PUPPY
PANIC.

A PRACTICAL GUIDE + WORKBOOK

The New Puppy Owner *Survival Guide*

Build a kinder routine.
Teach useful skills.
Enjoy the small wins.

INSIDE

7-day challenge
50 training cues
Printable worksheets



puppypanic.com

WELCOME / YOUR ROAD MAP

A calmer start begins with one small step.

You do not need a perfect puppy or a perfect routine. You need a safe setup, a few useful skills and a way to notice what is working. Start with today's needs; return to the next lesson when your puppy is ready.

START HERE	PAGE	KEEP & USE	PAGE
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How to use this guide

- Read one lesson, prepare the space and try a few easy repetitions.
- Print the worksheet pages, or type into the HTML version. Browser storage, when available, keeps notes on that device only.
- The seven-day challenge is a suggested order, not a deadline. Repeat or pause any day.

Care note: This is general education, not individual veterinary or behaviour care. Pain, illness, panic, guarding or aggression need professional assessment. Use rewards; avoid fear, pain and forced handling. [1]

Affiliate disclosure: This free guide includes an optional paid course recommendation. Puppy Panic may earn a commission if you buy through its link, at no extra cost to you. The exercises here stand on their own.

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01 / PREPARE & SETTLE

Make the home easier to learn in.

Before teaching a cue, reduce the opportunities for trouble. A smaller, supervised area is often easier to manage than giving a new puppy the whole house at once.

The everyday kit

- [ ] Comfortable bed in a quiet area
- [ ] Stable water bowl and suitable puppy food
- [ ] Well-fitted harness, lead and ID
- [ ] A few appropriately sized chew toys
- [ ] Small training rewards from the food allowance
- [ ] Cleaning supplies stored out of reach

The room-by-room check

- [ ] Cables and chargers out of reach
- [ ] Medicines, cleaners and bins secured
- [ ] Small objects, socks and children's toys removed
- [ ] Plants checked for pet safety
- [ ] Gates, doors and garden boundaries checked
- [ ] Sleeping area protected from disturbance

Agree on three household rules

Choose where your puppy will rest, which door you will use for toilet trips and which words you will use for cues. Keep the answers consistent across adults. Children and puppies need active adult supervision; separate them when an adult cannot watch. [2]

Our puppy's quiet resting area

Our toilet-trip route / location

Who will supervise and cover breaks today?

> **Set up for success:** Put tempting items away before the puppy finds them. Management is part of training, not a failure to train.

Further reading: [2], [3]. Full links on pages 27-28.

01 / PREPARE & SETTLE

The first 48 hours: make the world smaller.



Arrival day

- Offer the planned toilet spot, then a small area to explore. Keep visitors and excitement manageable.
- Show water and the resting area. Keep familiar food initially; ask your vet about diet and meal needs.
- Let your puppy approach people. Keep early interactions gentle and brief.

The next day

- Begin a simple rhythm of toilet opportunities, food, rest and short interaction.
- Reward a few voluntary looks toward you. The first goal is safety and connection.
- Write down what unsettled your puppy and what helped.

Socialisation means comfortable experiences

Notice what your puppy can handle. One quiet person at a distance may be enough for one outing. Pair new sights or sounds with something enjoyable, and allow retreat. Avoid forcing greetings or crowding the puppy. Ask your vet how to balance safe social exposure with local disease risk and vaccination status. [4]

One comfortable new experience to repeat

One thing we will make easier tomorrow

Further reading: [3], [4]. Full links on pages 27-28.

WORKSHEET / DAILY SCHEDULE

Your daily rhythm.

Use events as reminders, then adapt the times to your puppy's age, health and needs. Young puppies need frequent toilet opportunities and cannot follow an adult dog's schedule. This template is a planning aid, not a holding-time rule.

WHEN	PRACTICAL NEXT STEP	OUR TIME / PERSON
On waking	Offer a toilet opportunity; calmly reward success.	**Wake-up plan**
Meals	Follow the appropriate meal plan; make water available.	**Meal plan**
After eating / play	Offer another toilet opportunity and supervise.	**Toilet plan**
While awake	A few easy training repetitions or gentle play.	**Practice plan**
Between activities	Quiet rest with space to sleep undisturbed.	**Rest plan**
Evening	Lower the activity level; prepare the sleep area.	**Evening plan**
Before bed / overnight	Toilet opportunity and support if your puppy wakes.	**Night plan**

Food / portion instructions from our vet

Care cover when I am unavailable

Keep it flexible: Respond to your puppy's signals. Do not withhold water to prevent accidents or stretch toilet breaks to fit a timetable.

