Power of Patterns

1. Scatter - https://youtu.be/wi02p2Sqx7A
   a. What - To make a scatter, throw 5 - 6 treats onto the ground in a scattered formation.
   b. Why - A scatter is used so a dog can sniff and eat food. A dog who can sniff and eat treats is a dog who is functioning normally, this tells us about the dog's emotional state and that we can ask for something more,.
   c. How - I use a verbal for this but you don't have to. I say scatter and then toss 5 - 6 treats onto the ground. I keep an eye on my dog as they sniff for and eat the treats
   d. When - A scatter can be used for so many things: during acclimatization of a new environment, when a dog is stressed up or down, to break up training sessions, etc.

2. Up/Down - https://youtu.be/rZsJIvyrkLY
   a. What - This is a pattern done by putting a treat on the ground in front of the dog's paws and repeating after the dog makes eye contact
   b. Why - This pattern helps a dog stabilize themselves and process the environment around them. A pattern is very soothing and brings both excited behavior and stressed behavior back to functioning behavior. Once a pattern is established you can introduce a trigger (at a distance) the dog is able to work through the trigger by doing the pattern which is predictable.
   c. How - I do not use a verbal for this but you could. Put a treat on the ground in front of the dog and wait until they eat it and then look up at you. When the dog looks up at you they are asking what is next, mark repeat the pattern. If the pattern stops working you should reassess what is going on, maybe the dog needs a break or to move to a different location.
   d. When - Up down works great when you and the dog are stationary; waiting in line, waiting at the vet, waiting in class. It also works well if the dog is in a situation where they need to process something they are worried about (approaching person/dog, traffic whizzing by, etc).

3. Two Cookie/Slow Hands - Hands vs the ground https://youtu.be/7IdCy-ZJj2I
   Another example https://youtu.be/dYRU5DiNVLA
   a. What - A pattern done by feeding from the hands or the ground in a back and forth motion. The dog should be moving back and forth (slowly).
   b. Why - This pattern helps a dog stabilize themselves and process the environment around them. A pattern is very soothing and brings both excited behavior and stressed behavior back to functioning behavior. Once a pattern is established you can introduce a trigger (at a distance) the dog is able to work through the trigger by doing the pattern which is predictable. This pattern gets both excited behavior and stressed behavior back to functioning behavior.

c.   How - Put treats in both hands. Feed from one hand and then the other. Alternatively you can put the treats by one foot and then the other.

d.   When - This pattern is great to use when the dog has failed a cue to down, instead of re-cuing a dog to down try doing a pattern and wait for them to make eye contact and then ask for the down again. This pattern can be done while waiting in line if you have enough room. The movement of the dog makes this pattern a bit different than the Up/Down pattern, but they can be used in similar ways.

4.   123 - https://youtu.be/g678BqH8q7E Here is someone learning it for the first time https://youtu.be/uymy1KRhi2w and a more advanced dog doing 123 https://youtu.be/CO67PhclD1k

a.   What - A pattern used while walking next to the dog. You count out loud and on three place a treat on the ground in front of the dog.

b.   Why - This pattern helps a dog stabilize themselves and process the environment around them. A pattern is very soothing and brings both excited behavior and stressed behavior back to functioning behavior. Once a pattern is established you can introduce a trigger (at a distance) the dog is able to work through the trigger by doing the pattern which is predictable.

c.   How - Walk next to your dog and count out loud "one, two, three" on three place a treat down in front of your dog. Wait with them while they eat it and then repeat the pattern. The verbal count or chant help make the treat delivery predictable to the dog.

d.   When - When you need to move your dog from place to place, on a walk, where you have a lot of space to work with, etc.

