



LESSON: Up Down Pattern Game by Leslie McDevitt

Goal: Patterns are predictable. Predictability increases calm behavior and allows for focus. Use this game to establish focus/connection with your dog as a warm up to training sessions, walks, entering new spaces/locations, and/or any situations where your dog is over aroused.

- 1) Show your dog a treat, then place it on the floor.
- 2) Allow your dog to eat the treat.
- 3) Wait
- 4) When your dog gives you eye contact, mark "yes" and place the treat on the floor. Allow your dog to eat the treat.
- 5) When your dog looks up and gives you eye contact, mark "yes" and treat on the floor.
- 6) Repeat X 8
- 7) Energy Burn- Begin tossing the treats on the floor from side to side to get your dog moving from one side to the next when rewarding eye contact/focus.

It is called the up/down game as the dog's head looks up at the guardian to offer eye contact/focus and then down to the floor to get the treat/reward.

ADJUSTMENT FOR SUCCESS: If your dog doesn't offer you eye contact in 5-10 sec make prompting noises.