



TRAINING WHILE THE KETTLE BOILS

30 DAYS • 3 MINUTES A DAY

Simple, positive training for busy dog owners



COMPLETE BEGINNER PROGRAMME

Everyday skills • Cooperative care • Calmness • Recall foundations

Welcome to three-minute training

Little sessions can create meaningful progress when the steps are clear and achievable.

WHO THIS IS FOR

Complete beginners, busy households and owners who want kind, practical exercises that fit into everyday life. You do not need to complete every exercise perfectly or train for exactly 30 consecutive days.

HOW TO USE THE PROGRAMME

Choose one exercise each day and practise for up to three minutes. Repeat a day whenever your dog needs more time. Move to a quieter environment, improve the reward or make the action smaller if your dog struggles.

THE PAWS METHOD

Prepare: choose a safe environment and rewards.

Attention: help your dog become ready to learn.

Work in small steps: reward achievable progress.

Strengthen: practise gradually in real life.

Training is not about perfection. It is about clearer communication, safer choices and more enjoyable everyday life together.

Your 30-day pathway

Day 01	Marker Magic	Day 16	Lead Position
Day 02	The Name Game	Day 17	Follow-Me Turns
Day 03	Touch	Day 18	Middle
Day 04	Sit	Day 19	Chin Rest
Day 05	Down	Day 20	Paw Handling
Day 06	Wait	Day 21	Ear Check
Day 07	Release Word	Day 22	Mouth Check
Day 08	Leave It	Day 23	Settle on a Mat
Day 09	Drop It	Day 24	Go to Bed
Day 10	Find It	Day 25	Stand
Day 11	Doorway Manners	Day 26	Back Up
Day 12	Food-Bowl Manners	Day 27	Calm While You Move
Day 13	Everyday Recall	Day 28	Toy Switch
Day 14	Emergency Recall	Day 29	Focus Around a Distraction
Day 15	Whistle Charge	Day 30	Celebration Circuit

GO AT YOUR DOG'S PACE

The days are a suggested order, not a deadline. Repeat, swap or pause exercises. Progress is measured by comfort and understanding, not speed.

Before you begin

WHAT YOU NEED

- Pea-sized rewards your dog genuinely likes
- A treat pouch or easy-access container
- A quiet, familiar starting space
- A comfortable mat or bed
- A safe toy
- Optional clicker and whistle
- A harness and long line for later recall practice

YOUR THREE-MINUTE TIMER

Three minutes is a ceiling, not a target you must reach. Stop sooner if the dog disengages, scratches repeatedly, yawns, avoids you, stops taking food, becomes frantic, freezes or cannot perform an action they could manage moments earlier.

REWARDS

Food is convenient, but rewards can also include toys, play, sniffing, access to the garden or gentle social interaction if the dog enjoys it. The dog decides what is rewarding in that moment.

CHILDREN

An adult should supervise all training. Children should never take items from a dog, disturb eating or sleeping, corner a dog, or carry out handling exercises without close adult control.

Training basics for complete beginners

MARK

Use “Yes” or a click at the exact moment the dog performs the action you want. The reward follows the marker.

CUE

A cue is the word or signal that asks for a learned behaviour. Build the action first, then add the cue when the dog is reliably offering it.

LURE

A lure guides movement with food. Fade it promptly by using the same hand movement without food, then rewarding from the other hand.

RESET

Help the dog move out of position so another repetition can begin. A reset is not a correction.

RELEASE

A clear word such as “Free” tells the dog the exercise has ended.

THE 8-OUT-OF-10 RULE

Increase difficulty only when the dog succeeds comfortably on around 8 of 10 attempts. If performance drops, simplify immediately.

Why Paw and Order UK exists

Diesel came into Mat's life at 14 months old after having five homes. He was originally going to be a temporary foster dog. His behaviour was not always easy, but it became clear that much of what people saw as a "problem dog" was a dog struggling to communicate and cope.

Diesel is not presented as perfect, and his story is not a promise that every dog will follow the same path. He represents the Paw and Order belief that patient observation, appropriate management and achievable training can help dogs and people understand one another better.

REAL DOGS. REAL TRAINING. REAL LIFE.

This programme is designed for normal homes and imperfect days. Missing a day does not erase progress. A difficult session is information. Adjust the environment, reduce the challenge and begin again.

**Support, do not force. Guide, do not push. Understand. Listen.
Respect. Connect.**

Marker Magic

TODAY'S GOAL

Charge a marker word or clicker so it predicts a reward.

YOU WILL NEED

- 10 small treats
- Quiet room
- Optional clicker

THREE-MINUTE STEPS

1. Choose one marker: "Yes" or one click.
2. Make the sound once. Do not ask for any behaviour.
3. Immediately give one treat.
4. Pause, then repeat 10 times.
5. Finish and put the treats away.

BEGINNER NOTES

- The marker must come before the treat.
- Do not click near a worried dog's ear.
- A marker is information, not a command.

READY TO PROGRESS WHEN

The dog looks pleased or expectant after hearing the marker.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____

The Name Game

TODAY'S GOAL

Teach your dog that their name means "look towards me".

YOU WILL NEED

- 10-15 treats
- Quiet room

THREE-MINUTE STEPS

1. Wait until your dog is not already looking at you.
2. Say their name once in a friendly voice.
3. Mark the instant their head turns towards you.
4. Reward close to your body.
5. Let them look away and repeat.

BEGINNER NOTES

- Do not repeat the name.
- Never use the name to threaten or tell off.
- Move somewhere easier if there is no response.

READY TO PROGRESS WHEN

Your dog turns promptly on at least 8 of 10 repetitions.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____



THE 3-MINUTE NAME GAME

TEACH YOUR DOG THAT THEIR NAME MEANS "LOOK AT ME"



**QUICK TRAINING.
REAL RESULTS.
BETTER DOGS.**



TRAINING THAT FITS INTO REAL LIFE.

Small sessions. Clear communication. Better dogs.



WELCOME!

You don't need a 30-minute training session to teach your dog something useful.

This simple game can be practised while you wait for the kettle to boil.

The aim is to teach your dog:
"When I hear my name, paying attention to my human is worthwhile."



This can help build the foundations for better communication, recall, loose-lead walking and everyday training.


1



WHAT YOU'LL NEED



Your dog



10-15 small treats



A relatively quiet space



A kettle!

Use small, tasty treats your dog enjoys.
 Tiny pieces are perfect because you'll be giving several rewards during the game.


2



BEFORE YOU START

For this exercise, your dog's name should simply mean:

"Pay attention to me."

Try not to use their name as a command.

✗ Instead of this:

"Diesel! Diesel! Diesel!"
Come here!"

This can lose meaning.

✓ Do this instead:

"Diesel."

Your dog looks towards you.
Reward.

Simple!


3



THE 3-MINUTE NAME GAME STEP-BY-STEP

1 BOIL THE KETTLE

Put the kettle on as normal.
Have your treats ready.
You now have a couple of minutes to train your dog while you wait.
There's no need to ask your dog to sit, lie down or do anything else.



2 SAY YOUR DOG'S NAME ONCE

When your dog is reasonably close to you, say their name in a normal, friendly voice.
For example: "Diesel."
Say it once. Then wait.
Don't repeat the name straight away.




4



THE 3-MINUTE NAME GAME STEP-BY-STEP

3 WATCH FOR THEIR RESPONSE

The moment your dog turns their head towards you or makes eye contact:
Mark the behaviour.
You can say, "Yes!" or use a clicker if your dog already understands one.
Immediately give your dog a treat.



4 RESET

After giving the treat, allow your dog to look away again.
You don't need to tell them to move or distract them.
Simply wait for their attention to naturally move away from you.
Then you're ready to repeat the exercise.




5



THE 3-MINUTE NAME GAME STEP-BY-STEP

5 SAY THEIR NAME AGAIN

Say your dog's name once: "Diesel."
Dog looks towards you.
"Yes!" Treat.
Then reset again.



6 REPEAT 5-10 TIMES

Continue the game while the kettle boils.
Aim for around 5-10 successful repetitions.
That's enough.
Short, successful training sessions are often much more useful than continuing until either you or your dog becomes bored.



When the kettle has boiled:
Training finished. Make your drink.


6



TROUBLESHOOTING

WHAT IF MY DOG DOESN'T LOOK AT ME?

- Don't immediately repeat their name.
- Give them a moment.
- If they still don't respond, you can make a small, gentle sound to encourage them to look towards you.
- When they look: Reward them.
- Then make the next repetition easier.
- You might:
 - Move somewhere quieter
 - Stand slightly closer
 - Use a better treat
 - Reduce distractions



✗ AVOID THIS COMMON MISTAKE

Try not to do this: "Diesel... Diesel... Diesel... DIESEL!"
If your dog's name is constantly repeated without anything meaningful happening, it can become background noise.
Instead: Say it once → dog responds → reward.
Quality matters more than quantity.


7



YOUR 7-DAY KETTLE TRAINING CHALLENGE

For the next 7 days, practise the Name Game once or twice when you boil the kettle.
Each session only needs to last a couple of minutes.
Keep track of how quickly your dog responds.

DAY 1	☐	DAY 5	☐
DAY 2	☐	DAY 6	☐
DAY 3	☐	DAY 7	☐
DAY 4	☐		

HOW DO YOU KNOW IT'S WORKING?

You're looking for one simple change.
When you say your dog's name:
Their head quickly turns towards you.
Eventually you want the response to become almost automatic:
Name → Look at human → Good things happen.

ONE NAME. ONE RESPONSE. ONE REWARD.

Touch

TODAY'S GOAL

Teach a gentle nose target to your open palm.

YOU WILL NEED

- Treats
- Empty hand

THREE-MINUTE STEPS

1. Present an empty palm 5-10 cm from your dog's nose.
2. Mark the instant their nose touches it.
3. Reward from your other hand.
4. Repeat with the palm in slightly different positions.
5. Add the word "Touch" only when the action is predictable.

BEGINNER NOTES

- Do not hide food in the target hand.
- Do not push your hand into the dog's face.
- Offer; let the dog choose to approach.

READY TO PROGRESS WHEN

Your dog deliberately moves to touch the palm.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____



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THE 3-MINUTE TOUCH GAME

TEACH YOUR DOG TO TOUCH YOUR HAND WITH THEIR NOSE – ANYWHERE, ANYTIME



TRAIN WHILE THE KETTLE BOILS!

QUICK TRAINING.
REAL RESULTS.
BETTER DOGS.

Small sessions. Clear communication. Better dogs.



WELCOME!

You don't need a 30-minute training session to teach your dog a fun and useful behaviour.

This simple game can be practised while you wait for the kettle to boil.

The aim is to teach your dog: "Touch my hand with your nose" because good things happen!

The Touch behaviour is helpful in many situations, from getting your dog's attention to guiding them, building confidence and supporting other training.



1



WHAT YOU'LL NEED



Your dog



High value treats



A quiet space



A kettle!

Use small, tasty treats your dog LOVES. Tiny pieces are perfect because you'll be giving lots of rewards during this game.

2



BEFORE YOU START

Before we begin, your dog needs to understand that offering their nose to your hand makes good things happen.

✗ Instead of this:

Pushing your dog's nose to your hand.

This can create pressure or confusion.

✓ Do this instead:

Let your dog choose to touch your hand.

We want happy, confident choices.

 Fun, positive training builds trust and creates brilliant behaviour!

3



THE 3-MINUTE TOUCH GAME STEP-BY-STEP

1 BOIL THE KETTLE

Put the kettle on as normal. Have your treats ready. You now have a couple of minutes to train your dog. Short, fun and easy!

2 PRESENT YOUR HAND

Hold your hand out in front of you, palm facing sideways. Keep it still and wait. Let your dog decide what to do.

4



THE 3-MINUTE TOUCH GAME STEP-BY-STEP

3 WAIT FOR THE TOUCH

The moment your dog touches your hand with their nose – mark with "Yes!" or click. Then reward with a treat from your other hand.

