



# Look at it...

This game is an absolute game changer for dogs who get super focused on things like people, dogs or even objects.

The 'look at it' game is designed to help change your dogs association with the thing that worries them. For example, if the appearance of a stranger worries your dog; this game helps change your dogs thoughts on strangers by making them a predictor of lovely stuff happening. So stranger = good stuff!

## To play the look at it game:

1. Load yourself up with your dogs absolute favourite treats
2. Go somewhere you're likely to see the thing your dog is worried about
3. Stay at the periphery with a good distance between you and the scary thing!
4. When your dog simply looks at the thing they're worried by, say "good" and lean over to give them a treat
5. Repeat, repeat, repeat! Soon your dog will be looking at the scary thing and then turning round to check in and look at you straight away!

## Tips for success:

1. Keep sessions short and sweet; it's hard looking at the thing you're scared of for a long period of time. Think 5-10 minute sessions.
2. Keep your distance from the scary thing; if they're showing their weird and wonderful behaviour, they're too close. Step back so they're able to watch without reacting.
3. Practice often. In order for this message to really hit home we need to repeat it lots and lots! You'll find the more you practice, the quicker your dog turns to look at you; hurrah! You'll also find they're calmer when they see the scary thing and you can start edging a little closer with your training sessions