

GET IT – GET IT (FOOD TOSS) GAME

The following information has been adapted from Dr. Brenda Griffin's [Playing Games with Shelter Dogs](#)

Toss food left – GET IT GET IT – toss food right – GET IT GET IT – repeat sequence a couple of times.

Materials:

- dog treats or something tasty ie. cheese balls work great for this game!

What To Do:

1. Start with a short toss at first – get the dog's attention and be sure he sees you toss the treat.
2. When he gets the first treat, wait until he turns back to look at you and then toss the next treat in the opposite direction.
3. Repeat steps

Once the dogs knows the game, then a target version can be used to help the dog confidently go to new places. The targets (small dish, lid, or paper plate to place the treat) can be used to encourage a shy dog to walk down a hall, explore a room, or go close to strangers. Place a series of targets in a trail – GET IT GET IT! It is quite the confidence builder for many shy dogs.