Further reading: [3], [5]. Full links on pages 27-28.

02 / TRAINING FOUNDATIONS

Teach the next small success.



A useful lesson is small enough for your puppy to understand and comfortable enough to repeat.

Prepare

Choose a quiet space, nonslip surface and tiny suitable rewards. Take food rewards from the daily allowance when practical.

Mark, then reward

A short word such as “yes” marks the moment you liked. First pair that word with a reward several times. Then use it at the wanted action and follow with the reward. [6]

Stop before it becomes a struggle

Try a few easy repetitions. If your puppy turns away, gets restless or cannot engage, simplify the task or pause. [7]

The practice loop

Set up → Wait for / guide a small action → Mark → Reward → Pause. Add a spoken cue when the action is becoming predictable. Reward-based training is the approach recommended by AVSAB. [1]

> **Choose one change:** Increase distance, duration or distraction separately. An easy skill in the kitchen may need rebuilding outdoors.

Further reading: [1], [6], [7]. Full links on pages 27-28.

02 / TRAINING FOUNDATIONS

Start with attention and a comfortable sit.

Lesson 1 / “Name” means look this way

1. Stand close in a quiet room. Have a small reward ready.
2. Say your puppy's name once in a friendly voice.
3. When they turn or briefly glance toward you, mark and reward promptly.
4. If nothing happens, avoid repeating it louder. Move closer or reduce distractions for the next try.

Use the name for good experiences. Do not use name practice to call your puppy into something frightening. Build distraction slowly and let a small response count. [8,9]

Lesson 2 / Help a sit happen naturally

1. With your puppy standing comfortably, hold a treat near their nose.
2. Move it a little upward and back. If their bottom lowers, mark and reward.
3. Keep the hand low enough to avoid jumping. Never push the puppy into position.
4. When this is easy, use the same hand movement without food in that hand, then reward from the other hand. Add “sit” before the gesture.

> **If sitting looks uncomfortable:** Do not keep repeating the exercise. A voluntary stand or calm pause is useful too; ask your vet about signs of pain.

The easiest place for our name practice

A small response I noticed today

Read Puppy Panic's full attention guide →

Further reading: [8], [9], [10]. Full links on pages 27-28.

02 / TRAINING FOUNDATIONS

Coming back. Walking together.

Recall / make arriving worthwhile

1. Start indoors at a short distance when your puppy is already likely to approach.
2. Say your recall word once and move a little away invitingly.
3. As they reach you, mark and reward generously for the task.
4. Often let them return to a safe activity, so coming back does not always end the fun.

Loose lead / reward the easy steps

1. Begin in a quiet room or secure space with comfortable equipment.
2. Reward your puppy for being near the side you choose.
3. Take one or two steps. Mark and reward while the lead is loose.
4. If the lead tightens, pause. Reset closer and make the next attempt easier.

Keep safety separate from training progress

Use secure boundaries and suitable lead management. A good response at home does not prove recall around roads, wildlife or unfamiliar dogs. Never rely on a newly learned cue to prevent an accident. Choose exercise and outdoor access with your vet's guidance. [11,12]

When the puppy cannot respond

Check the distance and the environment before labelling the puppy stubborn. Move away from the distraction, reduce the task and reward an achievable response. Avoid lead jerks or calling repeatedly while the puppy is overwhelmed.

Our recall word

Where we can practise safely

One distraction we are not ready for yet

Further reading: [11], [12]. Full links on pages 27-28.

02 / TRAINING FOUNDATIONS

“Leave it” and “drop it” are different jobs.

“Leave it” asks your puppy to disengage before taking something. “Drop it” asks them to release something already in their mouth. Practise with safe, low-value items before either skill is urgently needed.

Leave it / reward turning away

1. Start with a low-value treat protected in a closed hand. Keep the hand still.
2. Wait for a moment of moving the nose away; mark and give a better reward from your other hand.
3. Keep repetitions easy. Add a cue once turning away is predictable.
4. Progress with protected items the puppy cannot snatch. Do not test with dangerous objects.

Drop it / offer a fair trade

1. Use a toy the puppy is comfortable sharing.
2. Offer a suitable food reward or another toy without grabbing the first one.
3. When the puppy releases, mark and deliver the trade.
4. Return the safe toy often. Add the cue before a predictable release.

