



Modified Protocol for Relaxation

Background and Purpose

Dr. Karen Overall's Protocol for Relaxation (1997) is well known as "the foundation for all other behavior modification programs." When I first started using this protocol with my clicker savvy clients, I discovered that some of the instructions, as posted on the Internet, were in conflict with our Clicker Training Philosophy at the Karen Pryor Academy. So, I have written this modified version for my clients' use. This document is not intended to critique the original protocol! It is simply a modified version to ensure that my clicker savvy clients are getting one consistent message from me when I ask them to implement the protocol with their reactive dogs.

The initial purpose of this protocol is to teach your dog to relax in one location inside your home when a variety of controlled distractions are presented. Over the course of 15-sessions, controlled distractions will range from very low (with you present) to relatively high (with you absent). Once your dog successfully works through the protocol in one location (e. g. the kitchen), you will repeat it in a second location inside your home (e. g., the family room), then move it outside to your yard, then to a park. Once you have successfully worked through the protocol in multiple locations with all handlers, we can move on to more specific behavior modification protocol to address issues that have not been resolved with this protocol. The ultimate goal of the program is to train your dog to relax and defer to you for a cue in the face of any distraction.

This protocol assumes that your dog already knows "eye contact" and "sit", "down", or "settle." It also assumes that he reliably makes eye contact, performs sit, down, or settle when cued in a familiar setting with no distractions. Before you start the protocol's daily exercises, practice with your dog to ensure that she can sit, down, or settle for 15 seconds without moving. Once he can hold one of these stationary behaviors in a relaxed way, look happy and as if she worships the ground you walk on, you are ready to start the actual protocol exercises. If necessary, please contact me for help with capturing "eye contact", and "sit", "down", or "settle", putting these behaviors on cue, and building up to a 15 second duration before beginning this protocol!

About Food Treats

This program uses food rewards. In alignment with what you've already learned about KPA Clicker Training Philosophy, remember that food treats are to be used as a reward (positive reinforcement), NOT as a lure or bribe. So be sure to keep your treat hand at "home" position! Identify a high-value food reward that your dog really likes. Ideally, this should be a unique treat, one that is not used during normal play and/or other training sessions. I've had great success with tiny pieces of cooked chicken, roast beef, steak, and various cheeses. By using a unique, high-value reward only for the Relaxation Protocol Sessions, your dog will look forward to working through the protocol exercise each day.

The Reward Process

Rewarding dogs with food treats is an art – refer to your *Practice Clicker Mechanics*, *What is Clicker Training*, and *15 Tips for Getting Started* handouts for a complete review. Prepare



enough treats for one day's exercise and put them in a treat bag behind your back, or in a small bowl on a nearby table/countertop. If followed precisely, each day's exercise will use 28-29 treats. Remember that one hotdog or one string cheese cut in quarters lengthwise then twenty times crosswise yields 80 treats – enough for almost 3 sessions! Keep 5-10 treats in your treat hand at home position – either behind your back or at your belly button. Remember to keep your clicker hand at home position, too! Pause a split-second after clicking a successful task, then bring your treat hand down and towards your dog with a lightly closed fist, then open your hand to allow your dog to take the treat from your flattened palm. NOTE that during the protocol for relaxation we deliver treats to the dog's mouth rather than tossing the treat to re-set the dog! That's because during these exercises we want your dog to hold her relaxed position throughout the training session.

Preparing Your Training Space

Position yourself in front of a mat or rug on which you want your dog to relax. Have your clicker and treats in position. Give the cue for “eye contact” followed by the cue for sit, down, or settle on the mat in front of you. Some dogs are fine sitting for long periods of time, others prefer to relax in a down or settle position. Use whichever behavior works best for you and your dog; if one doesn't work, try another! When your dog performs the cued behavior, click once—then move your treat hand to that dog as described above. Give a cue for your dog to hold his position (“sit”, “down”, “settle”, or “stay”) as your dog is eating the treat from your hand.

If your dog will not respond to your cue for “eye contact” or fails to perform sit, down, or settle on cue, then “go back to kindergarten”, capture and put these behaviors on cue.

