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# JAZZ UP + SETTLE DOWN



This is one of the first activities to teach an adolescent or adult dog. Jazz Up + Settle Down addresses the most frequent reason people come for training: an overly energetic dog.

How do we do this? WE JAZZ THEM UP. Here's where we "meet the beast" head on. Take all of that energy and put an on-off switch on it.

Jazz your dog up, building excitement and activity. We want them dancing, jumping, vocalizing...everything we normally find annoying. Get them barking, doing moon loops and other silly things. Try to be as enthusiastic and peppy as you can be. Don't hold back!

Then we SETTLE THEM DOWN as fast as we can. Say "Settle Down!" and try to get them to sit, and then into a down (but don't ask—allow them to discover what works). Talk quietly, calmly, serenely. Get down low, pat the floor, try to get them to hang out with you. You can hook your thumb in their collar, or use a leash to keep them from bailing out on you, but don't force them into a position or they won't learn.

As they remain stationary we use our *Support Marker* and give them sequential rewards: "Good settle," treat. "Gooooood settle two," treat. "Good settle three," treat, and so on.

Use tone and volume to indicate better settling. You may say "Good," and treat initially, and then if your dog sits you could purr "GOOOOOOOD!" and treat-treat. This tells your dog "That was gooder than before!"

When we're finished, we release them with "Yes!" (our *Terminal Marker*) and let them up to access their final reward.

This will take *several trials* for your dog to really start catching on. Your goals are to get faster at settling them down, to keep them settled for longer periods, and get to where we use less and less food. Once learned this is a highly effective tool to keep in your back pocket!

Refer to *Simpawtico's Swiss Army Knife* for more info on markers and how to use food correctly to train.