5.   Mat to Mat - https://youtu.be/ClLW5mQxjCw and https://youtu.be/aIGvuvllB_I

a.   What - A pattern used to move the dog back and forth between two "set" locations (can be two mats on the ground, two cracks on the sidewalk, two pillars in front of a store, etc)

b.   Why - This pattern helps a dog stabilize themselves and process the environment around them. A pattern is very soothing and brings both excited behavior and stressed behavior back to functioning behavior. Once a pattern is established you can introduce a trigger (at a distance) the dog is able to work through the trigger by doing the pattern which is predictable.

c.   How - Determine the two "set" places ahead of time, something the dog can see may be best for extra stressed dog's. Place a cookie at one spot, let the dog eat it and when they look at you encourage the dog to move to the second spot, place another cookie and then repeat. No verbal needed for this pattern.

d.   When - This pattern can be used to acclimate a dog to an environment and then introduce a trigger. I have done it in front of Home Depot to help my dog process people walking past.

6. Chair Game - https://youtu.be/nH5KgDGpLRo
   a. What - Use a chair as an 'anchor' instead of mats (or any 3-dimensional object like a mailbox, pillar, table leg, etc)
   b. Why - This pattern helps a dog stabilize themselves and process the environment around them. A pattern is very soothing and brings both excited behavior and stressed behavior back to functioning behavior. Once a pattern is established you can introduce a trigger (at a distance) the dog is able to work through the trigger by doing the pattern which is predictable.
   c. How - put a treat on the chair (or near the leg, or pillar or etc), after the dog eats it wait for them to look at you and then put another treat on the chair. Once the dog has an idea about the chair being a treat delivery location, wait for the dog to look at you, move a few feet away and put a treat on the ground. After the dog eats the treat and looks at you, mark and walk back to the chair for another treat.
   d. When - This pattern can be done anytime your dog needs to process something happening in their environment, use it on a walk, in the lobby of the vet, before greeting a person.

7. Ping Pong - https://youtu.be/RZcw0WC82fI
   a. What - This is a more active version of the two cookie pattern! The dog gets to chase cookies!
   b. Why - This pattern allows a dog to move around in their environment while still repeating behaviors.
   c. How - Roll a treat to the right, after the dog chases it and returns to you, mark and roll a treat to the left. Repeat.
   d. When - This pattern is great to do after a dog has done Up/Down or Two Cookie Pattern and needs more movement.

8. Cookie Two Step - https://youtu.be/jPnaI37-vXE
   a. What - This is done by putting a treat on the ground and while the dog is eating it you take two steps away and repeat the pattern.
   b. Why - This pattern helps a dog stabilize themselves and process the environment around them. A pattern is very soothing and brings both excited behavior and stressed behavior back to functioning behavior. Once a pattern is established you can introduce a trigger (at a distance) the dog is able to work through the trigger by doing the pattern which is predictable.
   c. How - I sometimes do this going backwards, just be careful and don't die! Put a treat on the ground for your dog to eat, move two steps, mark when the dog finishes eating the treat and looks at you, wait for them to catch up and then repeat. You don't have to mark for eye contact, it is just an option.
   d. When - This can be used to move your dog from place to place in a more distracting environment. When you are ahead it acts as a lure to the dog to come to you. It is also a great way to transition to working off leash.

Once you have a pattern established you can introduce a trigger and the dog can more easily process.

9. Circle - This is my own made up pattern, remember you can make stuff up with patterns!! https://youtu.be/KeZPcDSbxwQ
    a. What - Move in a circle and put treats down as your dog moves with you.
    b. Why - This pattern helps a dog stabilize themselves and process the environment around them. A pattern is very soothing and brings both excited behavior and stressed behavior back to functioning behavior. Once a pattern is established you can introduce a trigger (at a distance) the dog is able to work through the trigger by doing the pattern which is predictable.
    c. How - Move in a circle big enough that you don't get dizzy! Remember, don't die!! Put one treat down and after your dog eats it move along the circle and put another treat down.
    d. When - This pattern can be used the same way the two cookie pattern is used. It also might work to move your dog away from staring at something if you don't have a ton of room to just move away.

*You can make up your own "stuff" when it comes to patterns!!! There is no right or wrong pattern. Ask yourself, "how does my dog look doing this pattern?" and if the answer is calm and taking in the environment while eating treats then it is a good pattern!
*These patterns come from Control Unleashed: Reactive to Relaxed by Leslie McDevitt.

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