



5 Day Impulse Control Challenge

By Bubba's Dog Training

TAG US #BUBBASTRAININGCHALLENGE

Hello & Welcome



Contact Details:

@bubbasdogtraining
chloe@bubbasdogtraining.co.uk
www.bubbasdogtraining.co.uk



Chloe Rogerson IMDT, BCCSDIP.AdvCanBhv

Welcome!

Impulse control is a vital skill for any well-behaved dog. This 5-day challenge is designed to help you and your dog build a solid foundation for better behaviour, while strengthening your bond. All you need is a few minutes a day, some treats, and a positive attitude. Let's get started!

Film a video & post it to
your Instagram/Facebook
each day and tag us!

TAG US #BUBBASTRAININGCHALLENGE

@BUBBASDOGTRAINING

Day 1

Name Recognition & Focus

Goal: Teach your dog to focus on you when you say their name.



Level 1: Basic

- Stand in a quiet area with your dog.
- Say their name in a cheerful tone. When they look at you, say "Yes!" or "Good!" and give them a treat.
- Repeat 10 times in a row.



Level 2: Distraction

- Practise in a slightly busier environment, like the garden or a quiet park.
- Say their name and wait for them to look at you, rewarding immediately.
- Gradually increase distractions, such as tossing a toy nearby or clapping your hands.



Level 3: Real-World

- Practise during walks or in busy environments like a park.
- Call their name when they're distracted (e.g., sniffing). Reward when they respond.
- Use a high-value treat for quick responses.

Day 2

Sit & Stay

Goal: Teach your dog to sit and stay calm for longer periods.



Level 1: Basic

- Ask your dog to "Sit"
- Hold up your hand and say "Stay"
- Start with waiting 2-3 seconds then mark "yes" or "good" and reward. Repeat 5-10 times.



Level 2: Increase Time

- Gradually increase the duration before rewarding, up to 15-20 seconds.
- Add light distractions like taking 1-2 steps backwards. If they move, reset and start again.



Level 3: Real-Life Application

- Practise "Sit & Stay" at the door before going outside, at meal times, or before putting on their lead.
- Build up to 30 seconds or more, rewarding after the wait.

Day 3

Leave It

Goal: Teach your dog to sit and stay calm for longer periods.



Level 1: Basic

- Hold a fairly boring treat in your hand and say "Leave it."
 - Wait for your dog to stop sniffing or pawing. When they back away, reward with a high-value treat from your other hand.
 - Practise 5-10 times.

Level 2: Increase Time

- Place the low-value treat on the floor and cover it with your hand.
 - Say "Leave it." When your dog stops trying to get it, reward with the high-value treat.
 - Gradually uncover the treat as they improve, ensuring they don't grab it.

Level 3: Real-Life Application

- Drop a treat or toy on the floor while saying "Leave it."
 - Reward them for ignoring the item. Increase difficulty by gently rolling the treat or toy across the floor.

Day 4

Door Manners

Goal: Teach your dog to calmly wait at doors and gates.



Level 1: Basic

- Ask your dog to "Sit" in front of a closed door.
- Slowly open the door. If they move, close it and reset. Reward them for staying seated.
- Practise 5-10 times.



Level 2: Open Door Challenge

- Open the door fully and reward them for staying seated.
- Add a release cue like "OK!" or "Let's go!" before they're allowed to move.
- Practise at different doors around your home.



Level 3: Real-Life Application

- Practise at outdoor doors, garden gates, or car doors.
- Add distractions like other people, dogs, or toys outside the door. Reward calm behaviour and patience.

Day 5

Calm Behaviour Around Food

Goal: Teach your dog to wait calmly while their food is prepared and served.



Level 1: Basic.

- Ask them to "Sit" before placing the bowl on the floor.
- Release them with "OK!" once they're calm.
- If they move, lift the bowl up and ask them to sit again.



Level 2: Increase Duration

- Once they can sit calmly, increase the waiting time before releasing them.
- Practise delaying the release by 5, 10, or 15 seconds, rewarding their patience.



Level 3: Real-Life Distractions

- Add distractions while they wait, like walking around the room or pretending to leave.
- Reward calm behaviour and reset if they break the sit.
- Apply this during other feeding times, like treats or chew toys.



**We hope you enjoyed
our challenge!**

#bubbastrainingchallenge

For more free resources and
personalised training you can find more at:

@bubbasdogtraining
www.bubbasdogtraining.co.uk