> **Do not turn it into a chase.** Secure hazards before practice. If your puppy stiffens, freezes, growls or guards objects, stop testing and seek qualified help. Do not pry the mouth open or punish warning signals.

Safe practice item

Reward or toy my puppy values more

If something harmful has been swallowed, call a vet immediately. A training cue is not an emergency treatment. See page 20.

Further reading: [13], [14]. Full links on pages 27-28.

02 / TRAINING FOUNDATIONS

Make calm moments and gentle care familiar.

A mat can become a comfortable place

1. Put a familiar mat in a quiet area. Reward voluntary interest and stepping onto it.
2. Place rewards low on the mat. Let your puppy choose to stand, sit or lie comfortably.
3. Notice relaxed moments and reward quietly. Keep the task easy enough to avoid frustration.
4. Later, add a word such as “mat” and practise in another quiet location.

Handling / offer a choice

When your puppy is relaxed, briefly touch a comfortable area such as the shoulder, then reward. Pause. Continue only if they remain comfortable and choose to stay. Practise tiny steps before trying ears, paws or grooming tools. [16]

Read the response

Turning away, lip licking, freezing, struggling or trying to leave can mean the puppy needs more space. Stop and reduce the challenge. A growl is information, not something to punish. Ask a vet about painful handling.

An easy care step my puppy accepts

Their “please stop” signal

What we will change next time

> **Mat practice is not prolonged restraint.** Your puppy still needs toilet breaks, activity, company and comfortable rest. Never force a puppy to stay while frightened.

Further reading: [15], [16]. Full links on pages 27-28.

03 / EVERYDAY BEHAVIOUR

Toilet training: notice the pattern.

Make the right place easy to reach and success easy to repeat. Accidents are information about timing, supervision or a possible health issue.

1. Offer the toilet spot after waking, meals and play, and frequently while your puppy is awake. Watch for sniffing, circling or suddenly wandering away.
2. Go with your puppy. Stay calm and allow time to sniff.
3. Reward promptly after they finish in the right place. Keep the reward ready so the connection is clear.
4. If nothing happens, return to close supervision and offer another opportunity soon. Adjust to the puppy rather than a rigid clock.

If an accident happens

If you notice early signs, calmly guide your puppy to the toilet area. If you find an accident later, clean it without a fuss using a suitable pet-safe cleaner. Scolding after the event does not teach where to go. [5]

Make tomorrow easier

Record the event before an accident: waking, play, a meal or a gap in supervision. Add a toilet opportunity around that event. Arrange care cover when your puppy needs more breaks than your day allows.

The event that most often comes before an accident

One routine change we can make today

> **Ask your vet:** Pain, straining, blood, sudden changes in toileting or repeated accidents despite a suitable routine may need medical assessment. Trouble passing urine can be urgent.

Further reading: [5], [23]. Full links on pages 27-28.

03 / EVERYDAY BEHAVIOUR

Rest is a skill. Comfort comes first.



Introduce a safe resting area

A crate is optional. A suitable pen or puppy-safe room can also help with management. Keep the space comfortable and away from excessive heat, draughts and disturbance.

Build positive associations

Let your puppy explore with the door open. Reward voluntary entry and relaxed moments. Progress in tiny steps, opening the door before your puppy becomes worried. Keep the experience easy. [17]

Pause if worry builds

Persistent crying, frantic movement or attempts to escape mean the plan needs adjusting. Return to an easier step and seek help if distress continues. A crate must never be punishment.

A kinder overnight plan

- Keep your puppy close enough to notice when they wake or need help.
- Offer a quiet toilet opportunity when needed, then support a calm return to rest.
- Check comfort, temperature and signs of illness instead of assuming all crying is attention-seeking.
- Arrange adult support for the first nights and adjust the plan as you learn your puppy's needs.

Where our puppy will sleep tonight

Who will respond if they wake?

Further reading: [3], [17]. Full links on pages 27-28.

03 / EVERYDAY BEHAVIOUR

Give busy teeth a better job.

Puppies explore with their mouths. The practical goal is to manage access, offer suitable outlets and keep interaction comfortable.