4 RESET

Move your hand away. Allow your dog to move back or look away. Then present your hand again.

5



THE 3-MINUTE TOUCH GAME STEP-BY-STEP

5 REPEAT 5-10 TIMES

Repeat the game while the kettle boils. Aim for around 5-10 successful touches. Keep it short and successful!

6 MAKE IT EASY TO START

If your dog is unsure, start closer and with fewer distractions. We want lots of success!

6



TROUBLESHOOTING

WHAT IF MY DOG DOESN'T TOUCH?

- They may be too distracted – try somewhere quieter.
- Your hand may be too close or too far away.
- Use higher value treats.
- Make your hand more exciting (wiggle fingers).
- Be patient – small steps lead to big results.

✗ AVOID THIS COMMON MISTAKE

Don't lure or push your dog's nose towards your hand. Let them choose. Choice builds confidence and makes the behaviour reliable.

7



YOUR 7-DAY KETTLE TRAINING CHALLENGE

For the next 7 days, practise the Touch Game once or twice when you boil the kettle. Each session only needs to last a couple of minutes. Keep track of how quickly your dog is learning.

DAY 1	☐	DAY 5	☐
DAY 2	☐	DAY 6	☐
DAY 3	☐	DAY 7	☐
DAY 4	☐		



HOW DO YOU KNOW IT'S WORKING?

Your dog offers the Touch quickly and happily, even with small distractions. That means the behaviour is strong and ready for real-life use!

 Thank you for choosing Paw and Order UK. We're here to help you build a happier, more connected life with your dog.

TOUCH TODAY. CONNECT TOMORROW. CONFIDENCE FOREVER.



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Sit

TODAY'S GOAL

Build a comfortable sit without pushing the dog's body.

YOU WILL NEED

- Treats
- Non-slip floor

THREE-MINUTE STEPS

1. Hold a treat near the dog's nose.
2. Move it slowly up and slightly back.
3. As the bottom reaches the floor, mark.
4. Reward while the dog is sitting, then encourage movement.
5. When predictable, say "Sit" just before the hand movement.

BEGINNER NOTES

- Do not press on hips.
- If the dog backs up, train near a wall with space and slow down.
- Skip sits if posture appears painful or difficult.

READY TO PROGRESS WHEN

The dog sits smoothly after the cue or hand signal.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____



THE 3-MINUTE SIT GAME

TEACH YOUR DOG TO SIT ON CUE – POLITE, FOCUSED AND READY TO LEARN!




TRAIN WHILE THE KETTLE BOILS!

QUICK TRAINING. REAL RESULTS. BETTER DOGS.

Small sessions. Clear communication. Better dogs.



WELCOME!

You don't need a 30-minute training session to teach your dog a valuable life skill.

This simple game can be practised while you wait for the kettle to boil.

The aim is to teach your dog: "Sitting gets good things, so I'll sit when asked."



A reliable sit is the foundation for calm manners, focus and so many everyday situations.



WHAT YOU'LL NEED

 Your dog
  High value treats
  Treat pouch (optional)
  A quiet space
  A kettle!

Use the highest value treats your dog LOVES. Tiny pieces are perfect because you'll be giving lots of rewards during this game.



BEFORE YOU START

Set your dog up for success. We want this to be a happy, positive learning experience.

✗ Instead of this:

- Pushing on their back.
- Saying "sit" too loudly.
- Repeating the cue.
- Expecting too fast.
- Getting frustrated.

✓ Do this instead:

- Lure gently.
- Say it once.
- Reward quickly.
- Keep sessions short and positive.
- Celebrate small wins!

Calm practice today = confident dog tomorrow!



THE 3-MINUTE SIT GAME STEP-BY-STEP

- LURE UP**
Hold a treat close to your dog's nose. Slowly move it up and back over their head. Their bottom will naturally lower as they follow. The moment they sit – YES! and treat.
- ADD THE CUE**
As they sit, say "Sit" once. Then YES! and treat. Repeat a few times. Keep it smooth.






THE 3-MINUTE SIT GAME STEP-BY-STEP

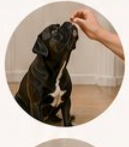
- START ADDING A PAUSE**
Say "Sit". Wait for them to sit. Pause for just a second. YES! and treat. Slowly build the pause over time.
- ADD DISTANCE & PROOF IT**
Take a small step back. Ask for "Sit". If they sit – YES! and treat. Practice in different places and around small distractions.






THE 3-MINUTE SIT GAME STEP-BY-STEP

- FADE THE LURE**
Use smaller hand movements. Then just a hand signal. Then only the verbal cue. Keep rewarding successful sits!
- MAKE IT REWARDING**
Mix it up! Sometimes treat, sometimes praise, sometimes a game. Keep your dog guessing and engaged!






TROUBLESHOOTING

WHAT IF MY DOG...

- Doesn't sit? Go back to the lure.
- Jumps up? Ignore and try again.
- Gets distracted? Practice easier first.
- Stands up too soon? Reward for staying.
- Loses interest? Use higher value treats or make it more fun!

Small steps lead to big results.

✗ AVOID THESE COMMON MISTAKES

- Repeating the cue.
- Pushing on their bottom.
- Holding the treat too far away.
- Expecting too long a sit too soon.
- Skipping rewards.



YOUR 7-DAY SIT CHALLENGE

For the next 7 days, practise the Sit Game once or twice when you boil the kettle. Each session only needs to last a couple of minutes. Keep track of how your dog is doing.

DAY 1	☐	DAY 5	☐
DAY 2	☐	DAY 6	☐
DAY 3	☐	DAY 7	☐
DAY 4	☐		

HOW DO YOU KNOW IT'S WORKING?

- Your dog sits when you ask.
- They offer the sit more quickly.
- They stay sitting for longer.

You feel more connected and they feel proud!

Thank you for choosing Paw and Order UK. We're here to help you build a happier, more connected life with your dog.

PAW AND ORDER UK • TRAIN TODAY. BETTER DOGS. BETTER LIFE.

Down

TODAY'S GOAL

Teach a relaxed down using choice and reward placement.

YOU WILL NEED

- Treats
- Comfortable non-slip surface

THREE-MINUTE STEPS

1. Start with the dog standing or sitting comfortably.
2. Lower a treat towards the floor between the front paws.
3. Move it slowly forward as the dog follows.
4. Mark when elbows meet the floor.
5. Reward low between the paws and release.

BEGINNER NOTES

- Do not push shoulders or pull legs.
- Some dogs prefer learning from standing.
- Stop and seek veterinary advice if lying down seems painful.

READY TO PROGRESS WHEN

The dog follows the lure into a comfortable down.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____



THE 3-MINUTE DOWN GAME

TEACH YOUR DOG TO DOWN ON CUE – CALM, RELAXED AND IN CONTROL!




QUICK TRAINING. REAL RESULTS. BETTER DOGS.

 Small sessions. Clear communication. Better dogs.



WELCOME!

You don't need a 30-minute training session to teach your dog a valuable life skill.

This simple game can be practised while you wait for the kettle to boil.

The aim is to teach your dog: "Lying down is calm, rewarding and makes good things happen."



A calm down is essential for relaxation, focus and polite behaviour in everyday life.

 1



WHAT YOU'LL NEED

 Your dog
  High value treats
  Treat pouch (optional)
  A quiet space
  A kettle!

Use the highest value treats your dog LOVES. Tiny pieces are perfect because you'll be giving lots of rewards during this game.

 2



BEFORE YOU START

Set your dog up for success. We want this to be a calm, positive learning experience.

✗ Instead of this:

- Pushing them down.
- Pulling on the collar.
- Saying "down" too soon.
- Repeating the cue.
- Expecting too fast.

✓ Do this instead:

- Lure gently.
- Say it once.
- Reward small steps.
- Keep sessions short and positive.
- Celebrate progress!

 Calm practice today = confident dog tomorrow!

3



THE 3-MINUTE DOWN GAME STEP-BY-STEP

1 LURE DOWN

Hold a treat to your dog's nose. Slowly move it down to the floor between their front paws. As they follow the treat down into a down, say "Yes!" and treat. Repeat a few times.



2 ADD THE CUE

As they go down, say "Down" once, in a calm voice. Say "Yes!" and treat. Repeat a few times. Keep it smooth.



4



THE 3-MINUTE DOWN GAME STEP-BY-STEP

3 ADD A PAUSE

Start adding a tiny pause before you say "Yes!" 1 second. Then 2. Build it up slowly. Keep them relaxed.



4 ADD DISTANCE & PROOF IT

Step back. Try in different rooms. Try with small distractions. Always reward and keep sessions short and upbeat.



5



THE 3-MINUTE DOWN GAME STEP-BY-STEP

5 FADE THE LURE

Use smaller hand movements. Then just a hand signal. Then only the verbal cue. Keep rewarding and practising!



6 MAKE IT REWARDING

Vary the rewards. Treats, praise and gentle fuss. Keep it positive!



6



TROUBLESHOOTING

WHAT IF MY DOG...

- Won't go down? – Go back to the lure.
- Pops back up? – Shorten the pause.
- Gets distracted? – Make it easier.
- Loses interest? – Use higher value treats or try in a quieter place.
- Gets up as soon as you step away? – Make the pause easier and build it slowly.

 **AVOID THESE COMMON MISTAKES**

- Pushing them into position.
- Repeating the cue over and over.
- Making the pause too long too soon.
- Practising when your dog is too excited.
- Ending the session on a struggle.

 7



YOUR 7-DAY DOWN CHALLENGE

For the next 7 days, practise the Down Game once or twice when you boil the kettle. Each session only needs to last a couple of minutes. Keep track of how your dog is doing.

DAY 1	☐	DAY 5	☐
DAY 2	☐	DAY 6	☐
DAY 3	☐	DAY 7	☐
DAY 4	☐		



HOW DO YOU KNOW IT'S WORKING?

Your dog goes down quickly.
They stay down calmly.
They can hold the down with small distractions.
You both feel relaxed and proud!

 Thank you for choosing Paw and Order UK. We're here to help you build a happier, more connected life with your dog.

 **TRAIN TODAY. BETTER DOGS. BETTER LIFE.**

Wait

TODAY'S GOAL

Teach a tiny temporary pause before release.

YOU WILL NEED

- Treats
- Release word

THREE-MINUTE STEPS

1. Say "Wait" once.
2. Pause for half a second.
3. Mark and reward in position.
4. Say your release word, such as "Free".
5. Repeat, adding only one second when successful.

BEGINNER NOTES

- Duration comes before distance.
- Always provide a clear release.
- If the dog moves, shorten the next attempt.

READY TO PROGRESS WHEN

The dog can pause calmly for three seconds.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____

THE 3-MINUTE WAIT GAME

TEACH YOUR DOG TO WAIT ON CUE – PATIENT, CALM AND IN CONTROL!

QUICK TRAINING. REAL RESULTS. BETTER DOGS.

Small sessions. Clear communication. Better dogs.

WELCOME!

You don't need a 30-minute training session to teach your dog a valuable life skill.

This simple game can be practised while you wait for the kettle to boil.

The aim is to teach your dog: "Waiting politely builds self-control, earns good things and keeps everyone safe."

Wait helps in everyday moments like doorways, before meals, getting in the car and meeting people or dogs.

WHAT YOU'LL NEED

- Your dog
- High value treats
- Treat pouch (optional)
- A quiet space
- A kettle!

Use the highest value treats your dog LOVES. Tiny pieces are perfect because you'll be giving lots of rewards during this game.

BEFORE YOU START

Set your dog up for success. We want this to be a calm, positive learning experience.

✗ Instead of this: - Repeating "wait" too much. - Pushing your dog. - Holding the treat too high. - Expecting too much too soon. - Doing it when they're excited or tired.	✓ Do this instead: - Say "wait" once. - Go slow. - Keep it short and positive. - Let your dog choose. - Reward calm choices.
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Calm practice today = confident dog tomorrow!

