



Protocol for Relaxation

The protocol for relaxation was designed to help dogs relax regardless of what is happening in their environment. This 15-day program lays the foundation for calm behavior amid distractions. Practice with your dog on a mat, and reward with high-value food for each correct response. If your dog goes into a down at any point, this is a call for celebration! It means that he is learning to relax and is committing to the exercise.

Day 1: Dog's Task

Sit for 5 seconds

Sit for 10 seconds

Sit while you take 1 step back and return

Sit while you take 2 steps back and return

Sit for 10 seconds

Sit while you take 1 step to the right and return

Sit while you take 1 step to the left and return

Sit for 10 seconds

Sit while you take 2 steps back and return

Sit while you take 2 steps to the right and return

Sit for 15 seconds

Sit while you take 2 steps to the left and return

Sit while you clap your hands softly once

Sit while you take 3 steps back and return

Sit while you count out loud to 10

Sit while you clap your hands softly once

Sit while you count out loud to 20

Sit while you take 3 steps to the right and return

Sit while you clap your hands softly twice

Sit for 3 seconds

Sit for 5 seconds

Sit while you take 1 step back and return

Sit for 3 seconds

Sit for 10 seconds

Sit for 5 seconds

Sit for 3 seconds

Day 2: Dog's Task

Sit for 10 seconds

Sit while you take 1 step back and return

Sit while you take 3 steps back and return

Sit for 10 seconds

Sit while you take 3 steps to the right and return

Sit while you take 3 steps to the left and return

Sit for 10 seconds

Sit while you take 3 steps to the right and clap your hands

Sit while you take 3 steps to the left and clap your hands

Sit for 5 seconds

Sit for 10 seconds

Sit while you walk one fourth of the way around the dog to the right

Sit while you take 4 steps back

Sit while you walk one fourth of the way around the dog to the left

Sit for 10 seconds

Sit while you take 5 steps back from the dog, clapping your hands, and return

Sit while you walk halfway around the dog to the right and return

Sit while you walk halfway around the dog to the left and return

Sit for 10 seconds

Sit while you jog quietly in place for 3 seconds

Sit while you jog quietly in place for 5 seconds

Sit while you jog quietly in place for 10 seconds

Sit for 10 seconds

Sit while you jog one fourth of the way around the dog to the right and return

Sit while you jog one fourth of the way around the dog to the left and return

Sit for 5 seconds

Sit for 10 seconds

Day 3: Dog's Task

Sit for 10 seconds

Sit for 15 seconds

Sit while you take 2 steps backward and return

Sit while you jog 5 steps backward from the dog and return

Sit while you walk halfway around the dog to the right and return

Sit while you walk halfway around the dog to the left and return

Sit while you take 10 steps backward and return

Sit for 15 seconds

Sit while you take 10 steps to the left and return

Sit while you take 10 steps to the right and return

Sit for 20 seconds

Sit while you walk halfway around the dog to the right, clapping your hands, and return

Sit for 20 seconds

Sit while you walk halfway around the dog to the left, clapping your hands, and return

Sit for 10 seconds

Sit while you jog 10 steps to the right and return
Sit while you jog 10 steps to the left and return
Sit while you jog in place for 10 seconds
Sit for 15 seconds
Sit while you jog in place for 20 seconds
Sit for 10 seconds
Sit while you jog backward 5 steps and return
Sit while you jog to the right 5 steps and return
Sit while you jog to the left 5 steps and return
Sit for 5 seconds while you clap your hands
Sit for 10 seconds while you clap your hands
Sit for 10 seconds
Sit for 5 seconds

Day 4: Dog's Task

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

Day 5: Dog's Task

Sit for 5 seconds
Sit for 15 seconds
Sit while you walk quickly 15 steps to the right and return
Sit while you walk quickly 15 steps to the left and return
Sit while you walk approximately 20 steps to an entrance and return
Sit while you walk approximately 20 steps to an entrance, clapping your hands, and return
Sit for 20 seconds
Sit while you walk around the dog, clapping your hands
Sit for 20 seconds
Sit for 10 seconds
Sit while you walk quickly backward, clapping your hands, and return
Sit while you walk approximately 20 steps to an entrance and return
Sit while you walk approximately 20 steps to an entrance, clapping your hands, and return
Sit while you go to an entrance and just touch the doorknob or wall and return
Sit for 10 seconds
Sit while you walk quickly backward, clapping your hands, and return
Sit while you walk approximately 20 steps to an entrance and return
Sit while you walk approximately 20 steps to an entrance, clapping your hands, and return
Sit while you go to an entrance and just touch the doorknob or wall and return
Sit for 20 seconds
Sit while you walk approximately 20 steps to an entrance, clapping your hands, and return
Sit while you go to an entrance and just touch the doorknob or wall and return
Sit for 10 seconds
Sit while the doorknob is touched or you move into entryway and return
Sit for 10 seconds
Sit for 15 seconds while you clap your hands
Sit for 10 seconds while you jog in place
Sit for 5 seconds

