



### **“Nice” exercise**

This exercise is designed to teach your dog that checking-in with you regularly is more rewarding than the environment.

This is a simple, but powerful exercise.

#### **Set up.**

- With your dog on their walking leash. Stand still.
- Hands in the central position.
- Every time your dog looks in your direction. Say “nice” and reward them with a tasty treat.
- After a short while you will see that your dog will be checking in with you more regular.

This exercise should be practiced every time you leave your home prior to starting your walk. This will reinforce to your dog that being near you is rewarding.

#### **Building the exercise.**

Once you and your dog are understanding the exercise well, move the same exercise to using the long line.

Initially start with your dog being two metres away from you and build the distance as the dog becomes better at the exercise.

When you are walking with another person, create a couple of metres distance between yourselves with the dog in the middle. When the dog looks towards either person, the person should say “nice” and reward the dog.

#### **Notes:**

The dog needs to look in your general direction. This is not eye contact. However, as your dog improves the exercise they will almost certainly start looking towards your face.

You say “**nice**” and nothing more.

You can deliver the treat with any hand depending on the location of the dog.

Happy training.