

## PHD Activity Sheet // The 'On Your Mat' Command

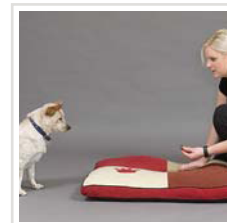


'On your mat' teaches your dog to get onto their mat. This command is functional when you require your pet to be confined to a small area, such as their bed or on a towel at a friends place.

### Step 1

#### 'On your mat'

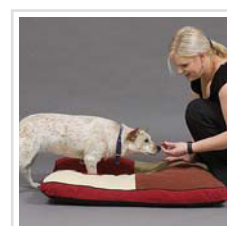
Kneel down beside the mat and call your pet over to you. Using one hand, tap on the mat and say 'on your mat'. This is best accomplished using a bright and happy tone of voice.



### Step 2

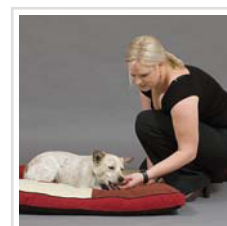
#### Bridge

As your puppy goes to get on the mat, bridge with 'yes'



### Step 3

#### Reward



### Step 4

#### Repeat

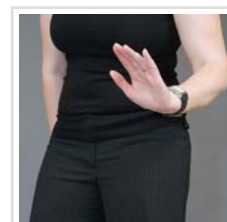
Repeat until your puppy has made the association with the command and getting on the mat.



### Step 5

#### Incorporate the 'stay'

Once your pet has mastered 'on your mat' command, incorporate the 'stay' so your pet knows he/she must stay on the mat.



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