THE 3-MINUTE WAIT GAME STEP-BY-STEP

- ### 1 SHOW THE TREAT

Hold a treat close to your dog's nose. Let them see and sniff it. Then, slowly move it away from their nose. Say "Wait" once. If they stay still – YES! Treat and praise.
- ### 2 TAKE A SMALL STEP BACK

Take one small step back. If your dog stays – YES! Return, treat and praise. Repeat a few times.
- ### 3 BUILD TIME

Gradually increase the time your dog waits before the treat. 1 second... 2 seconds... 3 seconds... and so on. Keep feeding your dog for calm, patient waiting.
- ### 4 ADD DISTANCE & DISTRACTIONS

Increase the distance. Try in different rooms. Add small distractions (one at a time). Keep sessions short and always end on a success!

THE 3-MINUTE WAIT GAME STEP-BY-STEP

- ### 5 REAL LIFE PRACTICE

Use "Wait" in real life: before meals, at doors, before getting in the car, when greeting people. Reward calm waiting in these moments.
- ### 6 MAKE IT REWARDING

Sometimes treat, sometimes praise, sometimes life rewards (sniffing, going outside, playing). Keep it fun!

TROUBLESHOOTING

WHAT IF MY DOG...

- Breaks the wait? – Too hard. Go back a step.
- Jumps up? – Don't reward. Try a shorter wait.
- Whines? – Wait for a quiet moment, then treat.
- Gets distracted? – Reduce distractions.
- Loses interest? – Use better treats, shorter sessions and more fun!

Small steps lead to big results.

AVOID THESE COMMON MISTAKES

- Repeating the cue over and over.
- Making the wait too long too soon.
- Rewarding after they move.
- Practising when distracted or overexcited.
- Forgetting to reward calm choices.

YOUR 7-DAY WAIT CHALLENGE

For the next 7 days, practise the Wait Game once or twice when you boil the kettle. Each session only needs to last a couple of minutes. Keep track of how your dog is doing.

DAY 1	☐	DAY 5	☐
DAY 2	☐	DAY 6	☐
DAY 3	☐	DAY 7	☐
DAY 4	☐		

HOW DO YOU KNOW IT'S WORKING?

Your dog stays still when you ask. They make good choices. They're calm, patient and focused. You both feel proud and connected!

Thank you for choosing Paw and Order UK. We're here to help you build a happier, more connected life with your dog.

PAW AND ORDER UK • TRAINING WHILE THE KETTLE BOILS

TRAIN TODAY. BETTER DOGS. BETTER LIFE.

Release Word

TODAY'S GOAL

Make the end of an exercise clear and predictable.

YOU WILL NEED

- Treats
- Open space

THREE-MINUTE STEPS

1. Ask for an easy sit or wait.
2. Pause for one second.
3. Say "Free" or your chosen release word.
4. Toss one treat a short safe distance to encourage movement.
5. Reset and repeat.

BEGINNER NOTES

- Use one consistent word.
- Do not use the release before the dog has paused.
- Avoid excited movement on slippery floors.

READY TO PROGRESS WHEN

The dog moves after the release rather than guessing.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____

Leave It

TODAY'S GOAL

Teach disengagement from something low value.

YOU WILL NEED

- Treats
- One boring item or treat

THREE-MINUTE STEPS

1. Hold a low-value treat inside a closed fist.
2. Let the dog investigate without speaking.
3. The instant they move away, mark.
4. Reward from the other hand.
5. After several easy successes, say "Leave it" once before presenting the fist.

BEGINNER NOTES

- Never allow access to the item being left during the repetition.
- Do not shout or push the dog away.
- Start with low value, not dangerous objects.

READY TO PROGRESS WHEN

The dog moves their nose away promptly.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____



PAW AND ORDER UK

THE 3-MINUTE LEAVE IT GAME

TEACH YOUR DOG TO IGNORE THINGS THEY SHOULDN'T

TRAIN WHILE THE KETTLE BOILS!

QUICK TRAINING. REAL RESULTS. BETTER DOGS.

Small sessions. Clear communication. Better dogs.

PAW AND ORDER UK

WELCOME!

You don't need a 30-minute training session to teach your dog an important life skill.

This simple game can be practised while you wait for the kettle to boil.

The aim is to teach your dog: "Leave it alone because better things come from listening to me."

A reliable "Leave it" can keep your dog safe, prevent unwanted behaviours and help in everyday life.

1

PAW AND ORDER UK

WHAT YOU'LL NEED

- Your dog
- High value treats
- Low value treats or something less exciting
- A quiet space
- A kettle!

Use high value treats your dog LOVES. You'll also need something less exciting (e.g. a dry biscuit or a piece of kibble) to use as a distraction item.

2

PAW AND ORDER UK

BEFORE YOU START

Before we begin, your dog needs to understand what "Leave it" means.

✗ Instead of this:

"Diesel! No! Leave it!"
(Repeated and louder)

This can create confusion or frustration.

✓ Do this instead:

Say "Leave it", your dog looks away or ignores the item, then you reward. Simple and clear.

We're teaching your dog that ignoring things leads to good things.

3

PAW AND ORDER UK

THE 3-MINUTE LEAVE IT GAME STEP-BY-STEP

- 1 BOIL THE KETTLE**
Put the kettle on as normal. Have your treats ready. You now have a couple of minutes to train your dog. Keep sessions short and positive.
- 2 SHOW THE "LEAVE IT" ITEM**
Hold a low value item in a closed fist (e.g. a piece of kibble). Let your dog sniff or show interest.

4

PAW AND ORDER UK

THE 3-MINUTE LEAVE IT GAME STEP-BY-STEP

- 3 SAY "LEAVE IT"**
Say "Leave it" once in a calm voice. Don't repeat it. Wait for your dog to stop trying to get the item and look away or disengage.
- 4 REWARD THE RIGHT CHOICE**
The moment your dog looks away or stops trying to get the item: "Yes!" or click. Then give a high value treat from your other hand.

5

PAW AND ORDER UK

THE 3-MINUTE LEAVE IT GAME STEP-BY-STEP

- 5 RESET**
Put the item away or behind your back. Give your dog a moment. Then you're ready for another go.
- 6 REPEAT 5-10 TIMES**
Repeat the game while the kettle boils. Aim for around 5-10 successful repetitions. That's enough. Finish while your dog is still doing well.

6

PAW AND ORDER UK

TROUBLESHOOTING

WHAT IF MY DOG DOESN'T LOOK AWAY?

- You may be holding the item too close.
- The item may be too exciting.
- You may have moved too fast.
- Go back a step and make it easier.
- Use a less exciting item.
- Increase the distance.
- Reward any small progress.

Small steps lead to big results.

✗ AVOID THIS COMMON MISTAKE
Don't keep repeating "Leave it". It teaches your dog to ignore the words. Instead: Say it once → wait → reward the right choice. Be patient. Success builds understanding.

7

PAW AND ORDER UK

YOUR 7-DAY KETTLE TRAINING CHALLENGE

For the next 7 days, practise the Leave It Game once or twice when you boil the kettle. Each session only needs to last a couple of minutes. Keep track of how quickly your dog improves.

DAY 1	☐	DAY 5	☐
DAY 2	☐	DAY 6	☐
DAY 3	☐	DAY 7	☐
DAY 4	☐		

HOW DO YOU KNOW IT'S WORKING?
Your dog chooses to ignore the item when you say "Leave it". They look to you for guidance instead of going for the things they shouldn't.

8

PAW AND ORDER UK

Thank you for choosing Paw and Order UK. We're here to help you build a happier, more connected life with your dog.

PAW AND ORDER UK

LEAVE IT TODAY. SAFER TOMORROW.

Drop It

TODAY'S GOAL

Teach a safe trade rather than chasing or grabbing.

YOU WILL NEED

- Safe low-value toy
- High-value treats

THREE-MINUTE STEPS

1. Let the dog hold the toy.
2. Present a better treat near the nose.
3. When the mouth opens, mark and feed.
4. Return the toy when safe.
5. Add "Drop" just before presenting the treat once release is predictable.

BEGINNER NOTES

- Never prise the mouth open.
- Do not practise with guarded items.
- Returning the toy helps prevent "drop" always ending fun.

READY TO PROGRESS WHEN

The dog releases a safe toy willingly.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____



PAW AND ORDER UK

THE 3-MINUTE DROP IT GAME

TEACH YOUR DOG TO DROP WHAT THEY HAVE AND EARN SOMETHING BETTER!





TRAIN WHILE THE KETTLE BOILS!

QUICK TRAINING.
REAL RESULTS.
BETTER DOGS.

Small sessions. Clear communication. Better dogs.



PAW AND ORDER UK

WELCOME!

You don't need a 30-minute training session to teach your dog a life skill.

This simple game can be practised while you wait for the kettle to boil.

The aim is to teach your dog:
"Drop what you have, and something amazing happens!"



The Drop It Game helps keep your dog safe by teaching them to release items, toys, or anything they shouldn't have.

1



PAW AND ORDER UK

WHAT YOU'LL NEED



Your dog



High value treats



Any safe space



A kettle!

Use the highest value treats your dog LOVES.
Tiny pieces are perfect because you'll be giving lots of rewards during this game.

2



PAW AND ORDER UK

BEFORE YOU START

Set your dog up for success.
We want this to be easy and rewarding!

✗ Instead of this:

- Taking things away from your dog.
- Chasing your dog.
- Punishing or scolding.

✓ Do this instead:

- Trade up for something better.
- Make it fun and easy.
- Build a strong history of rewards.

Patience and positive choices create dogs who want to learn!

3



PAW AND ORDER UK

THE 3-MINUTE DROP IT GAME STEP-BY-STEP

1 SHOW THE TREAT

Let your dog see a high value treat in your hand.
Say "Drop it" in a happy, excited voice.



2 WAIT FOR THE DROP

The moment your dog opens their mouth or releases the item – even a little – say "Yes!" and give them the treat!



4



PAW AND ORDER UK

THE 3-MINUTE DROP IT GAME STEP-BY-STEP

3 PRACTISE & BUILD

Practise a few times in a row. You may need to go back to an easier step if it gets too hard. Keep it short and fun!



4 ADD A CUE & DISTANCE

Once they're getting it, add the cue "Drop it" before you show the treat. Then try taking a small step back.



5



PAW AND ORDER UK

THE 3-MINUTE DROP IT GAME STEP-BY-STEP

5 MAKE IT REAL LIFE

Practise with toys, sticks, socks – anything safe! Gradually make the items more interesting.



6 REWARD BIG TIME

Always trade for something amazing. This makes "Drop it" worth it for your dog!



6



PAW AND ORDER UK

TROUBLESHOOTING

WHAT IF MY DOG WON'T DROP IT?

- The item may be too valuable.
- You may be asking for too much too soon.
- Go back a few steps and make it easier.
- Use higher value treats.
- Practise in a quieter space.

Small steps lead to big results.

✗ AVOID THIS COMMON MISTAKE

- Reaching for the item – this can start a game of chase!
- Getting frustrated or raising your voice.
- Repeating the cue over and over.
- Punishing your dog for not dropping.

7



PAW AND ORDER UK

YOUR 7-DAY DROP IT CHALLENGE

For the next 7 days, practise the Drop It Game once or twice when you boil the kettle. Each session only needs to last a couple of minutes. Keep track of how your dog is doing.

DAY 1	☐	DAY 5	☐
DAY 2	☐	DAY 6	☐
DAY 3	☐	DAY 7	☐
DAY 4	☐		

HOW DO YOU KNOW IT'S WORKING?

- Your dog drops items more quickly.
- They stay calm and check in with you.
- You feel confident using "Drop it" in real life.

8

Thank you for choosing Paw and Order UK.
We're here to help you build a happier, more connected life with your dog.

PAW AND ORDER UK • TRAINING WHILE THE KETTLE BOILS

PAW AND ORDER UK **TRAIN TODAY. BETTER DOGS. BETTER LIFE.**

Find It

TODAY'S GOAL

Start a confidence-building scent search.

