



4-H Dog Achievement Program

Name _____

Age (as of January 1 of the current program year) _____

County _____

Club Name _____

Advisor _____



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



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Welcome to DAP

4-H Dog Achievement Program

Although not a competitive 4-H dog project, DAP encourages youth to accomplish personal goals and master life skills with their dogs.

Project Requirements

DAP participants must:

- Be 8 years old and in the 3rd grade and not passed 18 as of January 1, current year.
- Have a dog as a family pet.
- Join a 4-H club.
- Identify a project helper.
- Enroll in the *4-H Dog Achievement Program* project.
- Have access to a computer to retrieve online activities and record pages, and to research suggested resources.
- Purchase the *Dog Resource Handbook*, 201R, that contains essential information to help you complete many of the activities within the 4-H DAP categories.

Completion Requirements

Required Materials

- DAP Manual (available from your county Extension office, online at estore.osu-extension.org, and digitally for free at go.osu.edu/DAP).
- DAP Record Pages (available from your county Extension office, online at estore.osu-extension.org, and digitally for free at go.osu.edu/DAP).
- 201R *Dog Resource Handbook* (available from your county Extension office or online at estore.osu-extension.org).
- Portfolio, notebook, or other tool to document completed activities.

Experience Levels

Activities are divided into beginner, intermediate, and advanced levels depending on your experience. You may choose to select a combination of experience levels within any given topic area and category but you are encouraged to challenge yourself.

To Complete an Activity

Members are required to document what they learned from each completed activity. Organize all of this information in a notebook, portfolio, or other creative format. Share this with your project helper before he or she signs off on an activity in your record pages.

You must complete all activities at the time in which you are enrolled in this project, not

prior to your enrollment. If you have participated in similar activities before this project, you must repeat the activity in order to receive credit towards your DAP certificate. Example - you must be an active member of a 4-H PetPALS club/group at the time of completing the Animal-Assisted Activities/Animal-Assisted Therapy topic area, regardless of previous 4-H PetPALS club/group enrollment status.

To Earn a Certificate

Members must choose 3 topic areas within 1 category and complete all 5 activities within each selected topic area, for a total of 15 activities. Example - to earn a Health and Safety certificate, choose and complete all activities under the topic areas First Aid, Wellness, and Diseases and have your project helper initial the appropriate activities on your record pages. **NOTE: If you have never taken a dog project before, you must earn *My Dog and Me* and *Basic Training* certificates before earning other certificates.**

Members may earn duplicate certificates within any category but are encouraged to choose different topic areas or a more challenging experience level each time.

In order to receive a certificate, members must verify the completion of each DAP category by filling out an online DAP project summary questionnaire at go.osu.edu/DAPprojectsummary.

Once completed and verified by your county 4-H professional, you will then receive your DAP Certificate(s) and be notified of recognition at the Ohio State Fair Dog Show for the relevant year.

To Earn a Pin

Members who complete certificate requirements for all 10 categories (3 completed topic areas in every category) earn a DAP lapel pin. There is no time restriction for completing all of the categories.

To Complete the Project

To complete your Dog Achievement Program project for the current year, you must have met the requirements to earn at least 1 DAP Certificate by your county's project deadline.

To be eligible for recognition at the current year's Ohio State Fair Dog Show, you must complete the requirements to earn a minimum of 1 DAP Certificate by June 24 of the current year.

Learn More

Visit go.osu.edu/DAP for more information.