When teeth touch skin

1. Keep your response calm. Avoid wrestling hands or waving fingers near the mouth.
2. Offer an appropriate toy before play becomes too excited. Reward play directed to the toy.
3. If biting continues, pause the interaction and create a calm break using a gate or some space.
4. Check whether your puppy needs a toilet trip, a quieter activity or rest. [18]

When household items get chewed

1. Put shoes, cables, laundry and small objects out of reach.
2. Provide appropriately sized puppy chew options and supervise.
3. Inspect toys regularly and remove damaged pieces.
4. If your puppy has a safe item, offer a trade. Do not chase or pry it away. [19]

Notice the moments before the biting

Was play fast? Did someone handle the puppy when they wanted to rest? Did the puppy lose access to a toy? These details help you change the situation before the next incident.

Our puppy tends to mouth more when…

A suitable toy / quieter activity we can offer

> **Get support early:** Biting linked to fear, pain, guarding, escalating intensity or broken skin deserves professional advice. Avoid holding the muzzle shut, shouting or physical punishment.

Further reading: [18], [19]. Full links on pages 27-28.

03 / EVERYDAY BEHAVIOUR

Teach the greeting. Understand the bark.

Four paws can make greetings happen

1. Ask a helper to approach calmly. Use distance or a barrier so the puppy cannot rehearse repeated jumping.
2. Reward while all four paws are on the floor. A comfortable stand is enough.
3. If the puppy jumps, pause the greeting and reset with more space. Avoid pushing or kneeing.
4. Keep visits short and ask everyone to follow the same plan. [20]

Barking has a reason

Notice what happened before it: a sound, movement at the window, frustration, loneliness or worry. Reduce an avoidable trigger and reward a response the puppy can manage, such as turning toward you or settling at a distance. [21]

For example, block a busy window view and offer an easy activity in a quieter room. If barking comes with panic when alone, do not simply wait for silence; seek a gradual, individual support plan.

Trigger we noticed

An easier response we can reward

> **Keep expectations realistic:** Barking is communication. Shouting, startling or punishing may add distress. Sudden behaviour changes, fear or aggression call for professional assessment.

Explore the Puppy Panic greeting guide →

Further reading: [20], [21]. Full links on pages 27-28.

04 / BRAIN GAMES

Little games. Useful thinking.



Mental enrichment gives your puppy appropriate things to explore. It supports a good routine alongside rest, social contact and suitable physical activity.

Set the game up kindly

- Choose a quiet, nonslip area.
- Use a little food from the daily allowance when suitable.
- Stay close and supervise.
- Begin with an obvious answer.
- Stop if the puppy becomes frustrated or starts chewing materials.

Game 1 / Find a visible reward

1. With your puppy watching, place a few suitable food pieces on a clean, open surface.
2. Say “find it” as they begin searching. Let the nose do the work.
3. Next time, spread the pieces slightly farther apart. Keep them visible before making anything harder.

The setup my puppy found easiest

> **Safety first:** Avoid small containers, loose parts and unsuitable foods. Keep other pets separate if food causes tension. Enrichment should not become competition.

Further reading: [22]. Full links on pages 27-28.

04 / BRAIN GAMES

Make the puzzle easy enough to enjoy.

Game 2 / The flat-towel search

1. Lay a clean towel flat on a nonslip floor. Add a few visible food pieces.
2. Let your puppy find them while you supervise.
3. For a comfortable puppy, try one very loose fold with food still easy to reach.
4. If the puppy chews or swallows fabric, stop and choose an open-floor search instead.

Game 3 / A gentle hand target

1. Offer an empty, still palm a short distance from the puppy's nose.
2. Mark a voluntary sniff or nose touch, then reward with the other hand.
3. Move your hand a little and repeat a few easy times.
4. Add “touch” once the action is predictable. Never push the hand into the face. [7]

Use this progression ladder

EASIER	ONE SMALL CHANGE	MAKE IT EASIER AGAIN IF…
Visible food on an open surface	A slightly wider search area	The puppy stops searching or becomes agitated
Food on a flat towel	One loose, easy fold	Fabric chewing replaces the food search
Hand target beside the nose	Hand a little farther away	The puppy turns away or cannot reach comfortably

Our favourite game this week

One small change we will try next

Find more gentle indoor activities at Puppy Panic →

Further reading: [7], [22]. Full links on pages 27-28.

BONUS 01 / 7-DAY CHALLENGE

Your 7-day puppy practice challenge.

Use this as a gentle sequence. A “day” can take several days, and rest days count. Progress depends on the individual puppy, the setup and repeated practice.