YOU WILL NEED

- Small treats
- Clear floor

THREE-MINUTE STEPS

1. Show one treat.
2. Say "Find it" and toss it a short distance.
3. Allow the dog to locate it independently.
4. As they finish, send another in a different direction.
5. Finish after several easy searches.

BEGINNER NOTES

- Avoid unsafe flooring and choking hazards.
- Keep dogs separate if food creates tension.
- Make it easier before frustration builds.

READY TO PROGRESS WHEN

The dog begins searching happily after the cue.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____



THE 3-MINUTE FIND IT GAME

TEACH YOUR DOG TO SEARCH AND FIND TREATS





TRAIN WHILE THE KETTLE BOILS!

QUICK TRAINING.
REAL RESULTS.
BETTER DOGS.

 Small sessions. Clear communication. Better dogs.



WELCOME!

You don't need a 30-minute training session to teach your dog a brilliant life skill.

This simple game can be practised while you wait for the kettle to boil.

The aim is to teach your dog:
"Find your treats!" "Go and search – and have fun!"



The Find It Game boosts your dog's confidence, provides mental stimulation and is a great way to burn energy indoors – especially on rainy days.

 1



WHAT YOU'LL NEED



Your dog



High value treats



Any safe indoor space



A kettle!

 Use high value treats your dog LOVES. Tiny pieces are perfect because you'll be hiding several during this game.

 2



BEFORE YOU START

Set your dog up for success. This game is all about building confidence and making searching fun!

 **Instead of this:**

Making it too hard too soon.

Crowded or unsafe areas.

 **Do this instead:**

Start easy.

Use a quiet space.

Build up gradually as your dog gets better.

 Let your dog watch you hide the first few times. It helps them learn!

 3



THE 3-MINUTE FIND IT GAME STEP-BY-STEP

1 SHOW THE TREAT

Let your dog see the treat in your hand.

Say "Find it!" in an excited voice.

Then place it on the floor right in front of them.



2 LET THEM FIND IT!

Encourage your dog to go and find the treat.

When they eat it, praise them with lots of excitement!



 4



THE 3-MINUTE FIND IT GAME STEP-BY-STEP

3 ADD MORE HIDES

Place 2-3 treats around the room where your dog can easily see you hide them.

Say "Find it!" and release them.



4 MAKE IT A CHALLENGE

Start hiding treats in trickier spots – behind furniture, under a cushion, in a corner.

Keep it fun and build the challenge slowly!



 5



THE 3-MINUTE FIND IT GAME STEP-BY-STEP

5 CHANGE IT UP

Vary the treats, the hiding places and the number of treats.

You can even hide them in different rooms!



6 END ON A HIGH!

Finish while your dog is still excited.

Always end the game with success.



 6



TROUBLESHOOTING

 **WHAT IF MY DOG IS STRUGGLING?**

- Go easier – bigger spaces and obvious hides.
- Let them watch you hide.
- Use higher value treats.
- Reduce distractions.
- Keep sessions short and positive.

Small steps lead to big results.

 **AVOID THIS COMMON MISTAKE**

- Making it too hard too soon.
- Repeating the cue if they don't go.
- Getting frustrated – keep it fun!
- Using treats they aren't excited about.
- Turning it into a test.

 7



YOUR 7-DAY FIND IT CHALLENGE

For the next 7 days, practise the Find It Game once or twice when you boil the kettle.

Each session only needs to last a couple of minutes.

Keep track of how your dog is doing.

DAY 1	☐	DAY 5	☐
DAY 2	☐	DAY 6	☐
DAY 3	☐	DAY 7	☐
DAY 4	☐		



HOW DO YOU KNOW IT'S WORKING?

Your dog searches with enthusiasm.

They scan the area and solve the game.

They get faster and more confident.

They stay engaged and happy.

 Thank you for choosing Paw and Order UK. We're here to help you build a happier, more connected life with your dog.

 **TRAIN TODAY. BETTER DOGS. BETTER LIFE.**

Doorway Manners

TODAY'S GOAL

Build a calm pause at a safe internal door.

YOU WILL NEED

- Lead for safety
- Treats
- Internal door

THREE-MINUTE STEPS

1. Approach the closed door calmly.
2. Reward four paws on the floor.
3. Move the handle slightly; pause if the dog surges.
4. Calm behaviour makes the door open gradually.
5. Release clearly and move through together.

BEGINNER NOTES

- Practise away from roads first.
- A sit is optional; the functional goal is a pause.
- Never trap the dog with the door.

READY TO PROGRESS WHEN

The door can open while the dog remains behind it.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____



THE 3-MINUTE DOORWAY MANNERS GAME

TEACH YOUR DOG TO PAUSE AT DOORWAYS AND WAIT FOR YOUR OKAY!





TRAIN WHILE THE KETTLE BOILS!

QUICK TRAINING.
REAL RESULTS.
BETTER DOGS.

 Small sessions. Clear communication. Better dogs.



WELCOME!

You don't need a 30-minute training session to teach your dog a valuable life skill.

This simple game can be practised while you wait for the kettle to boil.

The aim is to teach your dog:
"Pause at doorways and wait for my okay before going through."



Good doorway manners keep your dog safe and help build impulse control in everyday life.

 1



BEFORE YOU START

Set your dog up for success.

This game is all about learning self-control and making good choices.

 **Instead of this:**

- Letting your dog rush through doors.
- Pulling on the lead.
- Repeating commands.
- Getting frustrated.

 **Do this instead:**

- Keep it calm and simple.
- Reward small steps.
- Be patient and consistent.

 Calm practice today = polite manners forever!

3



THE 3-MINUTE DOORWAY MANNERS GAME STEP-BY-STEP

- 1 INTRODUCE THE PAUSE**

Stand with your dog in front of a closed doorway. Open the door just a little. The moment your dog pauses or looks away from the door, "Yes!" and treat.


- 2 INCREASE THE OPENING**

Open the door a bit more. Wait for your dog to pause, even for a second. "Yes!" and treat.



4



THE 3-MINUTE DOORWAY MANNERS GAME STEP-BY-STEP

- 3 ADD DISTANCE**

Step through the doorway without your dog. If they stay behind you, "Yes!" and treat. If they rush forward, step back and try easier.


- 4 ADD THE RELEASE WORD**

When your dog waits politely, say your release word like "Okay!" and invite them through. Then, reward!



5



THE 3-MINUTE DOORWAY MANNERS GAME STEP-BY-STEP

- 5 PRACTISE EVERYWHERE**

Try different doorways: inside, outside, at the front door, in the garden gate, at the car. Keep it fun and rewarding!


- 6 BUILD CONSISTENCY**

Keep practising for short, positive sessions. Add gentle distractions over time.



6



TROUBLESHOOTING

 **WHAT IF MY DOG RUSHES?**

- Go back a step.
- Use a smaller door opening.
- Wait for any pause.
- Reward heavily for staying.
- Keep sessions short and successful.

 Small steps lead to big results.

 **AVOID THESE COMMON MISTAKES**

- Opening the door too wide too soon.
- Repeating cues.
- Letting your dog self-reward by rushing through.
- Forgetting to reward the pause.

7



YOUR 7-DAY DOORWAY MANNERS CHALLENGE

For the next 7 days, practise the Doorway Manners Game once or twice when you boil the kettle. Each session only needs to last a couple of minutes. Keep track of how your dog is doing.

DAY 1	☐	DAY 5	☐
DAY 2	☐	DAY 6	☐
DAY 3	☐	DAY 7	☐
DAY 4	☐		



HOW DO YOU KNOW IT'S WORKING?

Your dog pauses automatically.

They wait calmly for your okay.

You feel in control and they make safe choices.

 Thank you for choosing Paw and Order UK. We're here to help you build a happier, more connected life with your dog.

 **TRAIN TODAY. BETTER DOGS. BETTER LIFE.**

Food-Bowl Manners

TODAY'S GOAL

Create a predictable, pressure-free mealtime routine.

YOU WILL NEED

- Prepared meal
- Quiet feeding area

THREE-MINUTE STEPS

1. Hold the bowl securely.
2. Wait for four paws on the floor.
3. Lower it slightly; raise it calmly if the dog jumps.
4. Place it down after calm behaviour.
5. Release and walk away while the dog eats.

BEGINNER NOTES

- Do not repeatedly remove food.
- Do not touch or challenge the dog while eating.
- Separate pets and seek help for guarding.

READY TO PROGRESS WHEN

The bowl reaches the floor without jumping or grabbing.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____



PAW AND ORDER UK

THE 3-MINUTE FOOD BOWL MANNERS GAME

TEACH YOUR DOG TO WAIT CALMLY FOR THEIR FOOD – IT'S YUMMY, BUT PATIENCE PAYS!





TRAIN WHILE THE KETTLE BOILS!

QUICK TRAINING.
REAL RESULTS.
BETTER DOGS.

 Small sessions. Clear communication. Better dogs.



PAW AND ORDER UK

WELCOME!

You don't need a 30-minute training session to teach your dog a valuable life skill.

This simple game can be practised while you wait for the kettle to boil.

The aim is to teach your dog:
"Good things come to those who wait. Calm behaviour makes my food appear!"



Great food bowl manners create a calmer mealtime and help your dog learn self-control that carries into everyday life.

 1



PAW AND ORDER UK

WHAT YOU'LL NEED

 Your dog

 High value treats

 Their usual food

 A quiet space

 A kettle!

 Use the highest value treats your dog LOVES. Tiny pieces are perfect because you'll be giving lots of rewards during this game.

2



PAW AND ORDER UK

BEFORE YOU START

Set your dog up for success.

We want mealtimes to be calm, positive and rewarding!

 **Instead of this:**

Putting the bowl down while they're excited.

Letting them mug you for food.

Rushing the process.

 **Do this instead:**

Keep things calm.

Go at your dog's pace.

Reward small steps.

Stay consistent.

 A calm dog at mealtimes = a happy dog and a happier home!

3



PAW AND ORDER UK

THE 3-MINUTE FOOD BOWL MANNERS GAME STEP-BY-STEP

1 PREPARE

Have your dog sit or down in front of you.

Hold the food bowl, but don't put it down yet.

Wait for calm – no jumping, whining or pawing.



2 REWARD CALM

The moment your dog is calm – even for a second – mark "Yes!" and give a treat.

Repeat a few times.



4



PAW AND ORDER UK

THE 3-MINUTE FOOD BOWL MANNERS GAME STEP-BY-STEP

3 PUT THE BOWL DOWN

Put the bowl on the floor, but cover it with your hand.

If your dog tries to dive in, remove your hand.

Wait for calm again.



4 RELEASE TO EAT

When your dog waits calmly, say "Okay!" and lift your hand so they can eat.

Calm behaviour makes the food appear!



5



PAW AND ORDER UK

THE 3-MINUTE FOOD BOWL MANNERS GAME STEP-BY-STEP

5 BUILD DURATION

Gradually increase how long your dog has to wait before you say "Okay!".

Add 1–2 seconds at a time.

Reward calm choices.



6 ADD DISTANCE & DISRUPTIONS

Slowly step back, move to the side or around the room.

Make it a little harder, bit by bit.

Keep sessions short and fun!



6



PAW AND ORDER UK

TROUBLESHOOTING

 **WHAT IF MY DOG...**

- Jumps or whines? – Take a step back. Make it easier.
- Dives for the bowl? – Remove your hand and wait again.
- Loses interest? – Use higher value treats or try again later.
- Gets frustrated? – End on a success and try shorter waits.

 **AVOID THESE COMMON MISTAKES**

- Putting the bowl down when your dog is excited.
- Repeating cues.
- Rewarding the wrong behaviour (even by accident).
- Rushing the process.
- Practising for too long and losing their focus.

 Small steps lead to big results.

7



PAW AND ORDER UK

YOUR 7-DAY FOOD BOWL MANNERS CHALLENGE

For the next 7 days, practise the Food Bowl Manners Game once or twice when you feed your dog. Each session only needs to last a couple of minutes. Keep track of how your dog is doing.