Breeds and Breed Characteristics

	Beginning	Intermediate	Advanced
1	<p>Make a chart listing the 7 American Kennel Club (AKC) groups of dogs. After each group, list (1) the purpose of the group and (2) 5 breeds within each group. Of the 5 breeds listed within each group, decide which breed you like the best and tell why. Find a picture of each breed and learn to identify the breeds.</p>	<p>Select 5 breeds within each of the 7 American Kennel Club (AKC) groups of dogs and the Miscellaneous Class. Mark on a world map the countries where each of the breeds originated. On a chart, record these breeds and at least 2 statements about their origin and history. Find a picture of each breed and learn to identify the breeds.</p>	<p>Select 5 breeds within each of the 7 American Kennel Club (AKC) groups of dogs, and the Miscellaneous Class. Make a chart listing each breed, and include information about each breed's characteristics as follows: (1) General Appearance, (2) Head –(eyes, ears, skull, bite), (3) Neck and Topline, (4) Body, (5) Tail, (6) Legs, (7) Coat, (8) Color, (9) Height, (10) Weight, (11) Temperament. Based on your research, what are your top 5 breeds of choice and why?</p>
2	<p>Name the breed (or mixed breed) and describe the breed characteristics of your dog. If mixed, what breed does your dog most closely resemble? Locate on a map where your breed of dog originated. Watch a dog show on TV or online to learn more about your breed of dog (or the breeds making up your crossbred). Repeat this activity for other dogs in your family.</p>	<p>Visit an animal shelter. Identify the main breed and AKC breed group of each dog, including mixed breeds. How many dogs appeared to be purebred? For 5 of the mixed breed dogs, what breeds appear in their genetic makeup? Record your findings.</p>	<p>Attend a sanctioned dog show or watch a dog show on TV or online. Record (1) the names of the AKC breed groups in which dogs were shown, and (2) list the breeds shown within each group. List 5 questions you would like to ask the breeders, 5 questions you would like to ask the owners, and 5 questions you would like to ask the handlers.</p>
3	<p>Interview 1 person who owns a mixed breed dog and 1 person who owns a purebred dog. Identify the similarities and differences in their reasons for owning a purebred versus a mixed breed dog. Discuss how this might influence you when deciding on a breed/mixed breed dog.</p>	<p>Find 2 people you know who own mixed breed dogs and 2 people who own purebred dogs. Visit these dogs and record the appearance and temperament of each. Identify 3 advantages and 3 disadvantages of owning a mixed breed dog versus a purebred dog.</p>	<p>Research 7 crossbred "designer dogs." Of these 7 designer dogs, describe the characteristics of 5 of these crossbreeds, and tell why or why not you would like to own them. List 5 pros and 5 cons of the concept of designer dogs. Teach this information to 1 other person.</p>



Breeds and Breed Characteristics, cont.



	Beginning	Intermediate	Advanced
4	Using any kind of craft material, make a dog. Describe what breed or mix, its characteristics, and why you designed it that way.	Develop a new breed of dog. Describe how you would develop this breed and the function. Design this breed's characteristics including a picture or graphic of this new breed.	Develop a breed of dog. Describe how you would develop this breed, its function, and how to get it recognized by AKC or another kennel club. Design this breed's characteristics including a picture or graphic of this new breed.
5	Create a game to teach someone breeds of dogs. For this game select 5 breeds from each AKC group. Create your game so it is user friendly and reinforces learning as it is being played.	Learn about 10 rare breeds of dogs and/or breeds not recognized by AKC. Identify each breed's appearance, history, and use.	Learn about 20 rare breeds of dogs and/or breeds not recognized by AKC. Identify each breed's appearance, history, and use.

Parts and Conformation

	Beginning	Intermediate	Advanced
1	Learn 15 external parts of the dog. Show where these parts are on your dog. Tell why learning these parts is important.	Learn 25 external parts of the dog. Show where these parts are on your dog. Teach 5 other 4-H members these parts.	Set up a skillathon or activity station to teach youth the external parts of the dog. Refer to page 131 in your <i>Dog Resource Handbook</i> . Either use the External Anatomy poster from the Learning Laboratory Kit or design your own external anatomy poster and parts name tags for this activity.
2	Find pictures of dogs showing 3 types of ear carriages, 3 types of eye shapes, and 3 types of tail carriages. Identify each type of conformation listed above. Describe your dog's ear carriage, eye shape, and tail carriage.	Select 3 of the 7 AKC groups of dogs. Within those groups, select 3 breeds of dogs. For each breed identify that breed's bite, eye shape, ear carriage, tail carriage, and topline. Make a presentation of your selections to teach others.	Select 4 of the 7 AKC groups of dogs. Within those groups, select 5 breeds of dogs. For each breed identify that breed's bite, eye shape, ear carriage, tail carriage, and topline. Make a presentation of your selections to teach others.
3	Learn 15 internal parts of the dog. Name 2 functions of each internal body part. Tell why learning these parts is important.	Learn 25 internal parts of the dog. Name 2 functions of each internal body part. Show where these parts are on your dog.	Set up a skillathon or activity station to teach youth the internal parts of the dog. Refer to page 131 in your <i>Dog Resource Handbook</i> . Either use the Internal Anatomy poster from the Learning Laboratory Kit or design your own internal anatomy poster and parts name tags for this activity.
4	Find 3 dogs of the same breed. Create a chart to compare and contrast their structure. Include pictures.	Find 5 dogs of the same breed. Create a chart to compare and contrast their structure. Include pictures.	Attend a conformation show. Watch at least 4 classes and make notes about how dogs place and what you observed about structure.
5	Create your own diagram showing the external parts of a dog. Explain your diagram to 3 other 4-H members.	Create a game or activity to teach someone else about the parts of a dog. Play this at a club meeting.	Create a game or activity to teach someone else about the parts of a dog. Play this at a club meeting.