DAY	FOCUS	TRY THIS	NOTICE
1	Prepare	Complete the home checklist. Reward one voluntary look toward you.	One safer space and one easy success.
2	Notice the name	Try a few name-and-reward repetitions in a quiet room.	A comfortable glance counts.
3	Choose a skill	Try a hand target or a comfortable sit.	One clear action you can reward.
4	Build a return	Practise a short recall indoors when your puppy is ready to approach.	An arrival that feels worthwhile.
5	Reward a pause	Notice a calm moment on a familiar mat.	Relaxed body language, even briefly.
6	Explore a game	Offer a few visible food pieces in an easy search.	Curiosity without frustration.
7	Repeat & reflect	Repeat the easiest lesson. Fill in the progress tracker.	Know what helped and what to simplify.

- [ ] I will stop or simplify when my puppy is worried or tired.
- [ ] I will reward small responses instead of testing for perfection.
- [ ] I will repeat the easiest lesson when we need a reset.

Our start date

One change I want to notice by the end

> **The goal is a better routine, not seven-day obedience.** No puppy needs to finish every lesson on a timetable.

WORKSHEET / PUPPY PROFILE

Meet your puppy.

A useful training plan starts with the puppy in front of you. Update this page as preferences, confidence and needs change.

Name

Vet / clinic

Date of birth / estimated age

Diet / feeding instructions

Date joined our home

Health or mobility needs

Breed / mix, if known

Caregiver / backup contact

Rewards and toys my puppy enjoys

Places where my puppy relaxes

Things that feel difficult or worrying

Signals that my puppy needs a break

Our first practical training goal

> **Make the goal observable:** “Turns toward me in the kitchen” is easier to practise and notice than “be good.”

WORKSHEET / WEEKLY PROGRESS

Small wins add up.

Record what actually happened. “Looked at me once” is useful information. If your puppy struggled, write down how you will lower the difficulty next time.

Week beginning / puppy's age

DAY	SKILL + PLACE	SMALL WIN	NEXT ADJUSTMENT
1			
2			
3			
4			
5			
6			
7			

The easiest lesson this week

A situation where we need help

Next week we will focus on…

Look for patterns: Time of day, noise, distance and tiredness can all affect a response. A harder day does not erase earlier learning.

BONUS 02 / EMERGENCY CONTACT SHEET

Keep this page somewhere easy to find.

If you suspect an emergency, contact your vet or emergency clinic promptly. Do not wait for a training exercise or this checklist to solve a medical problem.

Call urgently for warning signs

Trouble breathing, collapse, severe bleeding, seizures, suspected poisoning, serious injury, inability to pass urine, or a swollen painful abdomen with repeated unproductive retching need urgent veterinary advice. This is not a complete list; call if you are worried. [23,25]

While you contact help

- Keep yourself safe; a frightened or painful dog may bite.
- Explain the symptoms, timing and any suspected exposure.
- Follow the clinic's handling and transport instructions.
- For suspected poisoning, keep the packaging or take a photo if safe. [24]

Avoid making it worse

- Do not give human medicines or improvised remedies.
- Do not induce vomiting unless a vet or poison specialist tells you to.
- Do not put fingers into the mouth of a dog having a seizure.
- Do not delay the call while searching online. [23-25]

Usual vet / phone

Emergency clinic / phone

Emergency clinic address / route

Local animal poison service / phone

Microchip / insurance details location

- [ ] Clinic numbers saved in my phone
- [ ] Carrier / transport plan ready

Further reading: [23], [24], [25]. Full links on pages 27-28.

BONUS 03 / 50 TRAINING CUES / 1 OF 5

Connection & foundations

Start with a few useful cues. These are ideas, not 50 tasks to complete. Reward the action first; add the word when the action is predictable.

01 Name

Turn toward me.

Reward a voluntary glance after the name in a quiet room.

02 Sit

Lower your bottom comfortably.

Guide with a small hand movement; never push into position.

03 Down

Lie comfortably.

Reward a natural lie-down on a comfortable surface.

04 Stand

Stand on four paws.

Reward rising gently from a sit, without pulling the collar.

05 Come

Return to me.

Invite a short approach indoors and make arrival rewarding.

06 Touch

Nose to my palm.

Offer a still palm nearby and reward voluntary contact.

07 Look

Briefly look toward my face.

Capture a glance; do not hold food against your face.

