CAFÉ COMPANION

🎾 Game 7 – Relaxed Hot Zone

Relax on your mat.

🎾 Why This Game Matters

Building relaxation on a Hot Zone will teach your dog that doing nothing is a great thing!

🎾 What You'll Need:

- Mat or bed
- Treats (low to medium)
- Chair
- Book or magazine
- A chew toy for your dog

🎾 Step-by-Step-Guide:

1. Set Up

Prepare a quiet are without your dog. Play on non-slippery floor.

2. Build the Behaviour

a. Warm up with a few rounds of HZ, no distance, no duration.
b. When your dog is on their HZ, count two seconds (21, 22), say "cook" & give your dog a treat to their mouth.
c. Gradually increase your duration (adding one second at a time) until your dog can stay 5 seconds.
d. Release

3. Add a Layer

a. Increase your duration to 20 seconds, one second at a time.
b. Ping pong, asking for 5 seconds, then 3, then increase etc.

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i. If your dog leaves their HZ without your release, gently take them by their collar and guide them back.
ii. Use your release cue and play a game for balance break
iii. This is information, that the time was too long – decrease your duration for the next repetition

4. Raise Criteria

First:

a. Take one step away from your dog's HZ and cue them
b. Immediately throw a cookie onto the bed
c. Release
d. While your dog is looking for the thrown cookie, take another step away
e. As your dog turns around, send them
f. Repeat 5 times, making sure you throw in a few easy wins for your dog
g. Increase the distance to about 2m.
h. Balance easy with hard.

Second:

i. Start at a comfortable distance.
j. Send them to their HZ, throw a treat, count two seconds.
k. Say "cook", walk to your dog, reward.
l. Increase your duration.
m. Increase distance while lowering duration.
n. Increase duration.
o. Goal: send from approx. 2m away, stay 15 seconds.

Third:

p. Start a game with little distance but some duration e.g. 5 seconds
q. While your dog is waiting in HZ, take one step back, reward
r. Gradually increase distance stepping away
s. Walk past your dog
t. introduce other distractions
    i. walk to a coffee table
    ii. pick up a book.

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Think about scenarios that would happen in real life and create them. Be natural in your movement as if this would just happen.

Fourth:

u. Wait if your dog can offer a down on HZ - reward
    i. This is an IYC moment
v. Release and play again
w. Gradually increase duration in the down position
x. Take your book and settle into your chair
y. Give your dog their chew toy
z. When your dog has finished chewing - do they stay on their mat?

Move your chair further away each session

Bring some movement into the game while your dog is chewing.

Capture calm behaviour throughout the day. Drop a treat while you pass.

🎾 Daily Use:

Relaxing should be an everyday behaviour, capture it where you can, play the game in different environments.

🎾 Checklist:

1. Did you review your session?
2. Were sessions short?
3. Could you dog handle distance and duration?
4. Did you see relaxation?

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