

## **THINGS TO DO WHEN IT'S: RAINING, HOT, COLD, YOU'RE NOT FEELING WELL, INSERT YOUR EXCUSE HERE!**

It happens. It rains sometimes in Arizona. It gets really, really hot in Arizona. Sometimes it's actually cold! There are days you just don't feel up to doing a full workout with your dog. We all have those days when we just can't do it. There are things you can do on those days! Seriously! Your dog is always learning. Your dog always needs something to do (unless they're the sick one!). Here is a list of ideas to try for "those days". You don't have to do them all. But try a few sometime. They can be fun.

- 1.If you have stairs, work on having your dog wait until the humans make it up or down the stairs before they race up or down. At the least, they should walk quietly to the side and behind the human.
- 2.Play hide and seek. Dogs can look for toys, treats or humans. Send them to find the kids or hide yourself. Start this game in plain sight and gradually make it tougher.
- 3.Even puppies can crawl or jump over low obstacles and weave around obstacles. The obstacles don't have to be fancy. Use a pillow, a book, etc.
- 4.Teach your dog to go to place – a chair, a rug, whatever you want. Name the place. "Rover, chair!" "Rover, rug!"
- 5.Teach your dog any tricks you want – shaking paw, high five, sit and beg, play dead, fetch (how valuable is it going to be to have a dog pick up your socks when you don't feel like bending over?), pray, bow, the varieties are endless!
- 6.Put slats, broom handles or similar on the floor about 10 – 12 inches apart and have your dog walk through them, picking up his/her feet so they don't move the items.
- 7.Put laundry baskets around and have your dog jump in and out and even sit or down in them.
- 8.Play follow the leader and have your dog follow you through the house or yard.
- 9.Practice calling your dog when s/he's in another room.
- 10.Teach your dog to go into his/her crate on command.
- 11.Teach your dog to pick up their toys and put them into the toy box.
- 12.Practice sit stays, long down stays and out of sight stays.
- 13.Practice "sit on the dog".
- 14.Practice "move the dog" (making space).
- 15.Practice yo-yos (doggie push-ups).
- 16.Practice settle (lying on their side quietly with their head down).
- 17.Teach your dog to, on command, put their head down onto their paws during a down.
- 18.Teach a commando (recon) crawl.
- 19.Teach your dog names of body parts: "This is your right paw. This is your right foot. This is your right ear." etc. I know it sounds a little silly, but there is a whole methodology that uses this concept and it works. It can make it easier for your dog at the vet: "Rover, we are picking up your right paw.". I've truly seen dogs become much easier to work with!
- 20.Go over your dog from nose to tail, searching for bumps and lumps, etc. The more familiar you are with your dog's body, the faster you will notice anomalies.

**Now dream up your own! Have fun! Enjoy your dog! Ask me if you don't know how to do any of the above.**