

WALKING CHALLENGE #1

TREASURE HUNT



This game will require some treats, but it's pretty simple to play.

As you walk, occasionally toss a treat on the ground in your immediate area while your animal is distracted and tell your animal to "find it." Your dog can then sniff around and find the treat as a reward. This game has a lot of purposes. It helps keep your dog's focus on you, and it will allow you to lead your animal away from distractions like other dogs and people easily. Your dog will have to mentally stay on their toes for this treasure hunt.

WALKING CHALLENGE #2

FOLLOW THE LEADER



This is a fun game for letting your animal know that you're in charge of the walk and will keep them thinking about where you're going, even if there are a lot of distractions.

Follow The Leader is easiest to play in a park or field where you can change directions easily. All you have to do to play is never head exactly where your animal is leading. If they walk in front of you, change your direction, even slightly, so that they have to keep their attention on where you're going instead.

Make sure to reward your furry friend when they do a good job of listening to you.

WALKING CHALLENGE #3

RED LIGHT, GREEN LIGHT



You can use your own commands for this game, but it's a bit like the game Red Light, Green Light that you may have played as a kid.

All you have to do is use your “stop” command—whether it’s “stay,” “red,” or something else—at various times throughout the walk, then use your “go” command to keep moving. If your dog successfully stops and goes as you command, give them lots of praise and rewards.

This game will keep your dog thinking. You’ll help your dog learn a command that you can use to stop them before crossing streets, and you’ll be able to practice some commands that may help if you need to avoid another dog or animal on your walk.