

Mat work – (work with things like a towel, washcloth, dog bed, etc.) cue = send to mat & dog lies down	
	Set mat down and put a treat on it, click for feet on the mat, reward on mat, toss reset cookie and pick up the mat. Repeat several times.
	Move the mat around to new spots
	Lure pup into a down on the mat- be aware of muscle fatigue with too many reps
	Work 2 bowl game then put mat between 2 bowls. Dog on mat = “dish” then treat in the bowl
	Lure/Wait for down on mat between 2 bowls
	Move mat away from me and the bowls to create arch path
When the pup is actively seeking the mat and lying down on it as soon as it is put on the floor:	
	Add “place” cue as dog is going to mat- +R on mat with T&T - recall re-set
	Gradually move away from the mat to work on distance
	Send from different positions relative to the mat (to my side, behind me, between dog and me, etc.)
	Increase duration of wait on mat before +R delivery
	1-3 sec. of waiting = get treat out of the bowl or treat from hand
	3-5 sec.
	Add minor distractions (walking around in front of dog)
	Increase distractions (skipping, jumping around, opening door)
	Increase duration 5-10 sec with me standing still
	10-15 sec.
	Add minor distractions (walking around)
	Increase distractions (skipping, toss toy, drop food)
	Take it on the road- Chill on mat in mildly distracting environment
	Increase duration and wait for relaxation before the release
	Increase distractions/new environment- high drive dog=reward relaxation
	Work on on/off switch games (off mat = play On mat = relaxed body) https://youtu.be/Q5pFpJkbWA0
	If dog needs more energy when coming off the mat, can play tug games with dog ON the mat then release. Also release to high drive activities.
	Mat- agility obstacle – mat (relaxation re-starts the game)
	Mat – call off to tug game – send to mat (relaxation re-starts the game)
	Use mat when making food/prepping dog food
	While I eat
	During stationary activities- games, dog sports, seminars, classes
	When visitors come to the door
	When training multiple dogs-stationing