



Basic Manners Homework

Now it's your turn! Enclosed are some questions and exercises to help you continue your dog's training at home. You get as much out of Basic Manners as you put in at home, so be sure to practice every day! **Refer to these resources to help you out in between classes.**

1. **Our Behavior Blueprints.** You can find these on our website at www.believeindog.com under **Resources**. Take advantage of this information and help your dog get the most during their time in Basic Manners.
2. **Our training videos.** You can find these on our website at www.believeindog.com under **Resources**.

Just a reminder: If you feel like you are having a hard time keeping your dog's attention at home or in class, try using a higher value treat. Something that they rarely receive, and be sure to use it only during training or in high distraction environments. Save the lower value treats for simple rewards and the special stuff for big payoffs! Sometimes, that's all it takes. Use your encouraging voice, give verbal praise. You want to be someone your dog LOVES to work with!

Be patient with your dog, they are an ESL student!

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Reading Assignments

Prior to Class

- “Must Read” Section
- How Dogs Learn (Training Philosophy)
- Marking Mechanics (Basic Obedience)
- Check in with Me Pattern Game (Advanced Skills)
- Name Recognition (Basic Obedience)
- Mat Relaxation (Reactivity)

Week One

- Sit (Basic Obedience)
- Hyper Dog: Jumping Up (Basic Obedience)
- Down (Basic Obedience)
- Touch/Hand Target (Basic Obedience)
- Teaching Your Dog Touch/Hand Target (YouTube)

Week Two

- Teaching Your Dog Leave It/Take It (Training Videos)
- Leave It/Take It (Basic Obedience)
- Come When Called (Basic Obedience)
- Loose Leash Walking (Basic Obedience)

Week Three

- The Different Walking Styles (Advanced Training)
- Stay (Basic Obedience)

Week Four

- Real Life Training (Advanced Skills)

Week Five

- Weaning Off of Treats (Advanced Skills)
- Generalization (Advanced Skills)

Week Six: Graduation

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Week One

When your dog is doing something you don't want them to do, **redirect** the behavior. **Redirect** means to direct your dog's attention to a different object or task in order to interrupt or prevent a behavior.

1. Listed below are some "problem" behaviors that are very common for adolescent and adult dogs. Describe the behavior that you can redirect your dog to do instead.

Chewing on couch	
Jumping on you	
Mouthing hands	

2. What is enrichment?

3. What are some ways that we can provide enrichment to our dogs?

We introduced the concept of a verbal marker ("yes!") in orientation. Instead of focusing on what you don't want your dog to do, start **marking and rewarding** the behaviors that you *do* like.

4. How long do we have to "mark the moment?" _____
5. Grab some treats or a few pieces of your dog's meal. **Practice marking the moment** with the word "yes" for the following behaviors. For each behavior, the "moment" that you're looking for is listed. Refer to our Behavior Blueprints for more on how to teach each behavior!

Name Recognition	look at me
Sit	butty and all four feet on the ground
Down	belly and elbows on the ground
Touch	touch your nose to my hand

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6. What is the 5:1 ratio?

7. What are the two most overused words in dog training? Circle your answers.

come touch no down sit leave it dog's name yes

8. List three (3) locations that you've practiced name recognition this week? *Hint: these can be different rooms in your home!*

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9. Why do dogs jump?

10. Why do we say "off" and not "down" when a dog is jumping?

11. List three (3) locations that you've practiced mat relaxation this week. *Hint: these can be different rooms in your home!*

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12. List your dog's favorite treats. Rank them from 1 to 5 with, 1 being their least favorite, and 5 being their favorite.

Rank 1-5

Reinforcer/Treat

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Week Two

1. List three (3) skills that you practiced at home this week.

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2. What are “The Big Three” as described in the *How Dogs Learn Behavior Blueprint*?

3. Mark true or false to the statements below.

Once my dog understands “come,” I can start to wean off of treats	True	False
You can train your dog not to come to you	True	False
My dog pulls on his leash because he’s trying to be the boss of me	True	False
After a leave it step 2, I pick up the treat and hand it to my dog	True	False
I have to ask my dog to sit before I do a leave it	True	False

4. What are some ways that we can teach our dogs not to come to us?

5. Take your dog to a new location! Where did you bring them?

6. Ask three strangers to ask your dog to sit, list below. **Is your dog struggling? Try a “go find it” instead of a sit.** *Ex: Amazon driver, veterinarian, etc.*

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7. Why do we want to say “free” each time our dog does a sit or a down?

8. What’s one unique thing about your dog?

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9. What are some “off-limits” items that your dog likes? *Ex: socks, shoes, paper*

10. When practicing leave it/take it, why don't we let our dogs take food off of the floor?

11. Don't forget about touch! List locations that you've practiced touch this week.

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12. What are some ways that you can use *touch* to redirect your dog?

13. Practice the “look at me pattern game” this week in three different locations. List them below.

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14. How can we teach our dog to differentiate between “leave it” and the “look at me” pattern game?

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Week Three

1. Why do we teach multiple steps for leave it/take it?

2. Practice leave it/take it step 3 this week with 5 different objects.

Ex: crumpled paper towel		

3. Why do we practice the “hype up/settle down” game?

4. Practice recall with your dogs 10 times this week. List one challenge you are having with recall.

5. What are some reasons that dogs pull?

6. Briefly describe each type of walk.

Structured walk	
Free-smell time	
Decompression walk	

7. What are some ways that you **can** teach your dog to pull?

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8. Practice your structured walk this week in your home **without** a leash. List three different locations that you have practiced your loose leash walk in your home.

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9. Practice the “look at me” pattern game in three new locations. List them below.

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10. What are the three D’s of dog training?

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11. What is a non-reward marker? What are some times that we can use it?

12. Mark true or false to the statements below.

I have to say “free” every time I ask for a sit or a down	True	False
I have 1.2 sec to mark “yes”	True	False
I have no time limit to use a non-reward marker	True	False
My dog can pull me on a decompression walk	True	False
My dog should walk next to me for 100% of the walk	True	False
I need a tight leash to keep my dog walking with me	True	False
My dog pulls because he’s being dominant	True	False
I can say “leave it” for any item that my dog finds on the ground	True	False
Dogs need to smell on walks	True	False
If I train my dog with treats, I will always need to carry treats	True	False

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Week Five

1. At this point in their training journey, what are some behaviors that your dogs have a good understanding of? List as many as you'd like.

2. What is the 1:3 ratio?

3. Practice weaning off of treats for any of the behaviors listed above and list below.

Ex.	Sit, Down, Roll over
1	
2	
3	

4. What is generalization?

5. What are some ways that you can start to generalize a behavior?

6. List four times that your dog impressed you this week.

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7. Practice for graduation with the checklist below.

- Ask your dog to sit or down while you're sitting in a chair
- Ask your dog to sit or down in your backyard
- Ask your dog to sit or down in the lobby at BIDT
- Practice leave it/take it with novel items on your walk and list them below. (Ex: ducks, squirrels, trash, bugs, sticks)
- Ask your dog to stay while you walk 6-10 ft away
- Ask your dog to stay for 15 sec while outside
- Practice the "check in with me" game in at least two new locations
- Practice mat relaxation in a new location
- Practice your structured walk in a new location. (Pet store, park, vet office, etc)
- Practice recall with a friend or spouse in your backyard.
- Practice recall in a new location (try it on a long line!)
- Ask three strangers to ask your dog to "touch." (It's ok if your dog says no!)