08 Mat

Move onto your mat.

Reward stepping onto a familiar mat in a quiet room.

09 Settle

Relax in this safe place.

Notice and quietly reward a naturally relaxed posture.

10 Free

The position task is finished.

After a tiny pause, say the release word and invite movement.

> **Keep it kind:** Say the cue once, help the situation become easier and reward an achievable response. Practise only a few cues at a time.

BONUS 03 / 50 TRAINING CUES / 2 OF 5

Safe choices at home

Secure the environment before practice. None of these cues makes a road, open door or dangerous object safe.

11 Leave it

Disengage before taking it.

Reward moving away from a protected, low-value item.

12 Drop

Release the object.

Offer a fair trade for a safe toy; return it often.

13 Wait

Pause briefly.

Reward one still moment with barriers safely in place.

14 Stay

Keep this comfortable position.

Reward a very short pause while you remain beside the puppy.

15 Off

Move from a low surface to the floor.

Reward a safe step down; use a ramp or help where needed.

16 This way

Change direction with me.

Turn gently in a secure space and reward following.

17 Let's go

Start walking together.

Reward the first step alongside you on a loose lead.

18 Inside

Enter this room.

Reward crossing an open interior doorway voluntarily.

19 Outside

Walk to the safe outdoor area.

Practise with lead and secure boundaries already in place.

20 Back

Take one small step backward.

Capture a natural backward step on a clear, nonslip floor.

> **Keep it kind:** Say the cue once, help the situation become easier and reward an achievable response. Practise only a few cues at a time.

BONUS 03 / 50 TRAINING CUES / 3 OF 5

Play & simple brain games

Use safe, appropriately sized toys and supervision. Game words can be useful signals even when they are not formal obedience commands.

21 Find it

Search for visible food.

Place a few pieces on a clear surface as the game begins.

22 Take it

Pick up the offered toy.

Offer a safe toy and reward a voluntary, gentle take.

23 Bring

Carry the toy toward me.

Reward one step toward you while carrying a toy.

24 Tug

Start a gentle tug game.

Invite a take of a long soft toy; keep movement low and gentle.

25 All done

This activity is ending.

Use the phrase, then offer a calm transition to rest.

26 Sniff

Explore this safe area.

Allow a supervised sniff break on a comfortable lead.

27 Follow

Move with me.

Take a slow step in a secure room and reward joining you.

28 Target

Touch the target with your nose.

Offer a large, safe target and reward a voluntary sniff.

29 Around

Walk around this object.

Guide a wide, slow path around a stable object; avoid tight turns.

30 Toy name

Choose a familiar toy.

Start with just that toy present; name and reward interest.

> **Keep it kind:** Say the cue once, help the situation become easier and reward an achievable response. Practise only a few cues at a time.

BONUS 03 / 50 TRAINING CUES / 4 OF 5

Comfortable care

Care skills are invitations to cooperate. Stop when the puppy withdraws. For urgent treatment, follow your vet's handling plan.

31 Chin

Rest your chin on my hand.

Offer a still hand; reward a brief voluntary chin contact.

32 Paw

Offer a paw.

Capture a small voluntary lift without squeezing or pulling.

33 Other paw

Offer the other paw.

Introduce only after the first paw signal is comfortable.

34 Brush

A short grooming touch is coming.

Show the brush, reward calm interest, then try one gentle stroke.

35 Towel

A gentle drying touch is coming.

Let the puppy inspect the towel; reward one brief touch.

36 Harness

Choose to approach the harness.

Reward a voluntary approach before working on wearing it.

37 Lead

The lead clip is approaching.

Reward comfort with the clip nearby before brief attachment.

38 Collar touch

A brief collar-area touch is coming.

Touch lightly, reward and release; never use it to restrain fear.

39 Ear check

A tiny ear-area touch is coming.

Reward comfortable shoulder-to-ear-area touch; insert nothing.

40 Scale

Step onto a stable, low scale.

Reward one voluntary step; build confidence before all four paws.

> **Keep it kind:** Say the cue once, help the situation become easier and reward an achievable response. Practise only a few cues at a time.

BONUS 03 / 50 TRAINING CUES / 5 OF 5

Everyday routines

Choose words your household can use consistently. Some signals announce an event; others ask for a learned action.

41 Bed

Go to your resting spot.

Reward approaching a comfortable bed, then stepping on.

42 Crate

Enter the open crate.

