



## **Check-in with Me Pattern Game**

The check-in-with-me pattern game can be a helpful tool to encourage and reinforce focus on you. Teaching your puppy or dog to check-in with you has a trickle down effect that helps your dog focus in distracting environments, and can greatly improve skills like leash walking and recall!

What is a check-in? A dog's sense of smell is 50X stronger than ours, so it can be said that they see the world with their nose. Dogs don't naturally just stare at us when we walk them, especially when there are so many great smells in the world! We can encourage them to "check-in" periodically by either reinforcing the moments that your dog chooses to look at you on their own, or by using the check-in-with-me game.

There is no cue (word like "sit" or "down") for this behavior! Be sure to read the following Behavior Blueprints before attempting this exercise:

- Marking Mechanics (Must Reads)

This game can be played on or off-leash. Follow the steps below to teach this skill to your dog.

## Teach Your Dog How to Play the Check-in-with-Me Pattern Game



**Step 1:** Start with your dog facing you. Your pup can be in **any** position, not just the sit! Place a treat on the ground near or between your feet and say “**go find it,**” and then let them eat it.



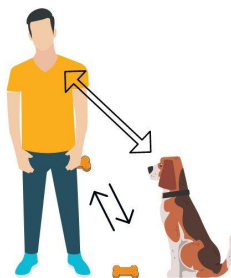
**Step 2:** Let your dog bend down to eat the treat, then wait for them to look back up at you. Don't say anything to your puppy!



**Step 3:** Mark “yes!” when your dog looks back up at you, then say “go find it” and place another treat **on the ground** for them to eat.



**Step 4:** Repeat! Your dog will bend down to eat the treat, then wait for them to look back up at you.



**Step 5:** Continue to repeat this game until your dog looks back up at you immediately after they finish the treat on the ground.