STEP BY STEP INSTRUCTIONS

Crazy to Calm Game

1 GET EXCITED AND GO CRAZY

Get excited and go crazy with your dog.

If you have a dog that is really mouthy or you need to help to hype them up, you can wave a toy around to get them excited but do not let them get it.



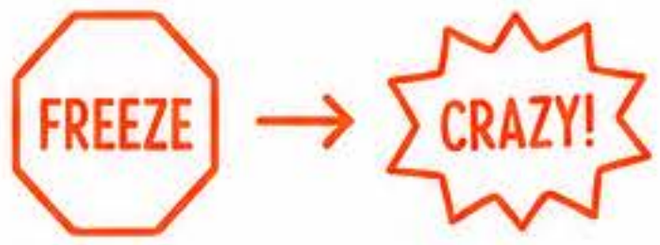
2 FREEZE AND WAIT FOR A SIT

Once your dog is crazy, freeze and tuck your arms up (including the toy if you use one) and wait for your dog to naturally sit. Be patient.
If after 5 seconds they haven't sat you can either lure or ask them to sit.
Bridge the moment they sit and then start to go crazy again.
The playing is the reward for the bridge but you can also food reward before playing again so they get a double reinforcement.
You're teaching your dog that when we freeze and go still, they need to drop their adrenalin too, and relax.



3 PAIR THE COMMANDS

Pair the command "Freeze" to the action to stopping and sitting.
Pair the command "Crazy" or "Ready, go" to going crazy – as long as you are consistent with your commands.



4 PLAY WITH DURATION

Play around with the duration of play versus the duration of the freeze.
Remember the longer you play with your dog in a crazy state, the harder it will be for them to calm down.
Start short and increase slowly.



5 ADD DISTANCE

Your dog should automatically sit when you stop when you are up to this step.
Now go crazy with your dog and freeze. The moment your dog stops and sits off your freeze, step away from them and bridge. Double reward them for this step by returning to them and giving them a treat reward and then going crazy again.
Slowly work on increasing the number of steps away from your dog before you bridge and reward.
This step is to teach your dog not to bite at your ankles or clothes the moment you turn your back to your dog and walk away from them.



