

the **UP** **DOWN** Game



PATTERNS GAMES ARE A REPETITIVE, PREDICTABLE FRAMEWORK OF CUES AND BEHAVIOURS THAT HELPS THE LEARNER PROCESS THE ENVIRONMENT BY WEAVING THE UNEXPECTED INTO THE SAFETY NET OF THE EXPECTED.

This exercise teaches your dog that it is reinforcing to make eye contact with you. Your dog will learn that looking at you is a good choice, even with distractions. Over time, your dog will learn that the presence of other people, dogs, animals, and unfamiliar objects are all cues to look at you.

BEGIN THE GAME ▶

Place a treat on the ground for your dog to eat. While they are eating, stand up straight, and as you want your dog's attention on your face.



UP ▲

Wait for your dog to look up at you. When they do, mark with a "YES".



DOWN ▼

Place another treat on the ground.

Go back to step 2 and wait for your dog to look back at you.



ADDITIONAL TIP #1

Most dogs will look at you when they have finished eating the treat. If it takes your dog several seconds to look at you, that's okay; wait.

ADDITIONAL TIP #2

If you find that your dog is not looking at you, even after several seconds, build eye contact by 'marking' and treating for small movements towards you. 'Mark' when your dog turns slightly towards you, and then when they turn their head further towards you, and so on until they are finally making eye contact with you.