Daily Care (Feeding, Grooming, Exercise)



	Beginning	Intermediate	Advanced
1	Determine how much it will cost to feed your dog for 1 year. Include the cost of your dog's current feed and treats. Document this on a spreadsheet or chart.	Determine how much it will cost to feed your dog for 1 year. Include the cost of your dog's current feed and treats. Repeat the activity looking at 3 different types of dog foods. Use the information on the label or contact the manufacturer if needed. Remember, different brands can have different feeding amounts and bags of food are different sizes.	Create a dog care budget to determine how much it will cost to care for your dog for 1 year. Include in this budget dog food, treats, veterinary expenses, grooming, licensing fees, any supplies or equipment needed (collars, leashes, bowls, etc.). Help 5 other youth create a dog care budget.
2	Demonstrate how to brush your dog's teeth, clean your dog's ears, trim your dog's toenails, and properly brush your dog.	Demonstrate how to brush your dog's teeth, clean your dog's ears, trim your dog's toenails, and properly brush your dog. Teach 1 other person how to do the same type of grooming of his/her dog.	Learn the type of grooming needed to prepare your dog's breed for the show ring (or the breed that your dog most resembles). Find an opportunity to learn the basics of how to do this grooming.
3	Keep an exercise log for 1 week. Modify the plan as needed for your dog. Then keep an exercise log for another week and compare the two.	Keep an exercise log for 3 weeks. Modify the plan as needed for your dog each week and compare at completion.	Keep an exercise log for 6 weeks. Modify the plan as needed for your dog each week and compare at completion.
4	On 3 different days, keep track of how much time your dog spends doing different activities (eating, sleeping, training, playing, in his crate, in the yard, etc). Display the information in a chart or graph.	On 5 different days keep track of how your dog spends his time. Have at least 8 different categories. Create a chart or graph for each of the days.	On 7 different days keep track of how your dog spends his time. Have at least 10 different categories. Create a chart or graph for 2 of the days and a chart or graph for the average amounts of time.
5	Find a groomer or another person to teach you how a dog of your breed or breed type is typically groomed. Describe either by listing or with pictures of the grooming tools used.	Find a groomer or another person to teach you how a dog of your breed or breed type is typically groomed. Describe the purpose of each grooming tool used.	Shadow a groomer for part of 1 day to learn the importance of grooming, equipment and tools the groomer uses, breed of dogs groomed, etc. Document your experience.

Health

	Beginning	Intermediate	Advanced
1	<p>Complete the following dog health records on speakingforspot.com/index.php?p=Advocacy-Aids.</p> <ul style="list-style-type: none"> • Emergency Contact Info • Current Health Issues • Health History Form • Current Medications • Contingency Plan • Veterinary Office Visit 	<p>Complete the following dog health records on speakingforspot.com/index.php?p=Advocacy-Aids.</p> <ul style="list-style-type: none"> • Emergency Contact Info • Current Health Issues • Health History Form • Current Medications • Contingency Plan • Veterinary Office Visit 	<p>Complete the following dog health records on speakingforspot.com/index.php?p=Advocacy-Aids.</p> <ul style="list-style-type: none"> • Emergency Contact Info • Current Health Issues • Health History Form • Current Medications • Contingency Plan • Veterinary Office Visit
2	<p>Do at least 3 practice veterinary exams at home. Reward your dog throughout the practice. If your veterinarian allows, go on at least 1 practice visit to your vet clinic to have your dog eat treats and relax in the waiting room before going home.</p>	<p>Do at least 4 practice veterinary exams at home. Reward your dog throughout the practice. Get someone else to help play the vet role for at least 3 more exams. If your veterinarian allows, go on at least 1 practice visit to your vet clinic to have your dog eat treats and relax in the waiting room before going home.</p>	<p>Do at least 5 practice veterinary exams at home. Reward your dog throughout the practice. Get someone else to help play the vet role for at least 3 more exams. If your veterinarian allows, go on at least 1 practice visit to your vet clinic to have your dog eat treats and relax in the waiting room before going home.</p>
3	<p>Weigh your dog weekly for 4 weeks. Keep a record of the weights. Note any changes and why the changes may have occurred.</p>	<p>Weigh your dog weekly for 6 weeks. Keep a record of the weights. Note any changes and why the changes may have occurred.</p>	<p>Weigh your dog weekly for 8 weeks. Keep a record of the weights. Use past health records to look at your dog's weight. Note any changes and why the changes may have occurred.</p>
4	<p>Attend a yearly veterinary appointment with your dog. Talk to your vet about what vaccinations and other routine care needs to be done.</p>	<p>Attend a yearly veterinary appointment with your dog. Talk to your vet about what vaccinations and other routine care needs to be done.</p>	<p>Attend a yearly veterinary appointment with your dog. Talk to your vet about what vaccinations and other routine care needs to be done.</p>