DAY 1	☐	DAY 5	☐
DAY 2	☐	DAY 6	☐
DAY 3	☐	DAY 7	☐
DAY 4	☐		



HOW DO YOU KNOW IT'S WORKING?

Your dog waits calmly.

They look to you for permission.

Mealtimes are calm and stress-free.

You feel proud of their progress!

 Thank you for choosing Paw and Order UK. We're here to help you build a happier, more connected life with your dog.

 **TRAIN TODAY. BETTER DOGS. BETTER LIFE.**

Everyday Recall

TODAY'S GOAL

Make returning to you valuable in an easy place.

YOU WILL NEED

- High-value treats
- Safe enclosed room

THREE-MINUTE STEPS

1. Move a short distance away.
2. Say the recall cue once.
3. Move backwards and encourage the dog towards you.
4. Mark arrival and reward close to your legs.
5. Gently touch the collar, reward again, then release.

BEGINNER NOTES

- Never punish a dog who returns.
- Do not call when you cannot safely follow through.
- Use a harness and long line outdoors while learning.

READY TO PROGRESS WHEN

The dog turns and reaches you enthusiastically indoors.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____



PAW AND ORDER UK

THE 3-MINUTE RECALL GAME

TEACH YOUR DOG TO COME WHEN CALLED – EVERY TIME

TRAIN WHILE THE KETTLE BOILS!

QUICK TRAINING. REAL RESULTS. BETTER DOGS.

Small sessions. Clear communication. Better dogs.

PAW AND ORDER UK

WELCOME!

You don't need a 30-minute training session to teach your dog a reliable recall.

This simple game can be practised while you wait for the kettle to boil.

The aim is to teach your dog:
"Come to me when I call, because good things happen!"

A reliable recall keeps your dog safe and gives them more freedom. It also makes everyday life together much more enjoyable.



1

PAW AND ORDER UK

WHAT YOU'LL NEED

-  Your dog
-  10–15 small treats
-  A quiet space (indoors or garden)
-  A kettle!

Use small, tasty treats your dog enjoys. Tiny pieces are perfect because you'll be giving several rewards during the game.

2

PAW AND ORDER UK

BEFORE YOU START

This game works best when coming to you is always rewarding and never the end of something fun.

✗ Instead of this:
"Diesel! Come here!"
(Only when you need them for something)
This can lose meaning.

✓ Do this instead:
"Diesel, come!"
Good things happen when they come.

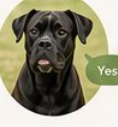
We're building a strong, positive habit. Short, successful sessions are the key.

3

PAW AND ORDER UK

THE 3-MINUTE RECALL GAME STEP-BY-STEP

- 1 BOIL THE KETTLE**
Put the kettle on as normal. Have your treats ready. You now have a couple of minutes to train your dog. There's no need for long training sessions. Just real-life moments.
- 2 GET YOUR DOG'S ATTENTION**
Let your dog be doing their own thing at a short distance from you. Say their name to get their attention. When they look at you, say "Yes!" and get ready to start.

4

PAW AND ORDER UK

THE 3-MINUTE RECALL GAME STEP-BY-STEP

- 3 CALL YOUR DOG**
In a happy, excited voice, say: "Come!"
Open your arms or crouch down to make it inviting. Never shout or sound angry. Be fun!
- 4 REWARD JACKPOT**
When your dog reaches you, praise them: "Yes! Good boy/girl!" Then give several treats in a row. Make it the best part! Then let them go back to what they were doing.




5

PAW AND ORDER UK

THE 3-MINUTE RECALL GAME STEP-BY-STEP

- 5 REPEAT 5–10 TIMES**
Repeat the game while the kettle boils. Aim for around 5–10 successful recalls. Keep it short and fun. Stop while your dog still wants more.
- 6 MAKE IT EASY TO START**
Stand a short distance away at first. If your dog doesn't come, make it easier:
 - Be closer
 - Use better treats
 - Reduce distractions
 We want success!



6

PAW AND ORDER UK

TROUBLESHOOTING

WHAT IF MY DOG DOESN'T COME?

- Don't chase them.
- Go back to an easier version of the game.
- Use higher value treats.
- Make yourself more exciting!
- Practise in a quieter place.
- Build success step by step.

Small steps lead to big results.

✗ AVOID THIS COMMON MISTAKE
Don't call your dog to:

- End play time
- Give a bath
- Leave the park
- Do something they don't enjoy

 If coming to you means the fun stops, they will stop coming.
Always = Good things.
 This builds a rock-solid recall.

7

PAW AND ORDER UK

YOUR 7-DAY KETTLE TRAINING CHALLENGE

For the next 7 days, practise the Recall Game once or twice when you boil the kettle. Each session only needs to last a couple of minutes. Keep track of how your dog is doing.

DAY 1	☐	DAY 5	☐
DAY 2	☐	DAY 6	☐
DAY 3	☐	DAY 7	☐
DAY 4	☐		

HOW DO YOU KNOW IT'S WORKING?
Your dog comes to you quickly, happily and every time you call.
They choose you over distractions.
That's a recall you can rely on.

ONE CALL. ONE CHOICE. ONE REWARD.

8

Thank you for choosing Paw and Order UK.
We're here to help you build a happier, more connected life with your dog.

PAW AND ORDER UK

Emergency Recall

TODAY'S GOAL

Condition a protected cue with a jackpot.

YOU WILL NEED

- New word or whistle pattern
- Exceptional rewards

THREE-MINUTE STEPS

1. Choose a cue the dog has never ignored.
2. Give it once while the dog is already close.
3. Move away cheerfully.
4. Deliver several exceptional treats on arrival.
5. Touch the collar, reward again and release.

BEGINNER NOTES

- Do only 3-5 repetitions.
- Do not use the cue casually.
- This exercise is not permission to practise off lead near hazards.

READY TO PROGRESS WHEN

The special cue produces an immediate, joyful response nearby.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____



THE 3-MINUTE EMERGENCY RECALL GAME

TEACH YOUR DOG TO COME STRAIGHT BACK TO YOU WHEN IT MATTERS MOST!





TRAIN WHILE THE KETTLE BOILS!

QUICK TRAINING.
REAL RESULTS.
BETTER DOGS.

Small sessions. Clear communication. Better dogs.



WELCOME!

You don't need a 30-minute training session to teach your dog a life-saving recall.

This simple game can be practised while you wait for the kettle to boil.

The aim is to teach your dog:
"When I call your special word, come to me straight away – because coming to me is the best thing ever!"



A strong emergency recall could one day keep your dog safe. Let's make it brilliant!



WHAT YOU'LL NEED

 Your dog

 High value treats

 A quiet space

 (Optional) Whistle

 A kettle!

Use the highest value treats your dog LOVES. Tiny pieces are perfect because you'll be giving lots of rewards during this game.



BEFORE YOU START

First, let's set your dog up for success. Your emergency recall word should be used ONLY for important, life-saving situations.

✗ Instead of this:

Using their daily name.

Calling them for things they don't like (e.g. bath, nail trim).

✓ Do this instead:

Choose a special word or whistle just for emergencies.

Say it once, make it count!

Be exciting! The faster your dog learns that coming to you = amazing, the better!



THE 3-MINUTE EMERGENCY RECALL GAME STEP-BY-STEP

1 GET EXCITED!

In a quiet space, get down to your dog's level. Say your recall word once in a happy, excited voice. When they come to you, celebrate! Give a jackpot of treats.



2 REWARD BIG!

When your dog gets to you, give several treats. Praise, fuss and make it the best part of their day!





THE 3-MINUTE EMERGENCY RECALL GAME STEP-BY-STEP

3 MAKE IT EASY

Take a few steps back. Say your recall word once. When your dog comes, reward with a jackpot!



4 ADD DISTANCE & FUN

Gradually increase the distance. Change direction. Always reward BIG when they come. Keep it fun and positive!





THE 3-MINUTE EMERGENCY RECALL GAME STEP-BY-STEP

5 PROOF IT

Practise in different places, with mild distractions. Start easy, then gradually make it harder. Always keep success high!



6 USE IT WISELY

Use your emergency recall word ONLY when it really matters. This keeps it powerful.





TROUBLESHOOTING

WHAT IF MY DOG DOESN'T COME?

- Don't repeat the word.
- Go get them (don't chase them).
- Make it easier next time.
- Reward better next time.
- Practise more in easier environments.

Small steps lead to big results.

✗ AVOID THIS COMMON MISTAKE

- Calling your dog, then getting angry when they don't come.
- Using the word for everyday things.
- Not rewarding when they do come.
- Practising when your dog is over threshold or over excited.



YOUR 7-DAY EMERGENCY RECALL CHALLENGE

For the next 7 days, practise your Emergency Recall Game once or twice when you boil the kettle. Each session only needs to last a couple of minutes. Keep track of how your dog is doing.

DAY 1	☐	DAY 5	☐
DAY 2	☐	DAY 6	☐
DAY 3	☐	DAY 7	☐
DAY 4	☐		

HOW DO YOU KNOW IT'S WORKING?

Your dog whips around when they hear the word. They run to you quickly and happily. They stay close after the reward. You feel confident calling them.

Thank you for choosing Paw and Order UK. We're here to help you build a happier, more connected life with your dog.

TRAIN TODAY.  PAW AND ORDER

Whistle Charge

TODAY'S GOAL

Teach a whistle sound to predict returning rewards.

YOU WILL NEED

- Dog whistle
- High-value treats

THREE-MINUTE STEPS

1. Choose one consistent pattern, for example two short pips.
2. Sound it softly while the dog is close.
3. Immediately deliver several treats.
4. Pause and repeat only five times.
5. Store the whistle somewhere accessible.

BEGINNER NOTES

- Check the dog is comfortable with the sound.
- Do not blow close to ears.
- Condition indoors before adding distance.

READY TO PROGRESS WHEN

The dog turns towards you when the pattern sounds.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____

Lead Position

TODAY'S GOAL

Reward the place where a loose lead can happen.

YOU WILL NEED

- Comfortable harness or collar
- Lead
- Treats

THREE-MINUTE STEPS

1. Stand still in a quiet room.
2. Reward the dog beside your chosen leg.
3. Take one step.
4. Mark and reward beside your leg if the lead remains loose.
5. Reset after just a few steps.

BEGINNER NOTES

- Do not jerk the lead.
- Begin somewhere boring.
- Reward placement matters: feed beside you, not ahead.

READY TO PROGRESS WHEN

The dog can take five connected steps on a loose lead.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____

Follow-Me Turns

TODAY'S GOAL

Teach your dog that changes of direction are worth noticing.

YOU WILL NEED

- Treats
- Safe open room

THREE-MINUTE STEPS

1. Begin with the dog near you.
2. Say a light phrase such as "This way".
3. Turn smoothly and move two steps.
4. Mark when the dog follows.
5. Reward beside your leg and repeat both directions.

BEGINNER NOTES

- Do not snap the lead around.
- Turn before tension develops.
- Slow down on slippery floors.

READY TO PROGRESS WHEN

The dog follows gentle turns without lead tension.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____

Middle

TODAY'S GOAL

Teach your dog to stand between your legs as a fun position.

YOU WILL NEED

- Treats
- Enough safe space

THREE-MINUTE STEPS

1. Stand with feet comfortably apart.
2. Use a treat to guide the dog around one leg from behind.
3. Bring the treat forward between your knees.
4. Mark when the dog stands between your legs.
5. Reward low and forward; release clearly.

BEGINNER NOTES

- Ensure the dog is physically comfortable.
- Do not close your legs around the dog.
- Start with plenty of space and no pressure.

READY TO PROGRESS WHEN

The dog enters the position confidently with the hand guide.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____



THE 3-MINUTE MIDDLE GAME

TEACH YOUR DOG TO TARGET THE MIDDLE ON CUE – FOCUSED, CONFIDENT AND CONNECTED!



