



# CALM COMMANDS

## *Cheat Sheet*

### VERBAL CUES TO KEEP YOUR PET FOCUSED

	"SETTLE"	ENCOURAGE THEM TO LIE DOWN OR CALMLY STAY IN PLACE DURING BREAKS
	"WATCH ME"	REDIRECT THEIR ATTENTION TO YOU IN BUSY PLACES OR STRANGE ENVIRONMENTS
	"TOUCH"	ASK YOUR PET TO TOUCH YOUR HAND TO CALM ANXIETY & REDIRECT ENERGY
	"GO TO YOUR PLACE"	SEND THEM TO A MAT OR BED TO CALM YOUR PET WHEN NEEDED
	"WAIT"	PRACTICE WAITING FOR FOOD, TREATS, GOING IN, OUT AND THRU DOORWAYS
	"EASY"	USE THIS DURING WALKS, TAKING TREATS AND WITH ANY EXCITABLE BEHAVIOR
	"LET'S GO"	CUE TO MOVE AWAY OR CHANGE DIRECTIONS
	PRO TIP	USE A SOFT, LOW, STEADY VOICE AND REINFORCE WITH LOTS OF PRAISE