Day 6: Dog's Task

Sit for 10 seconds
Sit for 20 seconds while you jog back and forth in front of the dog
Sit for 15 seconds
Sit while you walk approximately 20 steps to an entrance and return
Sit while you walk quickly backward, clapping your hands, and return
Sit while you go to an entrance and just touch the doorknob or wall and return
Sit for 20 seconds while jogging
Sit while you walk around the dog
Sit while you walk around the dog, clapping your hands
Sit for 15 seconds
Sit for 20 seconds
Sit for 30 seconds
Sit while you walk quickly backward, clapping your hands, and return
Sit while you go to an entrance and just touch the doorknob or wall and return
Sit while you open the door or go into the entranceway for 5 seconds and return

Sit while you open the door or go into the entranceway for 10 seconds and return
Sit for 30 seconds
Sit while you walk quickly backward, clapping your hands, and return
Sit while you go to an entrance and just touch the doorknob or wall and return
Sit for 10 seconds
Sit while you go through the door or the entranceway and return
Sit while you go through the door or the entranceway, clapping your hands, and return
Sit while you open the door or go through the entranceway for 10 seconds and return
Sit for 30 seconds
Sit while you disappear from view for 5 seconds and return
Sit for 20 seconds
Sit for 10 seconds while you clap your hands
Sit for 5 seconds

Day 7: Dog's Task

Sit for 10 seconds
Sit for 20 seconds while you clap your hands
Sit while you take 10 steps backward and return
Sit while you walk around the dog
Sit while you go through the door or the entranceway and then return
Sit while you go through the door or the entranceway, clapping your hands, and return
Sit while you open the door or go through the entranceway for 10 seconds and return
Sit for 30 seconds
Sit while you disappear from view for 5 seconds and return
Sit while you go through the door or the entranceway and return
Sit while you go through the door or the entranceway, clapping your hands, and return
Sit while you open the door or go through the entranceway for 10 seconds and return
Sit for 30 seconds
Sit while you disappear from view for 10 seconds and return
Sit while you disappear from view for 15 seconds and return
Sit for 10 seconds
Sit for 15 seconds
Sit for 5 seconds while you clap your hands
Sit while you jog in place for 10 seconds
Sit while you jog three fourths of the way to the right and return
Sit while you jog three fourths of the way to the left and return
Sit while you go through the door or the entranceway, clapping your hands, and return
Sit while you open the door or go through the entranceway for 10 seconds and return
Sit for 30 seconds
Sit while you disappear from view for 15 seconds and return
Sit for 10 seconds
Sit for 5 seconds

Day 8: Dog's Task

Sit for 10 seconds

Sit for 15 seconds while you jog and clap your hands
Sit while you back up 15 steps and return
Sit while you circle the dog and return
Sit while you disappear from view for 20 seconds and return
Sit while you disappear from view for 25 seconds and return
Sit for 5 seconds
Sit for 5 seconds while you sit in a chair (placed 5 feet from the dog)
Sit for 5 seconds
Sit for 15 seconds while you jog and clap your hands
Sit while you back up 15 steps and return
Sit while you circle the dog and return
Sit while you disappear from view for 20 seconds and return
Sit while you disappear from view for 30 seconds and return
Sit for 5 seconds
Sit while you circle the dog and return
Sit while you disappear from view for 20 seconds and return
Sit while you disappear from view for 25 seconds and return
Sit for 5 seconds while you sit in a chair near the dog
Sit while you disappear from view for 10 seconds, sit in a chair for 5 seconds, and return
Sit for 10 seconds
Sit for 20 seconds while you jog and clap your hands
Sit for 15 seconds while you run around the dog
Sit for 10 seconds
Sit for 5 seconds while you turn around
Sit for 5 seconds while you sit in a chair near the dog
Sit while you disappear from view for 10 seconds, sit in a chair for 5 seconds, and return
Sit for 10 seconds

Day 9: Dog's Task

Sit for 5 seconds
Sit for 10 seconds while you turn around
Sit for 5 seconds while you jog
Sit while you walk around the dog
Sit while you jog around the dog
Sit while you jog around the dog, clapping your hands
Sit while you jog twice around the dog
Sit for 10 seconds
Sit for 15 seconds while you clap your hands
Sit for 20 seconds
Sit while you move three fourths of the way around the dog to the right and return
Sit while you move three fourths of the way around the dog to the left and return
Sit while you disappear from view for 10 seconds and return
Sit while you circle the dog and return
Sit while you disappear from view for 20 seconds and return
Sit while you disappear from view for 25 seconds and return

