



Relaxation Protocol - Intermediate

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 or a 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.

- 🐾 Sit or down for 10 seconds
- 🐾 Sit or down while you take 1 step back and return
- 🐾 Sit or down while you take 3 steps back and return
- 🐾 Sit or down for 10 seconds
- 🐾 Sit or down while you take 3 steps to the right and return
- 🐾 Sit or down while you take 3 steps to the left and return
- 🐾 Sit or down for 10 seconds
- 🐾 Sit or down while you take 3 steps to the right and clap your hands
- 🐾 Sit or down while you take 3 steps to the left and clap your hands
- 🐾 Sit or down for 5 seconds
- 🐾 Sit or down for 10 seconds

- 🐾 Sit or down while you walk one fourth of the way around your puppy to the right
- 🐾 Sit or down while you take 4 steps back
- 🐾 Sit or down while you walk one fourth of the way around your puppy to the left
- 🐾 Sit or down for 10 seconds
- 🐾 Sit or down while you take 5 steps back from your puppy, clapping your hands, and return
- 🐾 Sit or down while you walk halfway around your puppy to the right and return
- 🐾 Sit or down while you walk halfway around your puppy to the left and return
- 🐾 Sit or down for 10 seconds
- 🐾 Sit or down while you jog quietly in place for 3 seconds
- 🐾 Sit or down while you jog quietly in place for 5 seconds
- 🐾 Sit or down while you jog quietly in place for 10 seconds
- 🐾 Sit or down for 10 seconds
- 🐾 Sit or down while you jog one fourth of the way around your puppy to the right and return
- 🐾 Sit or down while you jog one fourth of the way around your puppy to the left and return
- 🐾 Sit or down for 5 seconds
- 🐾 Sit or down for 10 seconds