



Relaxation Protocol - Beginners

From “Protocol for Relaxation” by Dr. Karen L Overall

The purpose of the relaxation protocol is to teach your puppy to Sit (or Down) and remain in position while relaxing in a variety of circumstances. We vary the circumstances through a number of tasks. You are teaching your puppy to defer to you and to enjoy earning rewards for appropriate, desirable behavior!

Have your puppy in a Sit or Down in heel position.

Perform each task on the list and reward your puppy after each one. You do not need to mark the behavior before rewarding.

Once you have your puppy in position, avoid giving them any further cues. If they break position, calmly reset them.

For younger puppies either eliminate movement tasks or make your movements very small.

- 🐾 Sit or down for 5 seconds
- 🐾 Sit or down for 10 seconds
- 🐾 Sit or down while you take 1 step back and return
- 🐾 Sit or down while you take 2 steps back and return
- 🐾 Sit or down for 10 seconds
- 🐾 Sit or down while you take 1 step to the right and return
- 🐾 Sit or down while you take 1 step to the left and return
- 🐾 Sit or down for 10 seconds
- 🐾 Sit or down while you take 2 steps back and return
- 🐾 Sit or down while you take 2 steps to the right and return

- 🐾 Sit or down for 15 seconds
- 🐾 Sit or down while you take 2 steps to the left and return
- 🐾 Sit or down while you clap your hands softly once
- 🐾 Sit or down while you take 3 steps back and return
- 🐾 Sit or down while you count out loud to 10
- 🐾 Sit or down while you clap your hands softly once
- 🐾 Sit or down while you count out loud to 20
- 🐾 Sit or down while you take 3 steps to the right and return
- 🐾 Sit or down while you clap your hands softly twice
- 🐾 Sit or down for 3 seconds
- 🐾 Sit or down for 5 seconds
- 🐾 Sit or down while you take 1 step back and return
- 🐾 Sit or down for 3 seconds
- 🐾 Sit or down for 10 seconds
- 🐾 Sit or down for 5 seconds
- 🐾 Sit or down for 3 seconds