A guide to calmness

Helping your dog to switch off, so that you can switch off too.

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The wheel of calm

Calming activities

Rewarding calmness

Rest

If your dog struggles to settle, is anxious, or is overstimulated, the wheel of calm can help! It's not healthy for us or our dogs to constantly be in a high-energy, permanently "on" state. If we use the wheel of calm, we can reset the default state to cool, calm and collected. Much like humans, when dogs are calm, they make much better choices, and we can help them do it.

Calming activities

These are activities that your dog would do in nature to de-escalate, disengage and de-stress. They consist primarily of sniffing, licking and chewing. For your dog, this could look like:
A sniffy walk
A long lasting chew
Snuffle mat
Filled kong
Meaty bones
Scent work
Scatter feeding
Treat balls
Chewy toys

Rewarding calmness

To reward calm, all you need to do is give your dog a little treat when you notice that they're being cool calm and collected. This could be when they're settled on a bed or the sofa, for example. The idea is to calmly feed and walk away without making a fuss. They might follow you hoping for more treats, but we won't reward that because it's not calm! Eventually the treats won't get a reaction, and you can start ninja feeding!

Rest

Most dogs need around 15 or more hours of sleep a day in order to function at their best. Puppies need even more: Around 17 to 20 hours a day. Rest can be in crates or pens, on beds, dog beds, raised beds, or even the sofa. Basically anywhere your dog can lie down and really relax is a good place for them to rest.
 Much like when your toddler is tired, they start to struggle with behaviour, the same is true for your dog!

CALMNESS DIARY

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Use this diary to keep a record of what calming activities you tried, what worked, what didn't work, and what you want to achieve. Dont panic if you can't train every day! With practice, you and your dog will soon enjoy much more peace and quiet.

Goals for this week

What worked for us

What didn't work