

# Name Game

## Level 1: 'Up and Down Game' and 'Check In'

### Purpose:

The goal of this exercise is to capture and reinforce periodic "check-ins," from the dog. Eye contact is great but NOT essential...depends on the distraction

Repetitions of this skill should be interspersed with other activities, so the dog learns to check in periodically versus staring constantly at his handler.

### People Skills

Reinforcement  
Observation

### Click points

Reorientation to the handler  
Eye contact (if possible)

### Dog Skills

Default Attention in distraction

### Steps:

1. Observe the dog, and click the moment he makes turns toward you.
2. Drop treat on ground, when dog looks up, click again and drop treat (hence the name "Up and Down Game")
3. When dog understands Up and Down Game, move on to 'Check In' (ie, eye contact)
4. Observe the dog, and click the moment he makes eye contact.
5. Continue with another activity to avoid accidentally reinforcing staring versus checking in.
6. Continue to casually observe the dog, clicking and treating when he checks in with eye contact.
7. Return to the Up and Down Game any time the dog is highly distracted.

### Good for developing these other behaviours:

Name Game Levels 2–4, eye contact in response to name, focus on handler in the presence of distractions. Teach the dog to take responsibility for maintaining contact with you when outdoors or separated; the dog should "check in" frequently for possible new cues or when in doubt or stressed.

### At home fun:

Have clicker and treats handy when moving around the house, and click if the dog checks in with eye contact. Do not click for sitting and staring at you