Reward voluntary entry while keeping the door open at first.

43 Pen

Enter the puppy area.

Reward entering a safe pen without shutting the gate immediately.

44 Go toilet

Use the usual toilet place.

Quietly add the phrase as toileting begins, then reward after.

45 Side

Stand beside me.

Reward being at your chosen side while you stand still.

46 Front

Stand in front of me.

Reward an easy approach ending in front of your feet.

47 Say hello

Choose a brief greeting.

Invite a calm approach to a willing person; allow retreat.

48 Move over

Make a little space.

Use an already learned hand target to guide one small step.

49 Ramp

Walk along a secure, low ramp.

Begin flat, nonslip and stable; reward voluntary exploration.

50 Check in

Turn back toward me while exploring.

Reward spontaneous orientation in a secure, low-distraction space.

> **Keep it kind:** Say the cue once, help the situation become easier and reward an achievable response. Practise only a few cues at a time.

OPTIONAL / CONTINUE LEARNING

Want a structured next step?

Keep using the free lessons in this guide. If you prefer a guided sequence of games and video demonstrations, you can also explore Brain Training for Dogs.

What the course publisher describes

Brain Training for Dogs, created by Adrienne Farricelli, presents training material through seven levels, with games and video instruction. These are the publisher's descriptions, not a promise of what every dog will achieve. [26]

It may suit you if…

- You enjoy short, reward-based practice.
- You want more ideas organised into a sequence.
- You are ready to practise consistently and adapt to your dog.

Get individual help when…

- Your dog shows pain, panic, guarding or aggression.
- Handling or everyday situations feel unsafe.
- You need advice tailored to health or behaviour concerns.

Check the details before buying

Review the current curriculum, price, access requirements, refund terms and suitability on the seller's page. A digital course cannot replace veterinary care or an individual behaviour assessment, and results vary.

Affiliate disclosure: Puppy Panic may earn a commission if you purchase through the link below, at no extra cost to you.

Explore Brain Training for Dogs

View the course and current details →

Optional paid course. No purchase is needed to use this guide.

Your next free step: Choose one lesson from this ebook and repeat it in an easy setting. Visit Puppy Panic's Start Here page for more practical reading.

Further reading: [26]. Full links on pages 27-28.

REFERENCE / 1 OF 2

Sources & further reading

Select a linked title to open the original resource. These organisations have not endorsed this ebook or its affiliate recommendation.

01 **AVSAB**
Humane dog training position statement ↗

02 **Blue Cross**
Puppies and children ↗

03 **Dogs Trust**
Welcoming a puppy into your home ↗

04 **Blue Cross**
Socialising your puppy ↗

05 **Dogs Trust**
House and toilet training ↗

06 **Dogs Trust**
Introducing a marker ↗

07 **Dogs Trust**
Target training ↗

08 **American Kennel Club**
Teaching your dog their name ↗

09 **Best Friends Animal Society**
Teaching a dog their name ↗

10 **Dogs Trust**
Sit training ↗

11 **Dogs Trust**
Recall training ↗

12 **Dogs Trust**
Walking on a loose lead ↗

13 **Dogs Trust**
Leave it training ↗

> **Editorial approach:** This guide uses original explanations and worksheets, informed by the resources above. The cue bank is a menu of practice ideas, not a requirement or a substitute for a complete training plan.

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REFERENCE / 2 OF 2

Sources & further reading continued

Select a linked title to open the original resource. These organisations have not endorsed this ebook or its affiliate recommendation.

14 **American Kennel Club**
Teaching your dog to drop it ↗

15 **Dogs Trust**
Settle training ↗

16 **Blue Cross**
Giving your puppy an education ↗

17 **Dogs Trust**
Crate training ↗

18 **Blue Cross**
Puppy biting and mouthing ↗

19 **Blue Cross**
Dogs and chewing ↗

20 **Dogs Trust**
Jumping up ↗

21 **Dogs Trust**
Barking ↗

22 **Dogs Trust**
Enrichment activities for dogs ↗

23 **PDSA**
First aid for pets ↗

24 **PDSA**
Poisons and toxins: first aid ↗

25 **AVMA**
Pet first aid brochure ↗

26 **Brain Training for Dogs**
Publisher's course information ↗

One small win is a good place to begin.

Choose the easiest lesson. Prepare a quiet space. Reward the response you want to see again. Then give both of you a break.

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