**Beginning****Intermediate****Advanced****5**

With the help of an adult in your household, take this behavior health quiz and discuss what training or additional help your dog needs.

animalbehaviorassociates.com/quiz_dog.htm

Discuss any additional challenge areas or situations where your dog displays anxiety.

With the help of an adult in your household, take this behavior health quiz and discuss what training or additional help your dog needs.

animalbehaviorassociates.com/quiz_dog.htm

Create a plan for addressing 1 of your dog's weak areas or a preventative plan. If your dog is displaying any aggressive behaviors, seek an appropriately qualified professional.

With the help of an adult in your household, take this behavior health quiz and discuss what training or additional help your dog needs.

animalbehaviorassociates.com/quiz_dog.htm

Create a plan for addressing 1 of your dog's weak areas or a preventative plan. If your dog is displaying any aggressive behaviors, seek an appropriately qualified professional.

Welfare

	Beginning	Intermediate	Advanced
1	<p>Research and list what your dog must have to be well cared for (food, shelter, etc.) Outline how you are meeting those requirements or if you need to improve upon meeting those needs.</p>	<p>Survey 3 friends who are dog owners and ask what signs of stress they observe in their own dog and in other dogs. Compare this to your research and the information in your <i>Dog Resource Handbook</i>.</p>	<p>Create a game or activity to teach others how to recognize signs of fear and stress in dogs. Find an opportunity to do the game or activity with at least 10 people.</p>
2	<p>With the help of an adult, find 5 scenarios where a dog is not being well cared for and decide what your best response would be. Role play the scenarios.</p>	<p>With the help of an adult, find 7 scenarios where a dog is not being well cared for and decide what your best response would be. Role play the scenarios with at least 2 other people.</p>	<p>Design a facility to house 10 dogs. Explain why you designed the facility as such — ventilation, flooring, lighting, storage, grooming area, exercise area, etc.</p>
3	<p>Create a list of behaviors that dogs exhibit when stressed, and a list of behaviors your dog exhibits when stressed. Be as specific as possible. List at least 15 behaviors.</p>	<p>Create a list of behaviors that dogs exhibit when stressed, and a list of behaviors your dog exhibits when stressed. Be as specific as possible. List at least 20 behaviors.</p>	<p>Create a list of at least 20 behaviors that dogs exhibit when stressed, and a list of behaviors your dog exhibits when stressed. Be as specific as possible. Then list calming (displacement) behaviors to reduce the stress behaviors.</p>
4	<p>Create a list of behaviors that are normal/natural for dogs, and appropriate ways for your dog to be able to practice these behaviors. List at least 5 behaviors. Example: natural behavior of chasing animal. Appropriate option: chasing a toy on a rope.</p>	<p>Create a list of behaviors that are normal/natural for dogs, and appropriate ways for your dog to be able to practice these behaviors. List at least 10 behaviors. Example: natural behavior of chasing animal. Appropriate option: chasing a toy on a rope.</p>	<p>Create a list of behaviors that are normal/natural for dogs, and appropriate ways for your dog to be able to practice these behaviors. List at least 15 behaviors. Example: natural behavior of chasing animal. Appropriate option: chasing a toy on a rope.</p>
5	<p>With the help of an adult, research “enrichment” for dogs and find 4 new ways you can provide enrichment for your dog. Make notes about which activities your dog liked and which ones he did not. enrichment.org/</p>	<p>With the help of an adult, research “enrichment” for dogs and find 6 new ways you can provide enrichment for your dog. Make notes about which activities your dog liked and which ones he did not. enrichment.org/</p>	<p>Research “enrichment” for dogs. Find 8 new ways to provide enrichment for your dog. Make notes about what your dog likes and what he doesn’t like. Create a booklet, poster, or some other educational tool to share the information with other dog owners. enrichment.org/</p>





Note: Choose the appropriate experience for you and your dog in this topic area, regardless of your experience level.

