



# Find it!

Sniffing is an incredible way to help dogs calm down. Whether they're worried, frustrated or excited, getting their nose down is my go to for helping bring them back to the green zone. This game puts sniffing out treats on cue, allowing us to ask for the behaviour when needed.

## To play:

1. Grab a small handful of food rewards and make sure you have your dogs attention.
2. When your dog is looking at you, say "Find it" and throw the treats down to the ground in front of you. As you throw them make a big gesture towards the ground with your arm. This visual cue will become an important part of the picture.
3. As they're sniffing, continue to add additional treats to the same spot to keep their nose down.

**If your dog is struggling to find the treats, practise on a flatter surface or use treats that have a stronger smell or contrast better with the ground.**

4. Practise a few more times while your dog is looking at you. When they start to automatically look to the ground when they hear the words 'find' it, move onto the next step.

5. Wait until your dog is close by but not looking at you, or particularly focused on anything else cue "find it" and scatter the treats as before.

6. If they start sniffing on cue you can then try this around distractions. Start with the distraction far enough away that your dog can see it but still respond to known cues.

## When to use this:

- When your dog is creeping into the red zone and needs help calming down
- After your dog has had a big response to something
- If you're not able to move far enough away for a trigger to pass without your dog reacting, but they're likely to be able to glance at it and continue sniffing.

**I don't recommend using this tool when there are other dogs or animals near by as it may encourage them to come closer.**