



## WHEN TRAINING DOESN'T WORK

5 DAY MINI-COURSE



### SETTLE THE DOG EXERCISE

If you only do ONE exercise with your dog, this is the one. This exercise will do more to create a bond and build a relationship of trust with your dog than any other.

In order to help your dog learn that you will not be available to entertain him at all times, and to teach him that he is expected to calm down and be well-behaved during those moments, we will practice the “settle the dog” exercise.

Watch the Settle the Dog video then fill out this worksheet. Feel free to either print it out, or save it to your computer and fill it out right on your computer screen.

**What materials do you need to practice this exercise?**

**Specifically where and when will you practice this exercise? (in the living room? At the computer? After dinner? During TV time?)**

**For how many minutes should you practice this exercise? How many times a day?**

**This exercise is about:**