



Arousal levels

Go on, you can giggle at the word arousal, we won't judge! Learning to read your dogs arousal levels will revolutionise your training.

Being conscious of what level your dog is at is an absolute game changer in dog training. We like to think about dogs as having three levels.

GREEN... dogs are pretty chill, they're calm but responsive and can use their whole brain for learning. This is where we want to teach out dog new skills!

AMBER... dogs are aware of what's going on around them but they still have at least 50% of their brain available for listening and learning. This is where the magic happens when you start playing games they have already learned at level one!

RED... dogs lose their brain. You cannot train this dog right now. You need to leave the situation and try again when your dog gets their brain back.

So how on earth do you know what level your dog is at?!

Body language!! Dogs are excellent communicators and learning to read their body language is your first step to successful training.

Green body language

- Relaxed tail
- Ears in usual position
- Little to no tension in the face or body
- Able to respond to cues

Amber body language

- High, stiff tail
- Ears will prick up or forward
- Weight will shift forward
- Head held high
- May be slower to respond to cues

Red body language

- Barking
- Lunging
- Growling
- Running around like a hooligan
- Pulling in all directions
- Unable to respond to cues

