

# Sit

## Level 2: Build Duration

**Purpose:**

The goal of this exercise is to work on duration of the sit behavior. This is the beginning of teaching a stay.

**Dog Skills**

Self control  
Respond to a cue

**People Skills**

Shaping  
Cueing

**Steps:**

1. Give the sit cue. When the dog sits, pause a half second before clicking and tossing a treat.
2. Give the sit cue. When the dog sits, pause a full second, then click and toss a treat.
3. Repeat, gradually increasing duration to 3 seconds before clicking.
4. Begin to vary the duration, sometimes clicking after shorter durations—don't always make it harder.
5. When the dog is reliably holding the sit for 5 seconds, begin to move around just a bit.

**Click Points**

Bum on ground for 3 seconds

**Good for developing these other behaviours:**

Greeting people

**At home fun:**

Practice in different rooms of the house. Try circling around your dog or moving a step or two side to side while the dog is sitting, then click and reward with a game of tug. Can your dog sit while you bend down, while you tie your shoe, while you turn around, etc