TRAIN WHILE THE KETTLE BOILS!



QUICK TRAINING. REAL RESULTS. BETTER DOGS.

 Small sessions. Clear communication. Better dogs.



WELCOME!

You don't need a 30-minute training session to teach your dog a valuable life skill.

This simple game can be practised while you wait for the kettle to boil.

The aim is to teach your dog: "Targeting the middle builds focus and helps your dog make good choices."



The Middle helps in many real-life situations – polite greetings, calm attention and impulse control.

 1



WHAT YOU'LL NEED



Your dog



High value treats



Treat pouch (optional)



A quiet space



A kettle!

Use the highest value treats your dog LOVES. Tiny pieces are perfect because you'll be giving lots of rewards during this game.

 2



BEFORE YOU START

Set your dog up for success. We want this to be a calm, positive learning experience.

✗ **Instead of this:**

Holding the treat too high.

Rushing or repeating.

Expecting too fast.

Doing it when they're excited or tired.

✓ **Do this instead:**

Treat at middle height. Go slow.

Let your dog choose. Keep sessions short and positive.

Reward calm choices.

 Calm practice today = confident dog tomorrow!

3



THE 3-MINUTE MIDDLE GAME STEP-BY-STEP

1 SHOW THE TREAT

Hold a treat in front of your body at about your dog's nose height, in the middle. Let your dog look at it. Mark "Yes!" and treat. Repeat a few times.

2 MOVE TO THE MIDDLE

If your dog follows the treat to the middle, mark "Yes!" and treat. If they guess and get it right quickly – brilliant!

4



THE 3-MINUTE MIDDLE GAME STEP-BY-STEP

3 ADD THE CUE

Once your dog is targeting the middle reliably, say "Middle" just before you present the treat. Mark "Yes!" and treat.

4 BUILD DURATION & DISTANCE

Gradually wait a moment before saying "Yes!". Then try taking a small step back. Reward calm focus. Keep it fun and upbeat!

5



THE 3-MINUTE MIDDLE GAME STEP-BY-STEP

5 ADD MOVEMENT

Move slightly side to side or take a step. Your dog learns to keep their focus on the middle. Mark and reward.

6 MAKE IT REWARDING

Randomly reward. Sometimes treat, sometimes praise, sometimes a little game. Keep it exciting!

6



TROUBLESHOOTING

WHAT IF MY DOG...

- Doesn't get it? Go back to Step 1.
- Jumps up? Lower the treat and reward calm.
- Looks away? Make it easier and more fun.
- Gets distracted? Reduce distance and remove distractions.
- Frustrated? Shorten sessions and end on a win.

✗ **AVOID THESE COMMON MISTAKES**

- Holding the treat too high.
- Repeating the cue.
- Expecting perfection.
- Practising for too long.
- Not rewarding calm focus.

7



YOUR 7-DAY MIDDLE CHALLENGE

For the next 7 days, practise the Middle Game once or twice when you boil the kettle. Each session only needs to last a couple of minutes. Keep track of how your dog is doing.

DAY 1 ☐	DAY 5 ☐
DAY 2 ☐	DAY 6 ☐
DAY 3 ☐	DAY 7 ☐
DAY 4 ☐	

HOW DO YOU KNOW IT'S WORKING?

Your dog comes to the middle quickly. They offer focus even with distractions. They choose you over the environment. You both feel relaxed and connected!



 Thank you for choosing Paw and Order UK. We're here to help you build a happier, more connected life with your dog.

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Chin Rest

TODAY'S GOAL

Build a voluntary chin rest for calm handling foundations.

YOU WILL NEED

- Treats
- Open palm or folded towel

THREE-MINUTE STEPS

1. Offer a steady palm just below the chin.
2. Mark any voluntary lowering towards it.
3. Reward, then remove the hand briefly.
4. Build until the chin rests for one second.
5. Add "Chin" only after the action is predictable.

BEGINNER NOTES

- Never hold the head down.
- Release before the dog chooses to leave.
- Stop if the dog avoids the hand.

READY TO PROGRESS WHEN

The dog places their chin voluntarily for one second.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____



THE 3-MINUTE CHIN REST GAME

TEACH YOUR DOG TO REST THEIR CHIN ON CUE – GENTLE, CALM AND CONNECTED!



QUICK TRAINING. REAL RESULTS. BETTER DOGS.

Small sessions. Clear communication. Better dogs.



WELCOME!

You don't need a 30-minute training session to teach your dog a valuable life skill.

This simple game can be practised while you wait for the kettle to boil.

The aim is to teach your dog: "Resting their chin shows calm and trust, so I'll relax and enjoy the moment."



Chin Rest helps your dog settle, manage excitement and feel safe – at home and out in the world.



WHAT YOU'LL NEED

 Your dog

 High value treats

 Treat pouch (optional)

 A quiet space

 A kettle!

Use the highest value treats your dog LOVES. Tiny pieces are perfect because you'll be giving lots of rewards during this game.



BEFORE YOU START

Set your dog up for success. We want this to be a calm, positive experience.

✗ Instead of this:

- Standing over them.
- Rushing or repeating.
- Holding the treat too high.
- Expecting too fast.
- Doing it when they're excited or tired.

✓ Do this instead:

- Sit or kneel at their level.
- Go slow.
- Let your dog choose.
- Keep sessions short and positive.
- Reward calm choices.

Calm dogs learn. Rushed dogs worry. Choose calm, every time.



THE 3-MINUTE CHIN REST GAME STEP-BY-STEP

- LURE DOWN**
Hold a treat close to your dog's nose. Slowly lower it down towards the floor, between their front paws.
- FIND THE POSITION**
As they follow the treat, their chin will naturally touch your hand or the floor. The moment their chin rests – "Yes!" and treat.






THE 3-MINUTE CHIN REST GAME STEP-BY-STEP

- ADD THE CUE**
Once they're offering chin resting, add your cue like "Chin" just before they lower their chin. "Yes!" and treat.
- BUILD DURATION**
Gradually wait a little longer while they keep their chin down. Reward often. Build calm duration over time.






THE 3-MINUTE CHIN REST GAME STEP-BY-STEP

- ADD DISTANCE**
Once they understand, try moving your hand away as you lure down. Reward when their chin reaches the floor.
- PROOF IT**
Practise in different rooms, on different surfaces and with small distractions. Keep sessions short and positive.






TROUBLESHOOTING

WHAT IF MY DOG...

- Won't go down? – Go back to lure with the treat.
- Lifts their head quickly? – Reward faster and build duration slowly.
- Gets distracted? – Make it easier. Fewer distractions, shorter sessions.
- Loses interest? – Use higher value treats or try in a quieter place.
- Isn't taking treat? – Do a warm-up game like hand targeting first.

Small steps lead to big results.

✗ AVOID THESE COMMON MISTAKES

- Pushing their head down.
- Repeating the cue too soon.
- Expecting too long on day one.
- Practising when your dog is overexcited.
- Forgetting to reward.



YOUR 7-DAY CHIN REST CHALLENGE

For the next 7 days, practise the Chin Rest Game once or twice when you boil the kettle. Each session only needs to last a couple of minutes. Keep track of how your dog is doing.

DAY 1	☐	DAY 5	☐
DAY 2	☐	DAY 6	☐
DAY 3	☐	DAY 7	☐
DAY 4	☐		

HOW DO YOU KNOW IT'S WORKING?

- Your dog offers chin rest.
- They settle faster.
- They choose calm more often.
- You both feel relaxed and connected!

Thank you for choosing Paw and Order UK. We're here to help you build a happier, more connected life with your dog.

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Paw Handling

TODAY'S GOAL

Create a positive, consent-aware start to paw care.

YOU WILL NEED

- Tiny treats
- Non-slip mat

THREE-MINUTE STEPS

1. Begin by touching the shoulder briefly.
2. Mark and reward relaxed acceptance.
3. Over repetitions, move gradually down the leg.
4. Briefly cup the paw without lifting.
5. Release immediately, reward and finish.

BEGINNER NOTES

- Do not restrain or squeeze.
- Progress over days, not within one session.
- Pain, persistent licking or sensitivity needs veterinary advice.

READY TO PROGRESS WHEN

The dog remains relaxed during a one-second paw cup.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____

PAW AND ORDER UK

THE 3-MINUTE PAW HANDLING GAME

TEACH YOUR DOG TO ENJOY HAVING THEIR PAWS TOUCHED – ONE PAW AT A TIME!

QUICK TRAINING. REAL RESULTS. BETTER DOGS.

TRAIN WHILE THE KETTLE BOILS!

Small sessions. Clear communication. Better dogs.

WELCOME!

You don't need a 30-minute training session to teach your dog a valuable life skill.

This simple game can be practised while you wait for the kettle to boil.

The aim is to teach your dog: "Paw handling predicts good things, so I'll stay calm and let you do it."

Paw Handling helps with nail trims, veterinary checks and everyday care – without stress for either of you.

1

WHAT YOU'LL NEED

Your dog
 High value treats
 A towel (optional)
 A quiet space
 A kettle!

Use the highest value treats your dog LOVES. Tiny pieces are perfect because you'll be giving lots of rewards during this game.

2

BEFORE YOU START

Set your dog up for success. We want this to be a positive, low-pressure experience.

✗ Instead of this:

- Grabbing their paw.
- Holding on tightly.
- Forcing or rushing.
- Doing it when they're excited or tired.

✓ Do this instead:

- Go slow.
- Let your dog choose.
- Keep sessions short and positive.
- Reward calm choices.

Happy paws make for a happy dog!

3

THE 3-MINUTE PAW HANDLING GAME STEP-BY-STEP

1 INTRODUCE

Let your dog see the treat in your hand. Touch their leg near the paw briefly, then mark "Yes!" and treat. Repeat a few times.

2 TOUCH THE PAW

Gently touch the top of their paw for a moment. Mark "Yes!" and treat. Build up to longer touches.

THE 3-MINUTE PAW HANDLING GAME STEP-BY-STEP

3 LIFT THE PAW

Gently lift their paw just a little. Mark "Yes!" and treat. Put it straight back down. Keep it light and positive!

4 HOLD & INSPECT

Gradually hold the paw for a little longer. You can gently look at their toes or pads. Mark "Yes!" and treat. Always keep it gentle.

THE 3-MINUTE PAW HANDLING GAME STEP-BY-STEP

5 CHANGE IT UP

Practise with different paws. Try on different surfaces and in different places. Keep it interesting!

6 FINISH ON A HIGH

End the session after a success. Praise, treat and celebrate!

6

TROUBLESHOOTING

WHAT IF MY DOG STRUGGLES?

- Go back a step.
- Make the session easier.
- Use higher value treats.
- Keep sessions short.
- Practise in a quieter place.

Small steps lead to big results.

✗ AVOID THESE COMMON MISTAKES

- Holding their paw for too long too soon.
- Forcing or restraining.
- Repeating without success.
- Forgetting to reward.
- Practising when your dog is stressed.

7

YOUR 7-DAY PAW HANDLING CHALLENGE

For the next 7 days, practise the Paw Handling Game once or twice when you boil the kettle. Each session only needs to last a couple of minutes. Keep track of how your dog is doing.

DAY 1	☐	DAY 5	☐
DAY 2	☐	DAY 6	☐
DAY 3	☐	DAY 7	☐
DAY 4	☐		

HOW DO YOU KNOW IT'S WORKING?

- Your dog offers their paw.
- They stay relaxed while you handle it.
- They show calm body language.
- You both feel confident and happy.

8

Thank you for choosing Paw and Order UK. We're here to help you build a happier, more connected life with your dog.

TRAIN TODAY. BETTER DOGS. BETTER LIFE.

Ear Check

TODAY'S GOAL

Build comfort with a brief visual ear check.

YOU WILL NEED

- Treats
- Good light

THREE-MINUTE STEPS

1. Touch the shoulder, mark and reward.
2. Progress to a brief touch near the base of the ear.
3. Gently lift the ear flap for less than one second.
4. Mark, release and reward.
5. End before the dog moves away.