Sit for 5 seconds while you sit in a chair near the dog
Sit while you disappear from view for 10 seconds, sit in a chair for 5 seconds, and return
Sit for 10 seconds
Sit while you bend down and touch your toes
Sit while you stretch your arms
Sit while you stretch your arms and jump once
Sit while you touch your toes 5 times
Sit while you stretch your arms and jump 3 times
Sit for 15 seconds
Sit for 10 seconds
Sit for 5 seconds

Day 10: Dog's Task

Sit for 5 seconds while you clap
Sit for 10 seconds while you touch your toes
Sit for 15 seconds while you sit in a chair
Sit while you walk quickly 15 steps to the right and return
Sit while you walk quickly 15 steps to the left and return
Sit while you walk approximately 20 steps to an entrance and return
Sit while you disappear from view for 5 seconds and return
Sit while you disappear from view for 10 seconds and return
Sit while you disappear from view for 15 seconds and return
Sit for 10 seconds
Sit for 5 seconds
Sit while you walk quickly 15 steps to the right and return
Sit while you walk quickly 15 steps to the left and return
Sit while you approximately 20 steps to an entrance and return
Sit while you disappear from view for 5 seconds and return
Sit while you disappear from view for 10 seconds and return
Sit while you disappear from view for 15 seconds and return
Sit while you disappear from view for 5 seconds, knock softly on the wall, and return
Sit for 5 seconds
Sit while you disappear from view for 5 seconds and return
Sit while you disappear from view for 10 seconds and return
Sit while you disappear from view for 15 seconds and return
Sit while you disappear from view for 5 seconds, knock softly on the wall, and return
Sit while you disappear from view, knock quickly but softly on the wall, and return
Sit for 5 seconds
Sit while you disappear from view for 10 seconds, knock softly on the wall, and return
Sit for 10 seconds
Sit for 5 seconds

Day 11: Dog's Task

Sit for 5 seconds

Sit for 10 seconds
Sit while you disappear from view, knock quickly but softly on the wall, and return
Sit for 5 seconds
Sit while you disappear from view for 10 seconds, knock softly on the wall, and return
Sit for 30 seconds
Sit while you disappear from view, ring the doorbell, and immediately return
Sit while you disappear from view, ring the doorbell, wait 2 seconds, and return
Sit for 30 seconds
Sit while you disappear from view, ring the doorbell, and immediately return
Sit while you disappear from view, ring the doorbell, wait 5 seconds, and return
Sit for 30 seconds
Sit while you disappear from view, ring the doorbell, and immediately return
Sit while you disappear from view, ring the doorbell, wait 10 seconds, and return
Sit for 5 seconds while you jog around the dog
Sit while you walk around the dog
Sit while you jog around the dog
Sit while you jog around the dog, clapping your hands
Sit while you jog twice around the dog
Sit for 10 seconds
Sit for 15 seconds while you clap your hands
Sit for 20 seconds
Sit while you move three fourths of the way around the dog to the right and return
Sit while you move three fourths of the way around the dog to the left and return
Sit while you disappear from view for 10 seconds and return
Sit while you circle the dog and return
Sit for 10 seconds
Sit for 5 seconds

Day 12: Dog's Task

Sit for 10 seconds
Sit for 5 seconds while you clap your hands
Sit for 15 seconds
Sit for 20 seconds while you hum
Sit while you disappear from view for 20 seconds and return
Sit while you disappear from view for 25 seconds and return
Sit for 5 seconds while you sit in a chair near the dog
Sit while you disappear from view for 10 seconds, sit in a chair for 5 seconds, and return
Sit for 15 seconds
Sit for 20 seconds while you hum
Sit while you disappear from view for 20 seconds and return
Sit while you disappear from view for 25 seconds and return
Sit while you move three fourths of the way around the dog to the right and return
Sit while you move three fourths of the way around the dog to the left and return
Sit while you disappear from view for 10 seconds and return
Sit while you circle the dog and return

Sit for 10 seconds
Sit while you disappear from view, knock quickly but softly on the wall, and return
Sit for 5 seconds
Sit while you disappear from view for 10 seconds, knock softly on the wall, and return
Sit for 30 seconds
Sit while you disappear from view, ring the doorbell, and immediately return
Sit while you disappear from view, ring the doorbell, wait 2 seconds, and return
Sit for 30 seconds
Sit while you disappear from view, say "hello," and return
Sit while you disappear from view, say "hello," wait 3 seconds, turn
Sit for 10 seconds
Sit for 5 seconds and return

