



Reward Nothing

The only two rules in this game are:

1. That your dog is nice and still when you deliver the reward!
2. That you only deliver the reward if they maintain “doing nothing” as you bring the reward to them!

Your dog can adopt any position they choose, but the key is that for those treats you pick out for the session, they are doing absolutely nothing when they are delivered. The aim is to capture that moment of bringing the energy down, switching off, relaxing their muscles. This is a powerful game, it builds value in lower arousal, builds value in doing nothing and creates a dog that is likely to have lower arousal in the future. It is also a great game for those situations when you need to return to a low arousal headspace so transitions your dog from high arousal to lower arousal, for example after reacting to something.

Situations and dogs when you would want to use this game include:

Dogs that action prompt or bark for your attention.

Dogs that are easily aroused,

Dogs that are easily frustrated,

Dogs that lack impulse control in high arousal,

Dogs that are generally anxious, especially in different environments,

As an environmental warm-up for dogs that may be reactive or lacking confidence,

To retrieve a thinking, lower arousal dog after an episode of overarousal, frustration or reactivity,

To return your dog to low arousal after bringing them into high arousal.