BEGINNER NOTES

- Never insert anything into the ear.
- Do not clean painful, red or smelly ears without veterinary advice.
- Respect avoidance and go back a step.

READY TO PROGRESS WHEN

The dog remains comfortable with a brief ear-flap lift.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____



THE 3-MINUTE EAR CHECKING GAME

TEACH YOUR DOG TO ENJOY
EAR CHECKS – GENTLE HANDS,
GOOD THINGS!



**QUICK TRAINING.
REAL RESULTS.
BETTER DOGS.**



TRAIN WHILE
THE KETTLE
BOILS!



WELCOME!

You don't need a 30-minute training session to teach your dog a valuable life skill.

This simple game can be practised while you wait for the kettle to boil.

The aim is to teach your dog:
"Ear handling predicts good things, so I'll stay calm and let you check."

Ear Checking helps with cleaning, veterinary checks and overall wellbeing – without stress for either of you.



1

WHAT YOU'LL NEED



Your dog



High value treats



A towel (optional)



A quiet space



A kettle!

Use the highest value treats your dog LOVES. Tiny pieces are perfect because you'll be giving lots of rewards during this game.

2

BEFORE YOU START

Set your dog up for success. We want this to be a calm, positive experience.

✗ Instead of this:

- Grabbing the ear.
- Holding for too long.
- Checking too deep.
- Doing it when your dog is worried or tired.

✓ Do this instead:

- Go slow.
- Let your dog choose.
- Keep sessions short and positive.
- Reward calm choices.

 Calm dogs learn. Rushed dogs worry. Choose calm, every time.

3

THE 3-MINUTE EAR CHECKING GAME STEP-BY-STEP

1 INTRODUCE THE EARS

Say "Yes!" and treat when you look at or gently touch the outside of your dog's ear. Repeat a few times.



2 LIFT THE EAR

Gently lift the ear flap just a little. Mark "Yes!" and treat. Keep it light and positive.



4

THE 3-MINUTE EAR CHECKING GAME STEP-BY-STEP

3 PEEK INSIDE (JUST A LITTLE)

Gently lift the ear and look inside for a second or two. Mark "Yes!" and treat. Don't put anything in the ear.



4 BUILD DURATION GRADUALLY

Very gradually increase the time you hold the ear and look inside. Always reward before your dog asks for it.



5

THE 3-MINUTE EAR CHECKING GAME STEP-BY-STEP

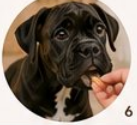
5 CHECK BOTH EARS

Practise the same steps on the other ear. Keep sessions short and fun!



6 FINISH ON A HIGH

End the session with a few treats, praise and something your dog loves.



6

TROUBLESHOOTING

WHAT IF MY DOG...

- Pulls away? Go back a step and make it easier.
- Shakes their head? You're going too fast – slow down.
- Seems worried? Use shorter sessions and more treats.
- Dislikes one ear? Spend extra time making that ear easy and rewarding.

 Small steps lead to big results.

✗ AVOID THESE COMMON MISTAKES

- Forcing your dog to let you.
- Checking too deep or for too long.
- Practising when your dog is overexcited.
- Not rewarding calm behaviour.

7

YOUR 7-DAY EAR CHECKING CHALLENGE

For the next 7 days, practise the Ear Checking Game once or twice when you boil the kettle. Each session only needs to last a couple of minutes. Keep track of how your dog is doing.

DAY 1	☐	DAY 5	☐
DAY 2	☐	DAY 6	☐
DAY 3	☐	DAY 7	☐
DAY 4	☐		



HOW DO YOU KNOW IT'S WORKING?

- Your dog stays calm.
- They let you lift their ears easily.
- They look relaxed (soft eyes, relaxed mouth, loose body).
- You both feel more confident!

 Thank you for choosing Paw and Order UK. We're here to help you build a happier, more connected life with your dog.

 **TRAIN TODAY. BETTER DOGS. BETTER LIFE.**

Mouth Check

TODAY'S GOAL

Prepare for a brief, cooperative look at lips and teeth.

YOU WILL NEED

- Treats
- Calm familiar space

THREE-MINUTE STEPS

1. Touch the side of the cheek briefly.
2. Mark and reward.
3. Progress to lifting the lip for less than one second.
4. Release before rewarding.
5. Repeat on the other side only if relaxed.

BEGINNER NOTES

- Never force the mouth open.
- Do not attempt this if there is bite risk.
- Pain, bleeding, swelling or bad odour needs veterinary advice.

READY TO PROGRESS WHEN

The dog accepts a brief voluntary lip lift.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____



THE 3-MINUTE MOUTH CHECK GAME

TEACH YOUR DOG TO ENJOY GENTLE MOUTH CHECKS – HEALTHY MOUTH, HAPPY DOG!





TRAIN WHILE THE KETTLE BOILS!

QUICK TRAINING.
REAL RESULTS.
BETTER DOGS.

Small sessions. Clear communication. Better dogs.



WELCOME!

You don't need a 30-minute training session to teach your dog a valuable life skill.

This simple game can be practised while you wait for the kettle to boil.

The aim is to teach your dog: "Mouth handling predicts good things, so I'll keep calm and let you check."



Mouth Check helps with dental care, veterinary exams and overall wellbeing – without stress for either of you.

1



WHAT YOU'LL NEED



Your dog



High value treats



A towel (optional)



A quiet space



A kettle!

Use the highest value treats your dog LOVES. Tiny pieces are perfect because you'll be giving lots of rewards during this game.

2



BEFORE YOU START

Set your dog up for success. We want this to be a calm, positive experience.

✗ Instead of this:

- Grabbing their muzzle.
- Forcing anything.
- Doing it too long.
- Checking when your dog is worried or tired.

✓ Do this instead:

- Go slow.
- Let your dog choose.
- Keep sessions short and positive.
- Reward calm choices.

A relaxed mouth = a healthy dog and a happy relationship!

3



THE 3-MINUTE MOUTH CHECK GAME STEP-BY-STEP

1 INTRODUCE THE TOUCH

Gently touch the side of your dog's muzzle. Say "Yes!" and treat. Repeat a few times.



2 LIFT THE LIP (ONE SIDE)

Gently lift the lip on one side just enough to peek. Mark "Yes!" and treat. Keep it light and positive.



4



THE 3-MINUTE MOUTH CHECK GAME STEP-BY-STEP

3 PEEK A LITTLE MORE

Gradually lift the lip a little higher to see more of the teeth. Mark "Yes!" and treat. Don't hold for long.



4 CHECK THE OTHER SIDE

Repeat on the other side. Keep it gentle, calm and rewarding.



5



THE 3-MINUTE MOUTH CHECK GAME STEP-BY-STEP

5 CHECK FRONT TEETH

Gently lift the top lip in the middle to check the front teeth. Mark "Yes!" and treat.



6 OPEN A LITTLE

Very gently lift the lip to check the bottom teeth. Mark "Yes!" and treat. Then release. Well done!



6



TROUBLESHOOTING

WHAT IF MY DOG STRUGGLES?

- Go back a step.
- Make it easier.
- Use higher value treats.
- Keep sessions short.
- End on a success and try again later.

Small steps lead to big results.

✗ AVOID THESE COMMON MISTAKES

- Holding their mouth – this can create stress.
- Pushing past their comfort level.
- Doing it too long.
- Forgetting to reward calm choices.

7



YOUR 7-DAY MOUTH CHECK CHALLENGE

For the next 7 days, practise the Mouth Check Game once or twice when you boil the kettle. Each session only needs to last a couple of minutes. Keep track of how your dog is doing.

DAY 1	☐	DAY 5	☐
DAY 2	☐	DAY 6	☐
DAY 3	☐	DAY 7	☐
DAY 4	☐		

HOW DO YOU KNOW IT'S WORKING?

- Your dog stays calm.
- They happily let you check.
- They feel relaxed and confident.
- You both feel good about it!

8



Thank you for choosing Paw and Order UK. We're here to help you build a happier, more connected life with your dog.



TRAIN TODAY. BETTER DOGS. BETTER LIFE.

Settle on a Mat

TODAY'S GOAL

Reward naturally calm choices on a comfortable mat.

YOU WILL NEED

- Mat or blanket
- Tiny treats

THREE-MINUTE STEPS

1. Place the mat in a quiet area.
2. Reward looking at or stepping onto it.
3. Sit nearby and quietly drop treats onto the mat for calm behaviour.
4. Space rewards further apart as the dog relaxes.
5. Finish gently without exciting play.

BEGINNER NOTES

- Do not repeatedly command the dog to relax.
- Avoid luring frantic repetitions.
- Some dogs need movement or toileting before settling.

READY TO PROGRESS WHEN

The dog chooses to remain on the mat calmly.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____



PAW AND ORDER UK

THE 3-MINUTE SETTLE GAME

TEACH YOUR DOG TO SETTLE CALMLY – WHEREVER YOU ARE

TRAIN WHILE THE KETTLE BOILS!

QUICK TRAINING. REAL RESULTS. BETTER DOGS.

Small sessions. Clear communication. Better dogs.

PAW AND ORDER UK

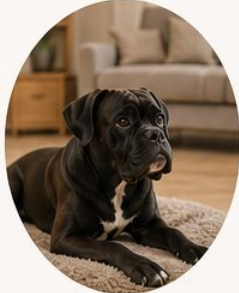
WELCOME!

You don't need a 30-minute training session to teach your dog an important life skill.

This simple game can be practised while you wait for the kettle to boil.

The aim is to teach your dog: "Settle on cue and relax, so good things can happen."

A settled dog is easier to live with and helps in so many everyday situations – at home, in public and when guests arrive.



1

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WHAT YOU'LL NEED

- Your dog
- A bed or mat
- High value treats
- A quiet space
- A kettle!

Use high value treats your dog LOVES. Tiny pieces are perfect because you'll be giving several rewards during this game.

2

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BEFORE YOU START

For this game, "Settle" means your dog chooses to relax on their bed or mat until you release them.

✗ Instead of this:

Expecting calm without teaching it first.

It can lead to frustration or confusion.

✓ Do this instead:

Teach calm in short, successful steps.

We build it slowly and set your dog up to succeed.

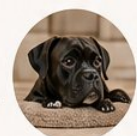
Calm is taught, not expected. Small steps lead to big results.

3

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THE 3-MINUTE SETTLE GAME STEP-BY-STEP

- 1 BOIL THE KETTLE**
Put the kettle on as normal. Have your treats ready. You now have a couple of minutes to train your dog. Keep it relaxed and positive.
- 2 GUIDE TO THE BED**
Ask your dog to go to their bed (or lure them there with a treat). When all four paws are on the bed, mark with "Yes!" or click.

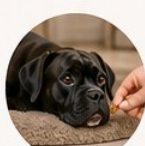



4

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THE 3-MINUTE SETTLE GAME STEP-BY-STEP

- 3 REWARD FOR SETTLING**
While your dog is lying down, calm and relaxed, mark and give a treat between their front paws. Then quietly feed another treat near their paws every few seconds while they stay calm.
- 4 BUILD DURATION**
Gradually increase the time between treats. Go from every few seconds to every 5, 10, 15 seconds... Keep rewarding calm choices.




5

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THE 3-MINUTE SETTLE GAME STEP-BY-STEP

- 5 ADD YOUR SETTLE WORD**
Once your dog is calmly staying on their bed, say "Settle" in a calm voice just before you give the treat. Repeat several times.
- 6 RELEASE**
When you're ready to finish, say "All done" or your release word (e.g. "Free"). Reward off the bed and let your dog go.




6

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TROUBLESHOOTING

WHAT IF MY DOG WON'T SETTLE?

- They may be too excited – make it easier.
- Use higher value treats.
- Reduce distractions.
- Shorten the duration.
- Make the bed more inviting.
- Exercise them first if appropriate.

Small steps lead to big results.

