



The Bucket

Pain/Discomfort

Exciting things

Worrying things

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Sleep

Sniffing

Shredding

Safety

Chewing

Dog time

Calmness

Confidence

Disengagement skills

Optimism

Flexibility

Emptying the Bucket

Sleep

Sleep is essential for hormone regulation as well as general brain function and physical health.

Puppies: 18-20 hours a day

Adolescents: 16-18 hours a day

Adults: 12- 14 hours a day

Dog Time

Opportunities to engage in natural behaviours that help dogs decompress are essential for managing stress levels. This can be done with your dogs daily food allowance.

Calming activities for dogs include:

Sniffing

- Scattering kibble in the garden,
- Wrapping treats in a towel,
- Feeding from snuffle mats
- Hiding food or toys for them
- to find.

Licking

- Lickmats
- Stuffable toys (kongs/ toppls)

Chewing

- Long lasting edible chews
- Chew toys

Shredding

- Wrapping kibble in packaging paper
- Creating puzzle toys from cardboard boxes

It's also advisable to provide your dog with an opportunity to decompress after any stressful/ high arousal event. For example you may give them a lick mat after a trip to the vet or a long lasting chew after a walk to help them settle and switch on that parasympathetic nervous system.

Bucket Fillers

Determine the exciting/worrying events or situations that are filling your dog's bucket. Decide whether you are going to:

Ditch It – Events that may not be best for your dog and are very bucket filling. Ditch it while you work on your dog's struggles.

Switch It – Are there things you can do to make the situation less bucket filling for your dog?

Switches and ditches can be temporary while we work on changing your dog's responses to different situations

Bucket Filler

Ditch it

Switch it

Bucket Fillers

Bucket Filler

Ditch it

Switch it