Ensure that your dog doesn't need a potty break before starting a session. Ensure that you will not be interrupted for at least 15 minutes. Silence your phone and any other electronic devices that might cause a distraction during training! After your dog sits for the first time you are ready to begin the day's exercise. Here are some guidelines to follow during the exercise:

- This modified protocol for Clicker Savvy dogs and clients avoids talking to your dog during the training session. Good Clicker Mechanics means a quiet still body, still clicker and treat hands at home position, precise cues, a well-timed mark (click) and precise treat delivery. Give additional verbal praise/petting only at the end of the session.
- Remain calm when your dog makes a mistake. Stay in the Positive Reinforcement Quadrant and simply ignore undesired behaviors.
- Avoid luring or positioning your dog; never chase your dog trying to get her to comply with you. Go back to kindergarten if he fails to perform as expected...end the session on a positive note with an easy, fun, known behavior without duration (e.g., touch, paw, jump). For the next session, try moving to a smaller room with fewer distractions and/or use a leash attached to a fixed object such as a closed door.
- Use management to control the situation if your dog turns into a “jack-in-the-box.” If she gets up to get the treat when offered, move closer to her before clicking. Ideally, your dog should be able to get the treat just by slightly stretching his neck—she should not



need to get up. If you have a small dog, or if your dog is laying down, this means you may need to squat down to deliver the reward.

- If your dog gets impatient, is shaking, growls, whines, gets up, and/or barks for attention, ignore her for a few seconds, wait for a desired behavior to be offered (such as eye contact), then continue with the next task. If your dog continues to show impatience, end the session on a positive note (see above) and try again later in the day or on the next day. Your dog may not be able to get all the way through Day 1 on Day 1! That's OK. Whether it takes 15 days or 30 days or longer to get through this protocol the first time, it will be quicker the second time!
- If you accidentally drop a food treat and the dog gets up to get it, just ignore this behavior. Do not correct your dog; he did not make the mistake and you did not deliberately drop the treat. Just start at the last point of success.

The Protocol

The protocol is a program that was designed so that your dog could learn from it without becoming stressed and without the tasks becoming too predictable. It deliberately intersperses long activities with short ones. You may have to adjust some activities to your particular needs. Initially, if your dog cannot hold a position for 5 and 10 seconds, reduce the time to 2 and 5 seconds, or even 1 and 3 seconds, gradually building up to successful completion of the exercises as written. The protocol is a foundation for desensitizing and counter conditioning your dog to situations in which he/she currently reacts inappropriately.

Each page below can be used as one day's tasks. Theoretically the tasks are grouped in 5- to 10-minute units based on perfect performance. But, it is unlikely that your dog will perform perfectly! Allow about 15 minutes in your schedule for each session. Never go over 15 minutes! Watch your dog's cues. End the session early—on a positive note—if you or your dog becomes impatient or shows any signs of stress. In other words, work only as long as both you and your dog are enjoying the session. If you push your dog past her limits, you induce anxiety—and your dog will backslide.

When your dog is able to perform all of the tasks and exercises off lead in one location (the living room for example), repeat them all in another room (the kitchen or family room) and then outside (your backyard) and then move to a park. Be sure to use a leash in any unfenced or public area (if you don't already have one, purchase a 30-40' nylon training lead). When the dog performs all the tasks perfectly in all places with all her handlers, you are ready for more specific counter-conditioning, which can focus on your dog's specific problems.

If possible, videotape your sessions! Not only can you show your professional trainer and/or vet what you are doing, but you can also become more aware of your cue, clicker, and reinforcement skills. Remember, your dog's behavior can only be as precise as your training skills!

Finally, remember that your dog will give you lots of cues about how it feels. You are rewarding the physical changes associated with relaxation and therefore you are also rewarding the underlying physiological states associated with relaxation. If your dog is



relaxed, his body is relaxed—not stiff, if in a settle position one paw may be turned under—not clinching the floor with toenails, her jaws are relaxed—not tense, his ears are alert or cocked—not rigid or pulled backwards, her head is held gently at an angle—not looking away or leaning forward, his tail is relaxed or wagging—not held high or tucked, and his eyes are calm and adoring—no white half-moons showing! On the other hand, if you reward fear, tension, aggression, or avoidance behaviors, you will make no progress.