	Behavior	Beginning	Intermediate	Advanced
1	Sit /Down/ Stand	<p>Get the behavior. Watch the first 9 minutes of the following video. This activity is completed when you can lure your dog into all positions and when you have faded the lure (starting at 5:40 in the video).</p> <p>youtube.com/watch?v=Vk4PPcE1CqY</p>	<p>Add a cue: You will have completed the training for this activity when your dog will respond to only a verbal cue and to respond only to a visual cue to get into a sit, a down, and a stand the first time you ask. Hand signals starts at 7:00 in this video:</p> <p>youtube.com/watch?v=Vk4PPcE1CqY</p> <p>Here is another way to add a cue:</p> <p>youtube.com/watch?v=iQyAOdlO-ol</p>	<p>Train your dog to go to a bed or mat 10 feet away and to lie down on the mat.</p> <p>youtube.com/watch?v=qLHAKyd3hJ8</p>
	Stay	<p>Train a release cue. This starts at 9:00 through the end of this video. You will have completed the activity when your dog only gets up when he hears his release, not on other cues. Completion also means that your dog can stay while you take 5 steps, while you sit on the floor and while you wave your arms.</p> <p>youtube.com/watch?v=Vk4PPcE1CqY</p>	<p>Train your dog for polite greetings with other people. This activity is complete when your dog is successful with 5 new people.</p> <p>youtube.com/watch?v=qz2WYh5LFpM</p>	<p>Teach your dog to go and stay on his bed when the doorbell rings/when someone knocks on the door. This activity is complete when your dog will go to his bed when a real visitor knocks on the door or rings the doorbell.</p> <p>youtube.com/watch?v=dakOaLkOn8U</p>
2				

Cue Response, cont.

	Behavior	Beginning	Intermediate	Advanced
3	Come	<p>Do the training steps in these videos for the first parts of come when called. You will have completed the activity when you have done the training steps in the video.</p> <ul style="list-style-type: none"> • youtube.com/watch?v=u_BEXER4IGo • youtube.com/watch?v=RyVNeOAq35A 	<p>Do the steps in this video to work on additional come when called variations. You will have completed the activity when you have done the training steps in the video.</p> <p>youtube.com/watch?v=RyVNeOAq35A</p>	<p>Follow the training steps in these videos for additional come when called activities. You will have completed the activity when you have done the training steps in the videos.</p> <ul style="list-style-type: none"> • youtube.com/watch?v=tUqptyljWZo • youtube.com/watch?v=yEomllHyQ8g
	Walking	<p>Follow the training steps in this video. You will have completed the activity when you have done the training steps and practiced enough that you can go for a walk with your dog on a loose leash.</p> <p>youtube.com/watch?v=sFgtqgiAKoQ</p>	<p>Train automatic check ins during walk. You will have completed the activity when you have done the training steps in the video and repeated the steps around new people, new animals, and at a new place.</p> <p>youtube.com/watch?v=iiC_EmJo8D0</p>	<p>Train this pivoting behavior to help train heeling. You will have completed the activity when you have done the training steps in the video and when your dog can pivot with the prop removed.</p> <p>youtube.com/watch?v=xsvNvK8T1z8</p>
	Leave It	<p>Teach the beginning “Leave It” steps as shown in this video. You will have completed the activity when you have done the training steps and added a cue.</p> <p>youtube.com/watch?v=pEeS2dPpPtA</p>	<p>Teach additional “Leave It” steps that are shown in this video. You will have completed the activity when you have done the training steps in the video.</p> <p>youtube.com/watch?v=7My9gMIEyiE</p>	<p>Follow the additional training steps for leaving dogs and people. You will have completed the training steps when you have done the steps in the video and your dog can leave new dogs and new people.</p> <p>youtube.com/watch?v=6jYfkK17ZBs</p>



