to the left and return
- Down while you jog backward 5 steps, clapping your hands, and return
- Down for 10 seconds
- Down while you clap your hands for 20 seconds
- Down while you move quickly backward 10 steps and return
- Down while you move quickly 15 steps backward and return
- Down for 20 seconds
- Down while you jog halfway around the dog to the right and return
- Down while you jog halfway around the dog to the left and return
- Down while you walk quickly 15 steps to the left and return
- Down while you walk quickly 15 steps to the right and return
- Down for 20 seconds
- Down while you move three fourths of the way around the dog to the right and return
- Down while you move three fourths of the way around the dog to the left and return
- Down while you walk all the way around the dog
- Down while you walk approximately 20 steps to an entrance and return
- Down while you walk approximately 20 steps to an entrance, clapping your hands, and return
- Down while you walk around the dog, quietly clapping your hands, and then return
- Down for 20 seconds
- Down while you jog quickly around the dog
- Down for 20 seconds
- Down for 10 seconds while you clap your hands

This is excerpted from the Relaxation Protocol by Dr. Karen Overall. These are the third and fourth sets of tasks (out of 15 total). Working through this protocol teaches your dog the physical skill set of being calm when there are exciting things going on around him/her.