

# SIT

## LEVEL THREE

### GET READY:

- ✓ Some yummy treats
- ✓ Find a new space in or around your house to practice your new behavior.

### GET SET:

- ✓ Have your tasty treats ready and easy to access (i.e. treat bag, pocket, etc.)

### GO:

- ✓ Once your sit is reliable enough, you can begin to change your position, location and distance. Make sure to only change one of these at a time, until the dog understands the behavior better. Then you can change multiple things at a time to test the dog's understanding of the behavior.
  - Ask for a sit with your body turned to the side, sitting on a chair or the floor, laying on a bed, etc.
  - Ask for a sit in a different, busier room in the house (kitchen, living room, etc.), in the garage, outside in the yard, at the pet store, at the park, etc.
  - Ask for a sit one step away from your dog, 1 foot away from your dog, on the other side of the room, other side of the yard, etc.
- ✓ If at any point your dog doesn't respond to their Sit cue, this is a sign that you need to revisit the previous step or criteria and work that more. All of the steps involved in training can be broken down into smaller ones, so, if your dog is struggling, make the steps smaller and clearer for your dog. Your dog determines at what speed and what distraction level training can move at.

