



# The up down game

It really doesn't get much simpler than this! This is a really easy pattern game that helps capture focus.

## To play:

1. Grab a handful of treats and capture your dogs attention.

We're not looking for eye contact here, we just want your dog to glance in your direction to start with.

2. Put a treat on the floor in front of you and let your dog get it (the first one is free!)

When they get really good at the game we can start waiting until they look at our faces before marking and rewarding if we want to, but keep it simple to start with.

3. WAIT. Don't make any noise, just stand still and wait!

4. The second they glance in your direction mark 'GOOD' and pop another treat on the floor in front of you.

5. Turn into a tree again, still and silent.

6. The second they look at you mark 'GOOD' and pop a treat on the floor again

7. Repeat, Repeat, Repeat!