



Pace Changes

This game helps your dog develop a "dimmer switch" instead of an on/off switch.

On your walks or a in a specific walking pattern, like a figure 8, add in changes of pace.

The pace changes are not sudden changes, but perhaps from a normal walking pace to running to normal to very slow. Just think of it like you are adjust the volume on a radio.

Food will not have to be used forever. But in the beginning...

- Reward with food at your side for transitioning from fast to normal
- Reward every few steps for slow
- You can use a faster pace for a few steps as a reward for check ins with eye contact. Then return to normal pace again.

Sometimes, as we start out on our walk with our dogs, we have to match the energy that they are starting with. If they are at a 10, for example, then you start at an 8. Then through pattern walking you can bring that energy down to a more manageable pace.

Pattern Walking

Pattern walking is helpful to manage arousal and help your dog self-regulate. Repeat the predictable pattern until your dog is walking fluidly at your side, not trying to pull you forward or to the side, lagging behind you, walking jerkily or bouncy.

Patterns to choose from:

Figure-8 Zig Zag Circles Ovals Serpentine Around objects