Body Language



	Beginning	Intermediate	Advanced
1	Use the body language charts (Appendix 1) to record observations of your dog's behavior when stressed, excited, and calm. List at least 5 behaviors in each column.	Use the body language charts (Appendix 1) to record observations of your dog's behavior when stressed, excited, and calm. List at least 7 behaviors in each column.	Use the body language charts (Appendix 1) to record observations of your dog's behavior when stressed, excited, and calm. List at least 10 behaviors in each column.
2	Act out how to help your dog be more calm, more excited, or less stressed. Document what you did.	Demonstrate with your dog how to get him more calm to 3 people.	Teach 3 friends how to help a dog become more calm.
3	Make notes about body language you observe in 2 different breeds of dogs.	Make notes about body language you observe in 3 different breeds of dogs.	Make notes about body language you observe in 3 different breed groups.
4	Create a resource to teach another person about dog body language.	Create a game or activity to teach others about dog body language.	Create a resource to teach others about dog body language. Share the resource with others.
5	Choose a myth about dog body language and share the truth with your 4-H club.	Choose a myth about dog body language and share the truth with your 4-H club.	Choose a myth about dog body language and share the truth with your 4-H club.

Socialization

	Beginning	Intermediate	Advanced
1	Socialization is about good experiences, not bad experiences and not neutral experiences. Pick 3 things from the exposure list (Appendix 2) and use food to reward your dog while at an appropriate distance to the item.	Socialization is about good experiences, not bad experiences and not neutral experiences. Pick 5 things from the exposure list (Appendix 2) and use food to reward your dog while at an appropriate distance to the item.	Socialization is about good experiences, not bad experiences and not neutral experiences. Pick 7 things from the exposure list (Appendix 2) and use food to reward your dog while at an appropriate distance to the item.
2	Train your dog to the point where he can calmly settle and be focused in a group of 3 people for 8 minutes in 2 brand new places.	Train your dog to the point where he can calmly settle and be focused in a group of 3 people for 15 minutes in 4 brand new places.	Train your dog to the point where he can calmly settle and be focused in a group of 3 people for 30 minutes in 6 brand new places.
3	Train your dog to go on 3 objects, over 3 objects, under 3 objects, and between 3 objects (See Appendix 3).	Train your dog to go on 5 objects, over 5 objects, under 5 objects, and between 5 objects (See Appendix 3).	Train your dog to go on 7 objects, over 7 objects, under 7 objects, and between 7 objects (See Appendix 3).
4	Train your dog to calmly greet 3 different family members or close friends at your home.	Train your dog to calmly greet 5 different family members or close friends away from home.	Train your dog to be able to calmly greet 5 different family members or close friends away from your home.
5	Train your dog to relax for 1 minute while 50 feet from an unknown animal.	Train your dog to relax for 1 minute while 20 feet from a dog. At a second location, train your dog to be able to relax for 1 minute while 20 feet from another species.	Train your dog to relax for 1 minute while 10 feet from a dog. At a second location, train your dog to be able to relax for 1 minute while 10 feet from another species.





