



### **Calm touch exercise.**

Many dogs operate in the 0-100 mile an hour zone and find it difficult to slow down and function in a more controlled manner. The calm touch exercise teaches the dog to relax when touched.

The touch to a dog is like a switch for excitement. As soon as you reach towards them or touch them in any way, they think it is time to put the disco pants on and they become very excited.

A good time to start teaching this exercise to your dog is when your dog is in a relaxed state, usually evening quiet times.

Step 1. With your dog in the sit or down position. And with no speech to begin with. Stroke your dog down the side of its body in a slow motion. When you finish the stroke give the dog a treat and repeat the process.

This will start to teach your dog to be calm. You can stroke both sides of the dog. however, not on the back of the dog,

Step 2. Once your dog is learning to be calm when you are stroking it you can start to say "nice" as you stroke the dog. as you complete the stroke reward your dog with a treat.

Step 3. Going forward you can stroke your dog and take a little longer to reward them, keeping them in the quiet calm state relaxing and start to build sometime between the stroke and the reward. Say to 10-15 seconds.

This exercise will teach your dog to relax and calm down when stroked. This will have many coping benefits for your dog in their everyday life situations.

For example: in excitable situations. Out on walks, at the vets, meeting people and other animals.

Once your dog becomes well-schooled in this exercise, they will learn to see the world in a much better way than they previously could.

Patience is key with all these exercises.

Happy training.