Good luck, and do not get discouraged. Many dogs go through a period of 3 to 7 days when their behavior gets worse before it improves. For perhaps the first time in his life your dog has a rule structure she must follow to be rewarded, and he may get frustrated while learning that undesired behavior gets ignored! As she discovers she is rewarded for being relaxed and happy, her behavior will improve. This protocol is actually more difficult for people than their dogs. Why? Because we don't have as much patience nor are our observation skills as good as our dogs! Hang in there with patience and be prepared to end any session early—on a positive note, of course!

PROTOCOL TASK SHEETS

The task is listed on the left. To the right is a space for your comments about the degree of difficulty of the task for the dog, how many times a task had to be repeated, or other questionable behaviors that appeared during the task. You should discuss these with your professional trainer/veterinarian during our next meeting.

Remember after each task to mark (click) and reinforce (with one small treat) for perfect performance before going on to the next task. Each set of exercises is designed for a day or a block of time. Warm-up and cool-down periods are provided.

For Future Repetitions

1. Repeat all tasks in different locations inside the house
2. Repeat all tasks with all handlers/family members
3. Repeat exercises in you yard at a time when distractions are low; slowly increase distractions
4. Repeat exercises at park a time when distractions are low; slowly increase distractions
5. Back at home: Chain some cues together so that only every second or third task being rewarded with a Click/Treat (Give the cue for the behavior you wish to chain at the instant you would have clicked)

References

- Overall, Karen. 1997. *Clinical Behavioral Medicine for Small Animals*. Publisher, City, XXX pp. NOTE (2/17/2012): I am told by a colleague that a 2nd Edition of this book is in press – CSS
- Pryor, Karen. 2006. *What is Clicker Training?* Karen Pryor Clicker Training. URL: <http://www.clickertraining.com/whatis>
- Pryor, Karen. 2002. *Fifteen Tips for Getting Started with a Clicker*. Karen Pryor Clicker Training. URL: <http://www.clickertraining.com/15tips>
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Day 1: Dog's Task

Sit for 5 seconds

Sit for 10 seconds

Sit while you take 1 step back and return

Sit while you take 2 steps back and return

Sit for 10 seconds

Sit while you take 1 step to the right and return

Sit while you take 1 step to the left and return

Sit for 10 seconds

Sit while you take 2 steps back and return

Sit while you take 2 steps to the right and return

Sit for 15 seconds

Sit while you take 2 steps to the left and return

Sit while you clap your hands softly once

Sit while you take 3 steps back and return

Sit while you count out loud to 10

Sit while you clap your hands softly once

Sit while you count out loud to 20

Sit while you take 3 steps to the right and return

Sit while you clap your hands softly twice

Sit for 3 seconds

Sit for 5 seconds

Sit while you take 1 step back and return

Sit for 3 seconds

Sit for 10 seconds

Sit for 5 seconds

Sit for 3 seconds



Day 2: Dog's Task

Sit for 10 seconds

Sit while you take 1 step back and return

Sit while you take 3 steps back and return

Sit for 10 seconds

Sit while you take 3 steps to the right and return

Sit while you take 3 steps to the left and return

Sit for 10 seconds

Sit while you take 3 steps to the right and clap your hands

Sit while you take 3 steps to the left and clap your hands

Sit for 5 seconds

Sit for 10 seconds

Sit while you walk one fourth of the way around the dog to the right

Sit while you take 4 steps back

Sit while you walk one fourth of the way around the dog to the left

Sit for 10 seconds

Sit while you take 5 steps back from the dog, clapping your hands, and return

Sit while you walk halfway around the dog to the right and return

Sit while you walk halfway around the dog to the left and return

Sit for 10 seconds

Sit while you jog quietly in place for 3 seconds

Sit while you jog quietly in place for 5 seconds

Sit while you jog quietly in place for 10 seconds

Sit for 10 seconds

Sit while you jog one fourth of the way around the dog to the right and return

Sit while you jog one fourth of the way around the dog to the left and return

Sit for 5 seconds

Sit for 10 seconds



Day 3: Dog's Task

Sit for 10 seconds

Sit for 15 seconds

Sit while you take 2 steps backward and return

Sit while you jog 5 steps backward from the dog and return

Sit while you walk halfway around the dog to the right and return

Sit while you walk halfway around the dog to the left and return

Sit while you take 10 steps backward and return

Sit for 15 seconds

Sit while you take 10 steps to the left and return

Sit while you take 10 steps to the right and return

Sit for 20 seconds

Sit while you walk halfway around the dog to the right, clapping your hands, and return

