HUNTING GAMES – GROWING TOGETHER

🎾 Everyday Hot Zone

The Hot Zone has many uses in everyday life.

🎾 Why This Game Matters

A dog that can hang out in a Hot Zone has learned to:

- chill while you work
- wait during meal preparations
- hang out with you in front of the TV
- watch while you play with your other dog
- be relaxed at a café

these are only a few examples of the importance of this simple, but empowering skill.

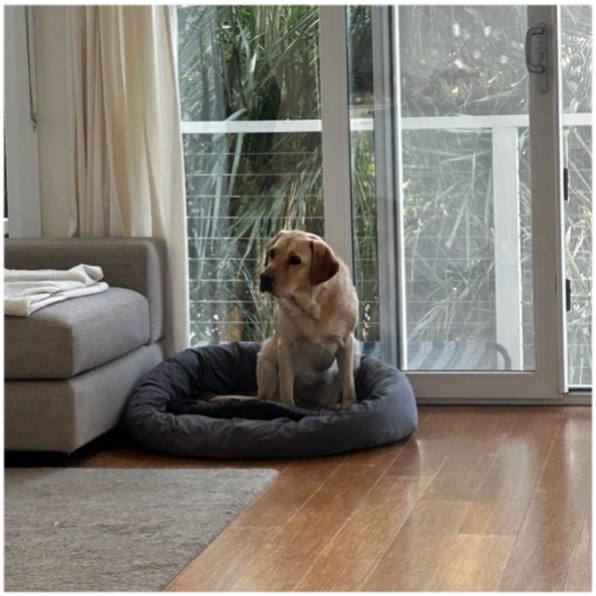

Figure 1 Clover watching food preparation

🎾 What You'll Need

- Your dog
- Your dog's bed (ideally with sides)
- Treats
- Phone on Tripod

🎾 Step-By-Step-Guide

1. Set Up

Start in a low distracting environment. Your dog should be familiar with the foundations of the Hot Zone Game.
Have your treats in an inconspicuous container around the house or hidden on you.

Practice the cookie drop into your dog's bed without your dog first reduce the likelihood of treats bouncing off.

©Not to be re-printed without the written permission of Anke's Dog Training. Copyright 2026

HUNTING GAMES – GROWING TOGETHER

2. Assignment #1 – Shaping while relaxing together

- Choose a calm activity like reading a book, watching TV, working on your computer
- Set yourself up depending on your chosen activity
- Place the dog bed next to you
- When your dog decides to go into their bed, calmly drop a cookie into their bed
    - watch for IYC moments if the cookie bounces off the bed
- Keep rewarding the good behaviour
- Watch for body shifts to relaxation

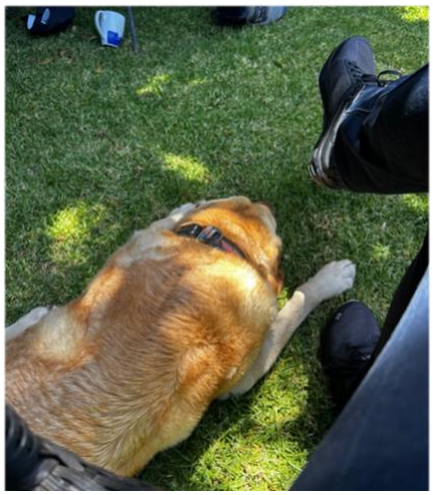

Figure 2 Relaxing together

3. Assignment #2 – Shape relaxation while you work

- Choose your focus like cooking, working in your office, focusing on a task
- Place your dog's bed where you want them to hang out and show it to them
    - reinforce their choice to go in OR cue them to go in
- Move around, exit and enter the area, passing by your dog
    - reward your dog for their good choice to stay in bed
- Make sure to use your release cue when you end the session
- Practice multiple times a day

Figure 3 Hanging out while I work

©Not to be re-printed without the written permission of Anke's Dog Training. Copyright 2026

HUNTING GAMES – GROWING TOGETHER

4. Add a Layer

- Test the value of your IYC Foundations by dropping a cookie
    - reinforce the good choice to stay in bed

🎾 Daily Use

Make a list of more assignments that apply to your life. Do you want your dog to jump into their bed when visitors arrive? How can you practice this?

Transfer the skill to other Hot Zones.

🎾 Checklist:

1. Did you review your session?
2. Did your dog have value for their HZ?
3. Did your dog show great understanding for IYC?

©Not to be re-printed without the written permission of Anke's Dog Training. Copyright 2026