

## **Practical Homework for Sit and Stay Phase 2**

### **Day 1 and 2:**

- **Practice loose leash walking for 4 minutes in the living room. This is a warm up.**
  1. Tell your dog to sit for 30 seconds and release after 30 second. Repeat this 15 times in a row.
  2. Tell your dog to sit and stay for 30 seconds. Go to the end of the leash and walk around your dog within that 30 seconds. Return beside your dog and release your dog.

### **Day 3 and 4:**

- **Practice loose leash walking for 5 minutes in the living room. This is a warm up.**
  1. Tell your dog to sit 30 seconds and release after 10-20-30-40-50 seconds, 5 times in a row.
  2. Tell your dog to sit and stay for 1 minute. Go to the end of the leash and walk around your dog within that 1 minute. Return beside your dog and release your dog. 2 times in a row.

### **Day 5 and 6:**

- **Practice loose leash walking for 5 minutes in the living room. This is a warm up.**
  1. Tell your dog to just sit for 30 second and release right away 5 times in a row.
  2. Tell your dog to sit for 1 minute and release after 30 seconds, 3 times in a row.
  3. Tell your dog to sit and stay for 1 minute. Go to the end of the leash and run fast or walk faster around your dog within that 30 seconds. Return beside your dog and release your dog. 2 times in a row.

### **Day 7 and 8:**

- **Practice loose leash walking for 3 minutes in the living room. This is a warm up.**
  1. Ask your dog to sit for 1 minute and release after 30 second, 2 times in a row.
  2. Tell your dog to sit and stay for 1 minute. Go to the end of the leash and walk slow around your dog within that 1 minute. Return beside your dog and release your dog. 2 times in a row.

### **Day 9 and 10:**

- **Practice loose leash walking for 3 minutes in the living room. This is a warm up.**
  1. Ask your dog to sit and stay for 1 minute and release after 1 minute, 2 times in a row.
  2. Tell your dog to sit and stay for 30 seconds. Go to the end of the leash and throw your dog's favourite toy or food around your dog. Return beside your dog and release your dog to get the toy or the food. 2 times in a row.

### **Day 11 and 12:**

- **Practice loose leash walking for 3 minutes in the living room. This is a warm up.**
  1. Ask to sit your dog for 1 minute and release after 10 seconds 3 times in a row.
  2. Tell your dog to sit and stay for 30 seconds. Go to the end of the leash and ask your family members or friends to call your dog to them or run around and play with the dog's toy, eat in front of the dog.... Return beside your dog and release your dog to get the toy or the food or the person.... 2 times in a row.

**Practice with whatever distractions you can come up with to challenge your dog, every day.**