



Joyful Stays

1. Ask for a cued stationary behavior (sit, down, stand, crate, target, mat, etc.)
2. Place a treat/toy out in front of your dog (your dog should have some level of impulse control)
3. Wait for a moment of relaxation. Release your dog to get the treat on cue.
4. Repeat the above process except have your dog watch you hide the treat behind something for them to search or under something that they can manipulate to get access to the treat/toy. This should be something that your dog enjoys and is not afraid of.
5. Add distance, asking for a "stay" in one room as you hide something in another room.
6. Take it to new, safe locations, hiding things in the environment for them to search.

Remember, we are trying to build joy into a "RELAXED" position. Make sure you are not releasing your dog while they are anticipating the release or hyper focused on the reward. Watch their body tension, breathing, focus, stance, etc.

Level up... add competing distractors.