Sit for 20 seconds

Sit while you walk halfway around the dog to the left, clapping your hands, and return

Sit for 10 seconds

Sit while you jog 10 steps to the right and return

Sit while you jog 10 steps to the left and return

Sit while you jog in place for 10 seconds

Sit for 15 seconds

Sit while you jog in place for 20 seconds

Sit for 10 seconds

Sit while you jog backward 5 steps and return

Sit while you jog to the right 5 steps and return

Sit while you jog to the left 5 steps and return

Sit for 5 seconds while you clap your hands

Sit for 10 seconds while you clap your hands

Sit for 10 seconds

Sit for 5 seconds



Day 4: Dog's Task

Sit for 10 seconds

Sit while you jog backward 5 steps and return

Sit for 20 seconds

Sit while you jog halfway around the dog to the right and return

Sit while you jog halfway around the dog to the left and return

Sit while you move three fourths of the way around the dog to the right and return

Sit while you move three fourths of the way around the dog to the left and return

Sit while you jog backward 5 steps, clapping your hands, and return

Sit for 10 seconds

Sit while you clap your hands for 20 seconds

Sit while you move quickly backward 10 steps and return

Sit while you move quickly 15 steps backward and return

Sit for 20 seconds

Sit while you jog halfway around the dog to the right and return

Sit while you jog halfway around the dog to the left and return

Sit while you walk quickly 15 steps to the left and return

Sit while you walk quickly 15 steps to the right and return

Sit for 20 seconds

Sit while you move three fourths of the way around the dog to the right and return

Sit while you move three fourths of the way around the dog to the left and return

Sit while you walk all the way around the dog

Sit while you walk approximately 20 steps to an entrance and return

Sit while you walk approximately 20 steps to an entrance, clapping your hands, and return

Sit while you walk around the dog, quietly clapping your hands, and then return

Sit for 20 seconds

Sit while you jog quickly around the dog

Sit for 20 seconds

Sit for 10 seconds while you clap your hands



Day 5: Dog's Task

Sit for 5 seconds

Sit for 15 seconds

Sit while you walk quickly 15 steps to the right and return

Sit while you walk quickly 15 steps to the left and return

Sit while you walk approximately 20 steps to an entrance and return

Sit while you walk approximately 20 steps to an entrance, clapping your hands, and return

Sit for 20 seconds

Sit while you walk around the dog, clapping your hands

Sit for 20 seconds

Sit for 10 seconds

Sit while you walk quickly backward, clapping your hands, and return

Sit while you walk approximately 20 steps to an entrance and return

Sit while you walk approximately 20 steps to an entrance, clapping your hands, and return

Sit while you go to an entrance and just touch the doorknob or wall and return

Sit for 10 seconds

Sit while you walk quickly backward, clapping your hands, and return

Sit while you walk approximately 20 steps to an entrance and return

Sit while you walk approximately 20 steps to an entrance, clapping your hands, and return

Sit while you go to an entrance and just touch the doorknob or wall and return

Sit for 20 seconds

Sit while you walk approximately 20 steps to an entrance, clapping your hands, and return

Sit while you go to an entrance and just touch the doorknob or wall and return

Sit for 10 seconds

Sit while the doorknob is touched or you move into entryway and return

Sit for 10 seconds

Sit for 15 seconds while you clap your hands

Sit for 10 seconds while you jog in place

Sit for 5 seconds



Day 6: Dog's Task

Sit for 10 seconds

Sit for 20 seconds while you jog back and forth in front of the dog

Sit for 15 seconds

Sit while you walk approximately 20 steps to an entrance and return

Sit while you walk quickly backward, clapping your hands, and return

Sit while you go to an entrance and just touch the doorknob or wall and return

Sit for 20 seconds while jogging

Sit while you walk around the dog

Sit while you walk around the dog, clapping your hands

Sit for 15 seconds

Sit for 20 seconds

Sit for 30 seconds

Sit while you walk quickly backward, clapping your hands, and return

Sit while you go to an entrance and just touch the doorknob or wall and return

Sit while you open the door or go into the entranceway for 5 seconds and return

Sit while you open the door or go into the entranceway for 10 seconds and return

Sit for 30 seconds

Sit while you walk quickly backward, clapping your hands, and return

Sit while you go to an entrance and just touch the doorknob or wall and return

Sit for 10 seconds

Sit while you go through the door or the entranceway and return

Sit while you go through the door or the entranceway, clapping your hands, and return

