



Magic Mat

The Magic Mat Game will teach your dog that it's super rewarding to stay on their mat. This can help reduce following you round the house, jumping on visitors and help teach them the art of doing nothing.

You will need:

- A mat that you'll only use for this training (and will put away when not training)
- Lots of food rewards

Rules of the Mat!

Work in sets of five tries.

- If your dog gets it right four or five times out of five, move to next step.
- If your dog gets it right three times out of five, repeat the current step.
- If your dog gets it right one or two times out of five, drop to the previous step.
- Always reward your dog in a down position by placing the treat between their front paws. If they get up when you're reaching for treats after a distraction, get them back into a down before giving the treat.

The more you practice this, the more magic the mat will become. Once this behavior is solid, you can start to take the mat on the road, which is great for trips to the vets, visiting friends, or trips to pubs and cafes.

Magic Mat



Step Number	What your dog needs to do to earn a treat.
1	Hold a down for 1 second with a treat 2 feet away from the dog at his nose level.
2	Hold a down for 3 seconds with a treat 2 feet away from the dog at his nose level.
3	Hold a down for 1 second with a treat 2–3 feet away on the ground. (If he moves, cover or grab the treat so he can't pick it up.)
4	Hold a down for 3 seconds with a treat 2–3 feet away on the ground.
5	(Stand on the other side of dog.) Hold a down for 1 second with a treat 2–3 feet away on the ground.
6	(Stand on the other side of dog.) Hold a down for 3 seconds with a treat 2–3 feet away on the ground.
7	Hold a down while you take 1 step to the side and back.
8	Hold a down while you take 2 steps to the side and back.
9	Hold a down while you take 3 steps around the dog and back.
10	Hold a down while you walk halfway around your dog and back.
11	Hold a down while you walk a full circle around the dog.
12	Repeat steps 7–11 in the other direction.
13	Hold a down while you walk 6 feet across the room, and return immediately.



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Step Number	What your dog needs to do to earn a treat.
14	Hold a down while you step to doorway, and return immediately
15	Hold a down while you step out of the room into the hallway and return immediately.
16	Hold a down while you step out of the room and close door and return immediately.
17	Hold a down while you go into an adjoining room and return immediately.
18	Hold a down while you go into an adjoining room and close door, and return immediately
19	Hold a down while you step to doorway and return immediately.
20	Hold a down while you step out of room into the hallway and return immediately
21	Hold a down while you step out of room and close door, and return immediately.
22	Hold a down while you go into an adjoining room and return immediately.
23	Hold a down while you go into an adjoining room and close door then return immediately.