

# LEAD WALKING

## Worksheet

Try out everything on this worksheet over the course of the next few days and then reflect on what changes you could keep in your daily habits.

**1** Review the equipment you use to walk your dog. Does it work in every situation you walk in? Could you make changes in some situations to help yourself out.

**2** Start easy and for 10 minutes of each walk, practice not following your dog if they pull. Instead walk in a zig zag, a circle or back on yourself. You can still make forward progress – just not as quickly.

**3** Remember that training your dog is a marathon not a sprint so don't have them off lead when you are too tired or distracted to monitor them. Use a lead at those times.

**4** Notice the times when you feel tense while walking and take a little break. Scatter some food for your dog, do some deep breathing and then set off again. Lead walking isn't always easy so do what you can to take the tension out of it.