Sit while you open the door or go through the entranceway for 10 seconds and return

Sit for 30 seconds

Sit while you disappear from view for 5 seconds and return

Sit for 20 seconds

Sit for 10 seconds while you clap your hands

Sit for 5 seconds



Day 7: Dog's Task

Sit for 10 seconds

Sit for 20 seconds while you clap your hands

Sit while you take 10 steps backward and return

Sit while you walk around the dog

Sit while you go through the door or the entranceway and then return

Sit while you go through the door or the entranceway, clapping your hands, and return

Sit while you open the door or go through the entranceway for 10 seconds and return

Sit for 30 seconds

Sit while you disappear from view for 5 seconds and return

Sit while you go through the door or the entranceway and return

Sit while you go through the door or the entranceway, clapping your hands, and return

Sit while you open the door or go through the entranceway for 10 seconds and return

Sit for 30 seconds

Sit while you disappear from view for 10 seconds and return

Sit while you disappear from view for 15 seconds and return

Sit for 10 seconds

Sit for 15 seconds

Sit for 5 seconds while you clap your hands

Sit while you jog in place for 10 seconds

Sit while you jog three fourths of the way to the right and return

Sit while you jog three fourths of the way to the left and return

Sit while you go through the door or the entranceway, clapping your hands, and return

Sit while you open the door or go through the entranceway for 10 seconds and return

Sit for 30 seconds

Sit while you disappear from view for 15 seconds and return

Sit for 10 seconds

Sit for 5 seconds



Day 8: Dog's Task

Sit for 10 seconds

Sit for 15 seconds while you jog and clap your hands

Sit while you back up 15 steps and return

Sit while you circle the dog and return

Sit while you disappear from view for 20 seconds and return

Sit while you disappear from view for 25 seconds and return

Sit for 5 seconds

Sit for 5 seconds while you sit in a chair (placed 5 feet from the dog)

Sit for 5 seconds

Sit for 15 seconds while you jog and clap your hands

Sit while you back up 15 steps and return

Sit while you circle the dog and return

Sit while you disappear from view for 20 seconds and return

Sit while you disappear from view for 30 seconds and return

Sit for 5 seconds

Sit while you circle the dog and return

Sit while you disappear from view for 20 seconds and return

Sit while you disappear from view for 25 seconds and return

Sit for 5 seconds while you sit in a chair near the dog

Sit while you disappear from view for 10 seconds, sit in a chair for 5 seconds, and return

Sit for 10 seconds

Sit for 20 seconds while you jog and clap your hands

Sit for 15 seconds while you run around the dog

Sit for 10 seconds

Sit for 5 seconds while you turn around

Sit for 5 seconds while you sit in a chair near the dog

Sit while you disappear from view for 10 seconds, sit in a chair for 5 seconds, and return

Sit for 10 seconds



Day 9: Dog's Task

Sit for 5 seconds

Sit for 10 seconds while you turn around

Sit for 5 seconds while you jog

Sit while you walk around the dog

Sit while you jog around the dog

Sit while you jog around the dog, clapping your hands

Sit while you jog twice around the dog

Sit for 10 seconds

Sit for 15 seconds while you clap your hands

Sit for 20 seconds

Sit while you move three fourths of the way around the dog to the right and return

Sit while you move three fourths of the way around the dog to the left and return

Sit while you disappear from view for 10 seconds and return

Sit while you circle the dog and return

Sit while you disappear from view for 20 seconds and return

Sit while you disappear from view for 25 seconds and return

Sit for 5 seconds while you sit in a chair near the dog

Sit while you disappear from view for 10 seconds, sit in a chair for 5 seconds, and return

