

Building Self-Control with Fun Games!

Is your dog struggling to control their impulses? We have two games to help!

By incorporating fun activities like the Flying Cookie Game and the Food Bowl Game, you can build your pup's impulse control. The key is to let your dog offer the behavior of sitting voluntarily, without using a verbal cue. This approach helps them learn to make good choices independently. It teaches your dog to default to sitting and to work to guess what you may want!

1. Playing the Flying Cookie Game

1. Arm yourself with small, soft treats.
2. Stand in front of your dog and wait for them to offer a sit on their own. No verbal cues—just be patient!
3. Once they sit, gently deliver a treat into their mouth.
4. Next while they are sitting fly the cookie around their head and near their mouth, if they stay seated, the cookie flies into their mouth. If they stand or jump, fly the cookie behind your back and reset by waiting for the sit again.
5. Repeat several times, keeping it light and fun.
6. Develop crazy flight patterns.
7. Build up to flying two cookies at the same time!

2. Playing The Food Bowl Game

1. Prepare your dog's food and hold the bowl behind your back.
2. Wait for your dog to offer a sit on their own. Stay still and patient—let them figure it out!
3. Once they sit, slowly lower the bowl toward the ground.
    - If your dog stands or moves toward the bowl, lift it back up and wait for them to sit again.
4. Place the bowl down only when they remain seated. Once it's down, release them with a cheerful "okay" to eat.
5. If your dog is consistently successful, add duration eye contact to the game. Your dog sits and stares at you!
6. For an even bigger challenge, merge the flying cookie and food bowl game and fly the food bowl around prior to lowering and releasing your dog.

Both games teach your dog that calm, self control behavior gets them what they want—whether it's a treat or a meal.

Pro Tips:

- Keep sessions short and positive. End on a high note!
- Always use treats or food that your dog loves to keep them motivated.

Self-control is a lifelong skill that benefits both you and your pup in countless situations. Start playing these games today and watch your dog's patience and focus grow! 

Need more help teaching your chaotic canine to be a calm companion?

Email us at LoveDogs@CourteousCanine.com for more information on how we can be of assistance!

Courteous Canine, Inc.

Results the FUN way!