

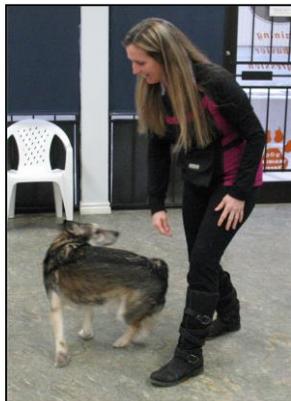
## Excite & Settle

### Purpose

The purpose of this exercise is to teach your dog to calm itself on cue. Dogs tend to get wired at the worst possible times, but if you can teach your dog to calm its own nervous system on cue you'll be able to control its energy whenever necessary.

### Procedure

1. Begin by getting your dog excited, that's the easy part. Become animated, make high pitch noises, jump up and down, squeak a squeaker or clap your hands together, whatever works.
2. Then, take a deep breath, let it out slowly and calm yourself, as your dog will feed off your energy.
3. Followed by giving your down stay cue and signal. Using basic relaxation massage techniques, send calm vibrations through your hands and calm messages through your voice with the quiet cue "settle down, good dog" – as you gently stroke your dog. Feel free to slowly feed your dog treats with one hand to help hold its position for the first repetitions.
4. Excite your dog again then settle it down. With practice your dog will learn to calm itself quickly when necessary.



*Excite*



*Settle*

### References

Dr. Ian Dunbar, Seminar notes Puppy Training 1990  
International Animal Studies Behaviour Course 1994