Sit for 10 seconds

Sit while you bend down and touch your toes

Sit while you stretch your arms

Sit while you stretch your arms and jump once

Sit while you touch your toes 5 times

Sit while you stretch your arms and jump 3 times

Sit for 15 seconds

Sit for 10 seconds

Sit for 5 seconds



Day 10: Dog's Task

Sit for 5 seconds while you clap

Sit for 10 seconds while you touch your toes

Sit for 15 seconds while you sit in a chair

Sit while you walk quickly 15 steps to the right and return

Sit while you walk quickly 15 steps to the left and return

Sit while you walk approximately 20 steps to an entrance and return

Sit while you disappear from view for 5 seconds and return

Sit while you disappear from view for 10 seconds and return

Sit while you disappear from view for 15 seconds and return

Sit for 10 seconds

Sit for 5 seconds

Sit while you walk quickly 15 steps to the right and return

Sit while you walk quickly 15 steps to the left and return

Sit while you approximately 20 steps to an entrance and return

Sit while you disappear from view for 5 seconds and return

Sit while you disappear from view for 10 seconds and return

Sit while you disappear from view for 15 seconds and return

Sit while you disappear from view for 5 seconds, knock softly on the wall, and return

Sit for 5 seconds

Sit while you disappear from view for 5 seconds and return

Sit while you disappear from view for 10 seconds and return

Sit while you disappear from view for 15 seconds and return

Sit while you disappear from view for 5 seconds, knock softly on the wall, and return

Sit while you disappear from view, knock quickly but softly on the wall, and return

Sit for 5 seconds

Sit while you disappear from view for 10 seconds, knock softly on the wall, and return

Sit for 10 seconds

Sit for 5 seconds



Day 11: Dog's Task

Sit for 5 seconds

Sit for 10 seconds

Sit while you disappear from view, knock quickly but softly on the wall, and return

Sit for 5 seconds

Sit while you disappear from view for 10 seconds, knock softly on the wall, and return

Sit for 30 seconds

Sit while you disappear from view, ring the doorbell, and immediately re-turn

Sit while you disappear from view, ring the doorbell, wait 2 seconds, and return

Sit for 30 seconds

Sit while you disappear from view, ring the doorbell, and immediately re-turn

Sit while you disappear from view, ring the doorbell, wait 5 seconds, and return

Sit for 30 seconds

Sit while you disappear from view, ring the doorbell, and immediately re-turn

Sit while you disappear from view, ring the doorbell, wait 10 seconds, and return

Sit for 5 seconds while you jog around the dog

Sit while you walk around the dog

Sit while you jog around the dog

Sit while you jog around the dog, clapping your hands

Sit while you jog twice around the dog

Sit for 10 seconds

Sit for 15 seconds while you clap your hands

Sit for 20 seconds

Sit while you move three fourths of the way around the dog to the right and return

Sit while you move three fourths of the way around the dog to the left and return

Sit while you disappear from view for 10 seconds and return

Sit while you circle the dog and return

Sit for 10 seconds

Sit for 5 seconds



Day 12: Dog's Task

Sit for 10 seconds

Sit for 5 seconds while you clap your hands

Sit for 15 seconds

Sit for 20 seconds while you hum

Sit while you disappear from view for 20 seconds and return

Sit while you disappear from view for 25 seconds and return

Sit for 5 seconds while you sit in a chair near the dog

Sit while you disappear from view for 10 seconds, sit in a chair for 5 seconds, and return

Sit for 15 seconds

Sit for 20 seconds while you hum

Sit while you disappear from view for 20 seconds and return

Sit while you disappear from view for 25 seconds and return

Sit while you move three fourths of the way around the dog to the right and return

Sit while you move three fourths of the way around the dog to the left and return

Sit while you disappear from view for 10 seconds and return

Sit while you circle the dog and return

Sit for 10 seconds

Sit while you disappear from view, knock quickly but softly on the wall, and return

Sit for 5 seconds

Sit while you disappear from view for 10 seconds, knock softly on the wall, and return