Day 13: Dog's Task

Sit for 5 seconds
Sit for 15 seconds while you hum
Sit for 15 seconds while you clap your hands and hum
Sit while you disappear from view for 20 seconds and return
Sit while you disappear from view for 25 seconds and return
Sit for 5 seconds while you sit in a chair near the dog
Sit while you disappear from view for 10 seconds, sit in a chair for 5 seconds, and return
Sit for 5 seconds
Sit for 10 seconds
Sit while you disappear from view, knock quickly but softly on the wall, and return
Sit for 5 seconds
Sit while you disappear from view for 10 seconds, knock softly on the wall, and return
Sit for 30 seconds
Sit while you disappear from view, ring the doorbell, and immediately return
Sit while you disappear from view, ring the doorbell, wait 2 seconds, and return
Sit for 30 seconds
Sit while you disappear from view, say "hello," wait 5 seconds, and return
Sit while you disappear from view, knock or ring the doorbell, say "hello," wait 5 seconds, and return
Sit for 30 seconds
Sit while you disappear from view, say "hello," wait 5 seconds, and return
Sit while you disappear from view, knock or ring the doorbell, say "hello," wait 5 seconds, and return
Sit for 20 seconds while you hum
Sit for 15 seconds while you clap your hands
Sit for 5 seconds
Sit while you jog around the dog
Sit for 10 seconds while you clap your hands and hum
Sit for 5 seconds while you jog in place
Sit while you jog around the dog, humming

Day 14: Dog's Task

Sit for 10 seconds

Sit for 10 seconds

Sit for 5 seconds while you clap your hands and hum

Sit while you run around the dog

Sit while you walk back and forth to the door

Sit while you leave the room, quickly knock or ring the doorbell, and return

Sit for 5 seconds

Sit for 10 seconds

Sit for 10 seconds

Sit for 5 seconds while you clap your hands and hum

Sit while you run around the dog

Sit while you walk back and forth to the door

Sit while you leave the room, quickly knock or ring the doorbell, and return

Sit for 5 seconds

Sit for 10 seconds

Sit while you disappear from view for 10 seconds, knock softly on the wall, and return

Sit for 30 seconds

Sit while you disappear from view, ring the doorbell, and immediately return

Sit while you disappear from view, ring the doorbell, wait 2 seconds, and return

Sit for 30 seconds

Sit while you disappear from view, say "hello," wait 5 seconds, and return

Sit while you disappear from view, knock or ring the doorbell, say "hello," wait 10 seconds, and return

Sit for 30 seconds

Sit while you disappear from view, say "hello," wait 10 seconds, and return

Sit while you disappear from view, knock or ring the doorbell, say "hello," wait 10 seconds, and return Sit for 20 seconds while you hum

Sit for 20 seconds

Sit for 5 seconds

Day 15: Dog's Task

Sit for 10 seconds

Sit for 5 seconds

Sit for 15 seconds while you clap your hands and hum

Sit while you disappear from view, knock or ring the doorbell, say "hello," talk for 10 seconds, and return

Sit for 20 seconds while you hum

Sit while you disappear from view, say "hello," invite the imaginary person in, wait 5 seconds, and return

Sit for 10 seconds

Sit for 5 seconds

Sit while you disappear from view, say "hello," invite the imaginary person in, wait 10 seconds, and return

Sit while you disappear from view, say "hello," talk (as if to someone) for 5 seconds, and return

Sit for 5 seconds while you clap your hands and hum
Sit while you run around the dog
Sit while you walk back and forth to the door
Sit while you leave the room, quickly knock or ring the doorbell, and return
Sit for 5 seconds
Sit while you leave the room, knock or ring the doorbell for 3 seconds, and return
Sit while you leave the room and knock or ring the doorbell for 5 seconds
Sit while you leave the room and talk for 3 seconds to people who are not there
Sit while you leave the room and talk for 5 seconds to people who are not there
Sit while you leave the room and talk for 10 seconds to people who are not there
Sit while you run around the dog
Sit for 10 seconds while you sit in a chair
Sit for 30 seconds while you sit in a chair
Sit for 15 seconds while you clap your hands and jog
Sit for 5 seconds

For Future Repetitions

- Repeat all tasks in different locations
- Repeat all tasks with all family members
- Repeat all tasks with only every second or third task being rewarded with a treat (Remember praise!)
- Repeat with only intermittent treat reinforcement. (Remember praise!)