✗ AVOID THIS COMMON MISTAKE

- Repeating "Settle" over and over.
- Rewarding when they are fidgeting or up off the bed.
- Expecting too much, too soon.
- Rushing the process.
- Patience and timing are key!

7

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YOUR 7-DAY KETTLE TRAINING CHALLENGE

For the next 7 days, practise the Settle Game once or twice when you boil the kettle. Each session only needs to last a couple of minutes. Keep track of how quickly your dog improves.

DAY 1	☐	DAY 5	☐
DAY 2	☐	DAY 6	☐
DAY 3	☐	DAY 7	☐
DAY 4	☐		

HOW DO YOU KNOW IT'S WORKING?

Your dog chooses to go to their bed. They relax and stay there. They respond to "Settle" more quickly. They can stay calm for longer.

SETTLE TODAY. CALM FOREVER.

8

Thank you for choosing Paw and Order UK. We're here to help you build a happier, more connected life with your dog.

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Go to Bed

TODAY'S GOAL

Teach movement to a bed or mat on cue.

YOU WILL NEED

- Bed or mat
- Treats

THREE-MINUTE STEPS

1. Stand close to the bed.
2. Toss one treat onto it.
3. Mark when all four paws arrive.
4. Feed another treat on the bed, then release away.
5. Add "Bed" just before the dog moves when predictable.

BEGINNER NOTES

- Keep the bed positive; never use it as punishment.
- Start close and add distance slowly.
- Reward on the bed to strengthen location.

READY TO PROGRESS WHEN

The dog moves onto the bed from one step away.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____

Stand

TODAY'S GOAL

Teach a useful standing position for handling and drying.

YOU WILL NEED

- Treats
- Non-slip floor

THREE-MINUTE STEPS

1. Start with the dog sitting or lying comfortably.
2. Place a treat at nose height.
3. Move it slowly forward, parallel with the floor.
4. Mark when all four paws support the dog.
5. Reward while standing, then release.

BEGINNER NOTES

- Do not lift under the belly.
- Avoid pulling the lure upwards, which may produce another sit.
- Difficulty rising warrants veterinary attention.

READY TO PROGRESS WHEN

The dog rises smoothly and remains standing for one second.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____

Back Up

TODAY'S GOAL

Teach one controlled backward step.

YOU WILL NEED

- Treats
- Clear non-slip space

THREE-MINUTE STEPS

1. Stand facing your dog with enough space behind them.
2. Take a tiny step towards them without looming.
3. Mark the first backward weight shift or step.
4. Reward forward, reset and repeat.
5. Add "Back" only when the movement is predictable.

BEGINNER NOTES

- Check the space behind the dog.
- Do not crowd or frighten them.
- Reward the smallest movement first.

READY TO PROGRESS WHEN

The dog offers one relaxed backward step.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____

Calm While You Move

TODAY'S GOAL

Help your dog remain settled as you make small movements.

YOU WILL NEED

- Mat
- Tiny treats

THREE-MINUTE STEPS

1. Begin while the dog is calm on the mat.
2. Shift your weight slightly.
3. If the dog remains settled, mark softly and reward on the mat.
4. Progress to half a step away and back.
5. Release after a few successes.

BEGINNER NOTES

- Movement is a distraction, so keep it tiny.
- Return and reward on the mat.
- If the dog follows, reduce the movement.

READY TO PROGRESS WHEN

The dog stays relaxed while you take one step away.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____

Toy Switch

TODAY'S GOAL

Teach letting go through an equal-value game.

YOU WILL NEED

- Two similar toys

THREE-MINUTE STEPS

1. Begin playing gently with one toy.
2. Make the second toy come alive while the first becomes still.
3. When the dog releases the first, mark.
4. Play with the second toy.
5. Repeat, adding "Drop" only when switching is easy.

BEGINNER NOTES

- Avoid frantic or competitive movement.
- Use safe, appropriately sized toys.
- Stop if possession creates tension.

READY TO PROGRESS WHEN

The dog switches toys without grabbing or conflict.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____

Focus Around a Distraction

TODAY'S GOAL

Practise an easy known skill near a very mild distraction.

YOU WILL NEED

- Treats
- One mild distraction

THREE-MINUTE STEPS

1. Choose a distraction your dog notices but can cope with.
2. Stay far enough away for the dog to eat and think.
3. Say the name once or offer Touch.
4. Mark and reward the response.
5. Move away for a break after 3-5 repetitions.

BEGINNER NOTES

- Distance is your friend.
- Do not use real fear triggers for this exercise.
- If the dog cannot respond, increase distance immediately.

READY TO PROGRESS WHEN

The dog notices the distraction and can reorient to you.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____

Celebration Circuit

TODAY'S GOAL

Combine five familiar skills into a joyful final session.

YOU WILL NEED

- Treats
- Five favourite skills

THREE-MINUTE STEPS

1. Choose five exercises your dog already enjoys.
2. Ask for one easy repetition of each.
3. Reward every success generously.
4. Add a short play or sniff break between skills.
5. Finish with the easiest favourite and celebrate.

BEGINNER NOTES

- This is not an exam.
- Remove any skill that causes frustration.
- Write down what your dog enjoyed most.

READY TO PROGRESS WHEN

You both finish engaged, relaxed and ready to continue learning.

TODAY'S RECORD

Repetitions attempted: _____ Comfortable successes: _____

What helped my dog? _____

What will I make easier next time? _____

Four-week rhythm

Use this after the 30 days when you want a repeatable routine.

Week 1 - Attention

- Marker Magic
- Name Game
- Touch
- Sit
- Down

Weekend: repeat the easiest success and one skill that needs a smaller step.

Week 2 - Everyday manners

- Wait and release
- Leave It
- Drop It
- Doorway and food-bowl manners

Weekend: repeat the easiest success and one skill that needs a smaller step.

Week 3 - Movement and safety

- Recall
- Whistle
- Lead position
- Follow-me turns
- Middle

Weekend: repeat the easiest success and one skill that needs a smaller step.

Week 4 - Care and calm

- Chin rest
- Paw, ear and mouth handling
- Settle
- Go to bed

Weekend: repeat the easiest success and one skill that needs a smaller step.

Troubleshooting guide

“My dog will not take food.”

The environment may be too difficult, the dog may be full, worried or unwell, or the reward may not be valuable. Move somewhere quieter and assess wellbeing.

“My dog gets overexcited.”

Use calmer food delivery, fewer repetitions and a sniff or rest break. End before arousal rises.

“My dog knew it yesterday.”

Skills do not automatically transfer between rooms and situations. Return to an easier version in the new context.

“I keep repeating the cue.”

Pause. Make sure the dog can hear, is able to respond and understands the action. Say the cue once, then simplify.

“The lure is becoming a bribe.”

After a few successful repetitions, copy the hand movement without food in that hand. Mark and reward from the other hand.

“Progress has stopped.”

Record location, reward, distractions and success rate. Change one factor. Shorten the action until success returns.

“My dog walks away.”

Respect the choice. Check for stress, tiredness, discomfort or unclear teaching. Try later with an easier exercise.

“Handling feels difficult.”

Return to a touch further away from the sensitive area. Keep it voluntary. Pain or defensive behaviour requires professional help.

30-day progress tracker

1	Marker Magic	☐	___ / 10	_____
2	The Name Game	☐	___ / 10	_____
3	Touch	☐	___ / 10	_____
4	Sit	☐	___ / 10	_____
5	Down	☐	___ / 10	_____
6	Wait	☐	___ / 10	_____
7	Release Word	☐	___ / 10	_____
8	Leave It	☐	___ / 10	_____
9	Drop It	☐	___ / 10	_____
10	Find It	☐	___ / 10	_____
11	Doorway Manners	☐	___ / 10	_____
12	Food-Bowl Manners	☐	___ / 10	_____
13	Everyday Recall	☐	___ / 10	_____
14	Emergency Recall	☐	___ / 10	_____
15	Whistle Charge	☐	___ / 10	_____
16	Lead Position	☐	___ / 10	_____
17	Follow-Me Turns	☐	___ / 10	_____
18	Middle	☐	___ / 10	_____
19	Chin Rest	☐	___ / 10	_____
20	Paw Handling	☐	___ / 10	_____
21	Ear Check	☐	___ / 10	_____
22	Mouth Check	☐	___ / 10	_____
23	Settle on a Mat	☐	___ / 10	_____
24	Go to Bed	☐	___ / 10	_____
25	Stand	☐	___ / 10	_____
26	Back Up	☐	___ / 10	_____
27	Calm While You Move	☐	___ / 10	_____
28	Toy Switch	☐	___ / 10	_____
29	Focus Around a Distraction	☐	___ / 10	_____
30	Celebration Circuit	☐	___ / 10	_____

My training notes

SESSION 1

Date: _____ Exercise: _____ Location: _____

What went well: _____

What my dog found difficult: _____

The smaller step I will try next: _____

SESSION 2

Date: _____ Exercise: _____ Location: _____

What went well: _____

What my dog found difficult: _____

The smaller step I will try next: _____

SESSION 3

Date: _____ Exercise: _____ Location: _____

What went well: _____

What my dog found difficult: _____

The smaller step I will try next: _____

SESSION 4

Date: _____ Exercise: _____ Location: _____

What went well: _____

What my dog found difficult: _____

The smaller step I will try next: _____

SESSION 5

Date: _____ Exercise: _____ Location: _____

What went well: _____

What my dog found difficult: _____

The smaller step I will try next: _____

SESSION 6

Date: _____ Exercise: _____ Location: _____

What went well: _____

What my dog found difficult: _____

The smaller step I will try next: _____

SESSION 7

Date: _____ Exercise: _____ Location: _____

What went well: _____

What my dog found difficult: _____

The smaller step I will try next: _____

SESSION 8

Date: _____ Exercise: _____ Location: _____

What went well: _____

What my dog found difficult: _____

The smaller step I will try next: _____

Safety, welfare and appropriate help

THIS IS GENERAL EDUCATION

A downloadable programme cannot observe your dog, environment or handling. You remain responsible for choosing safe exercises and preventing access to hazards.

STOP AND CONTACT A VET

Seek veterinary advice for sudden behaviour change, pain, lameness, difficulty sitting or standing, sensitivity to touch, ear or mouth problems, illness, injury or poisoning.

SEEK INDIVIDUAL BEHAVIOUR SUPPORT

Biting, attempted biting, aggression, guarding, severe fear, panic, separation-related distress or risk involving children or other animals should not be addressed using a general download alone.

RECALL AND ROADS

No recall is guaranteed. Use secure boundaries and suitable equipment. A long line should be attached to a comfortable harness and used away from traffic and entanglement hazards.

FOOD AND HEALTH

Use small rewards and consider them within the dog's normal diet. Ask your veterinary professional about allergies, medical diets, weight or swallowing concerns.

Further reading and evidence base

Paw and Order UK's programme uses reward-based teaching, gradual progression, short sessions and appropriate management. These public resources provide additional guidance:

DOGS TRUST - POSITIVE REINFORCEMENT

<https://www.dogstrust.org.uk/dog-advice/training/techniques/positive-reinforcement-training-with-rewards>

DOGS TRUST - TRAINING TIPS

<https://www.dogstrust.org.uk/dog-advice/training/techniques/top-ten-dog-training-tips>

DOGS TRUST - RECALL

<https://www.dogstrust.org.uk/dog-advice/training/basics/recall-training>

DOGS TRUST - TARGET TRAINING

<https://www.dogstrust.org.uk/dog-advice/training/tips-tricks/target-training>

DOGS TRUST - SETTLE TRAINING

<https://www.dogstrust.org.uk/dog-advice/training/basics/settle-training>

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NO GUARANTEED OUTCOME

Dogs, people and environments differ. Paw and Order UK cannot guarantee a particular result from a self-guided product.

KEEP GOING

Choose three exercises that improve your real life and continue practising them in short sessions. Move gradually between environments and keep a record of what helps your dog succeed.

Need personal support?

Visit pawandorderuk.co.uk to explore dog training, dog walking and additional resources.

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