

HOW TO ENCOURAGE RELAXATION - And build confidence alone

These three things need to be done in order to prepare your dog for relaxation. Pick one activity from the each column, each activity should be around 3 - 10 mins or more depending on their concentration level and age. Remember to add in a final toilet break before leaving them or settling them in a crate. Adult dogs will naturally relax between 11am-3pm, however puppies will go through this cycle of activity and rest more frequently during the day.



Exercise

- Running.
- Fetch.
- Play.
- Exploring.



Concentration

- Any training.
- Find it games.
- Learning something new.



Calm

- Kong or chew in crate.
- Kong tied to a bed.
- Chew ideas: Smoked bone, Tripe sticks, Yak chews, calf hooves, pizzles.
- Calm strokes.

Training Plan

Write down your training here so you can use this for reference, A couple of examples below:

- Leave it training
- Recall
- Loose lead walking
- Go To Bed