



Relaxation Protocol - More Challenging

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 Sit or Down, avoid giving them any further cues. If they break position, calmly reset them.

- 🐾 Sit or down for 10 seconds
- 🐾 Sit or down for 15 seconds
- 🐾 Sit or down while you take 2 steps backward and return
- 🐾 Sit or down while you jog 5 steps backward from your puppy 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 while you take 10 steps backward and return
- 🐾 Sit or down for 15 seconds
- 🐾 Sit or down while you take 10 steps to the left and return
- 🐾 Sit or down while you take 10 steps to the right and return
- 🐾 Sit or down for 20 seconds

- 🐾 Sit or down while you walk halfway around your puppy to the right, clapping your hands, and return
- 🐾 Sit or down for 20 seconds
- 🐾 Sit or down while you walk halfway around your puppy to the left, clapping your hands, and return
- 🐾 Sit or down for 10 seconds
- 🐾 Sit or down while you jog 10 steps to the right and return
- 🐾 Sit or down while you jog 10 steps to the left and return
- 🐾 Sit or down while you jog in place for 10 seconds
- 🐾 Sit or down for 15 seconds
- 🐾 Sit or down while you jog in place for 20 seconds
- 🐾 Sit or down for 10 seconds
- 🐾 Sit or down while you jog backward 5 steps and return
- 🐾 Sit or down while you jog to the right 5 steps and return
- 🐾 Sit or down while you jog to the left 5 steps and return
- 🐾 Sit or down for 5 seconds while you clap your hands
- 🐾 Sit or down for 10 seconds while you clap your hands
- 🐾 Sit or down for 10 seconds
- 🐾 Sit or down for 5 seconds