Sit for 30 seconds

Sit while you disappear from view, ring the doorbell, and immediately return

Sit while you disappear from view, ring the doorbell, wait 2 seconds, and return

Sit for 30 seconds

Sit while you disappear from view, say "hello," and return

Sit while you disappear from view, say "hello," wait 3 seconds, turn

Sit for 10 seconds

Sit for 5 seconds and return



Day 13: Dog's Task

Sit for 5 seconds

Sit for 15 seconds while you hum

Sit for 15 seconds while you clap your hands and hum

Sit while you disappear from view for 20 seconds and return

Sit while you disappear from view for 25 seconds and return

Sit for 5 seconds while you sit in a chair near the dog

Sit while you disappear from view for 10 seconds, sit in a chair for 5 seconds, and return

Sit for 5 seconds

Sit for 10 seconds

Sit while you disappear from view, knock quickly but softly on the wall, and return

Sit for 5 seconds

Sit while you disappear from view for 10 seconds, knock softly on the wall, and return

Sit for 30 seconds

Sit while you disappear from view, ring the doorbell, and immediately return

Sit while you disappear from view, ring the doorbell, wait 2 seconds, and return

Sit for 30 seconds

Sit while you disappear from view, say "hello," wait 5 seconds, and return

Sit while you disappear from view, knock or ring the doorbell, say "hello," wait 5 seconds, and return

Sit for 30 seconds

Sit while you disappear from view, say "hello," wait 5 seconds, and return

Sit while you disappear from view, knock or ring the doorbell, say "hello," wait 5 seconds, and return

Sit for 20 seconds while you hum

Sit for 15 seconds while you clap your hands

Sit for 5 seconds

Sit while you jog around the dog

Sit for 10 seconds while you clap your hands and hum

Sit for 5 seconds while you jog in place

Sit while you jog around the dog, humming



Day 14: Dog's Task

Sit for 10 seconds

Sit for 10 seconds

Sit for 5 seconds while you clap your hands and hum

Sit while you run around the dog

Sit while you walk back and forth to the door

Sit while you leave the room, quickly knock or ring the doorbell, and return

Sit for 5 seconds

Sit for 10 seconds

Sit for 10 seconds

Sit for 5 seconds while you clap your hands and hum

Sit while you run around the dog

Sit while you walk back and forth to the door

Sit while you leave the room, quickly knock or ring the doorbell, and return

Sit for 5 seconds

Sit for 10 seconds

Sit while you disappear from view for 10 seconds, knock softly on the wall, and return

Sit for 30 seconds

Sit while you disappear from view, ring the doorbell, and immediately return

Sit while you disappear from view, ring the doorbell, wait 2 seconds, and return

Sit for 30 seconds

Sit while you disappear from view, say "hello," wait 5 seconds, and return

Sit while you disappear from view, knock or ring the doorbell, say "hello," wait 10 seconds, and return

Sit for 30 seconds

Sit while you disappear from view, say "hello," wait 10 seconds, and return

Sit while you disappear from view, knock or ring the doorbell, say "hello," wait 10 seconds, and return

Sit for 20 seconds while you hum

Sit for 20 seconds

Sit for 5 seconds



Day 15: Dog's Task

Sit for 10 seconds

Sit for 5 seconds

Sit for 15 seconds while you clap your hands and hum

Sit while you disappear from view, knock or ring the doorbell, say "hello," talk for 10 seconds, and return

Sit for 20 seconds while you hum

Sit while you disappear from view, say "hello," invite the imaginary person in, wait 5 seconds, and return

Sit for 10 seconds

Sit for 5 seconds

Sit while you disappear from view, say "hello," invite the imaginary person in, wait 10 seconds, and return

Sit while you disappear from view, say "hello," talk (as if to someone) for 5 seconds, and return

Sit for 5 seconds while you clap your hands and hum

Sit while you run around the dog

Sit while you walk back and forth to the door

Sit while you leave the room, quickly knock or ring the doorbell, and return

Sit for 5 seconds

Sit while you leave the room, knock or ring the doorbell for 3 seconds, and return

Sit while you leave the room and knock or ring the doorbell for 5 seconds

Sit while you leave the room and talk for 3 seconds to people who are not there

Sit while you leave the room and talk for 5 seconds to people who are not there

Sit while you leave the room and talk for 10 seconds to people who are not there

Sit while you run around the dog

Sit for 10 seconds while you sit in a chair

Sit for 30 seconds while you sit in a chair

Sit for 15 seconds while you clap your hands and jog

Sit for 5 seconds