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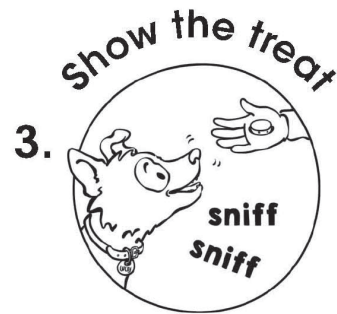
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ENJOY!

Teach your dog to SIT



Read the instructions and then fill in the words that you must say.

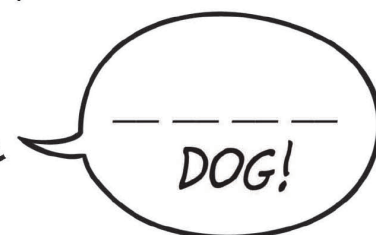


4. **Move** your hand with the treat **slowly** above the dog's head so that it will start to tilt backwards. Keep your hand quite close to the head. Say the word "**SIT**" as you move your hand so your dog learns the word.

5. As your dog watches your hand, its **bottom** will move down **towards** the **ground**. When you see its bottom touch the ground, say: "**YES**"

TIP

Some dogs may **jump** up to **get the treat**. If this happens, we often move our hand higher and the dog jumps more. After showing the dog the treat, **close it in your hand** and keep your hand **low** over the dog's head so that it does not need to jump.



Praise your dog. Say: "**GOOD**" when you give the treat.



Did you know?

There are 5 basic commands: sit, stay, come, heel and down.

Be patient. If it is not working, take a break and try again later. We all learn at different paces and learning takes time.



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