

# Protocol for Relaxation

Adapted for use by students and seminar attendees at

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<http://K9corps.club>

<b>Level 2: Dog's Task</b>	<b>Date:</b>
Sit for 10 seconds	
Sit while you take 1 step back and return	
Sit while you take 3 steps back and return	
Sit for 10 seconds	
Sit while you take 3 steps to the right and return	
Sit while you take 3 steps to the left and return	
Sit for 10 seconds	
Sit while you take 3 steps to the right and clap your hands	
Sit while you take 3 steps to the left and clap your hands	
Sit for 5 seconds	
Sit for 10 seconds	
Sit while you walk one fourth of the way around the dog to the right	
Sit while you take 4 steps back	
Sit while you walk one fourth of the way around the dog to the left	
Sit for 10 seconds	
Sit while you take 5 steps back from the dog, clapping your hands, and return	
Sit while you walk halfway around the dog to the right and return	
Sit while you walk halfway around the dog to the left and return	
Sit for 10 seconds	
Sit while you jog quietly in place for 3 seconds	
Sit while you jog quietly in place for 5 seconds	
Sit while you jog quietly in place for 10 seconds	
Sit for 10 seconds	
Sit while you jog one fourth of the way around the dog to the right and return	
Sit while you jog one fourth of the way around the dog to the left and return	
Sit for 5 seconds	
Sit for 10 seconds	