	Beginning	Intermediate	Advanced
1	Learn how to hold a leash (aspcapro.org/how-to-hold-a-leash), practice, and teach another person. Visit a pet store and compare the different types of head halters, harnesses, and collars available.	Learn how to hold a leash (aspcapro.org/how-to-hold-a-leash), practice, and teach another person. Visit a pet store and learn how to fit at least 4 different types of head halters and harnesses.	Learn how to hold a leash (aspcapro.org/how-to-hold-a-leash), practice, and teach another person. Teach someone else how to fit 2 types of harnesses and 2 types of head halters.
2	Watch these videos on clicker training skills and practice without your dog. youtube.com/watch?v=HPDOrEEsAJ8	Watch these videos on clicker training skills and practice without your dog. youtube.com/watch?v=HPDOrEEsAJ8	Watch these videos on clicker training skills and practice with your dog. youtube.com/watch?v=HPDOrEEsAJ8
3	Management is about changing the environment so your dog has no opportunity to practice unwanted behavior. Choose a problem behavior and keep a chart of how many times the behavior happens in 1 day. Apply your management, and record how many times the behavior happens each day for 5 days.	Management is about changing the environment so your dog has no opportunity to practice unwanted behavior. Do this activity for 2 unwanted behaviors. Choose a problem behavior and keep a chart of how many times the behavior happens in 1 day. Apply your management, and record how many times the behavior happens each day for 10 days.	Management is about changing the environment so your dog has no opportunity to practice unwanted behavior. Do this activity for 2 unwanted behaviors. Choose a problem behavior and keep a chart of how many times the behavior happens in 1 day. Apply your management, and record how many times the behavior happens each day for 15 days.
4	It is important to set criteria, or requirements, and know what you will reinforce and what you will not reinforce. Look at Appendix 4 and choose 2 scenarios to work on. For each of those, fill out the chart and train your dog to meet your criteria.	It is important to set criteria, or requirements, and know what you will reinforce and what you will not reinforce. Look at Appendix 4 and choose 4 scenarios to work on. For each of those, fill out the chart and train your dog to meet your criteria.	It is important to set criteria, or requirements, and know what you will reinforce and what you will not reinforce. Look at Appendix 4 and choose 6 scenarios to work on. For each of those, fill out the chart and train your dog to meet your criteria.
5	Good trainers keep training records. Pick a behavior to train and keep journal records about your training progress from start to finish (Appendix 5).	Good trainers keep training records. Pick 2 behaviors to train and keep records using a different system for each behavior (Appendix 5).	Good trainers keep training records. Pick 3 behaviors to train and keep records using a different system for each behavior (see Appendix 5).

Developing Reinforcers

	Beginning	Intermediate	Advanced
1	List everything that could be a reinforcer for your dog. Rank these on a scale of 1-5, with 1 for items your dog likes a little and 5 for items your dog absolutely loves. List at least 15 items.	List everything that could be a reinforcer for your dog. Rank these on a scale of 1-5, with 1 for items your dog likes a little and 5 for items your dog absolutely loves. List at least 15 items.	List everything that could be a reinforcer for your dog. Rank these on a scale of 1-5, with 1 for items your dog likes a little and 5 for items your dog absolutely loves. List at least 15 items.
2	Secondary reinforcers are things that your dog likes because of associations with reinforcers necessary for survival (food, water, safety). Train a new secondary reinforcer by giving the new signal and giving a treat after the signal. Examples: clapping twice, pat on shoulder, or a special word. Do this 10 times each day for at least 2 weeks.	Secondary reinforcers are things that your dog likes because of associations with reinforcers necessary for survival (food, water, safety). Train 2 new secondary reinforcers by giving the new signal and giving a treat after the signal. Examples: clapping twice, pat on shoulder, or a special word. Do this 10 times each day for at least 2 weeks.	Secondary reinforcers are things that your dog likes because of associations with reinforcers necessary for survival (food, water, safety). Train 2 new secondary reinforcers by giving the new signal and giving a treat after the signal. Examples: Clapping twice, pat on shoulder, or a special word. Do this 10 times each day for at least 2 weeks. Add this into your training sessions (reactivechampion.blogspot.com/2011/08/ken-ramirez-seminar-non-food.html)
3	Take a reinforcer your dog already likes, and see what you can do to make your dog love it even more. Try using the reinforcer at certain times of day when your dog is more excited (like when you get home from school). Or try giving your treats in a different way, such as tossing or rolling them on the floor for your dog to chase. Practice for 7 days and make notes every day about how your dog likes or reacts to the different variations.	Take a reinforcer your dog already likes, and see what you can do to make your dog love it even more. Try using the reinforcer at certain times of day when your dog is more excited (like when you get home from school). Or try giving your treats in a different way, such as tossing or rolling them on the floor for your dog to chase. Rate your dog's current interest in a reinforcer. Practice for 10 days, making notes every day about how your dog likes or reacts to the different variations. At the end of the 10 days, is your dog's rating different?	Take 2 reinforcers your dog already likes, and see what you can do to make your dog love them even more. Try using the reinforcer at certain times of day when your dog is more excited (like when you get home from school). Or try giving your treats in a different way, such as tossing or rolling them on the floor for your dog to chase. Rate your dog's current interest in a reinforcer. Practice for 15 days, making notes every day about how your dog likes or reacts to the different variations. At the end of the 15 days, is your dog's rating different?



Developing Reinforcers, cont.



	Beginning	Intermediate	Advanced
4	<p>Look at your list from Activity 1 on the previous page and list the daily events your dog likes. If you did not do that activity, write out everything you can think of that your dog enjoys in daily life. Use this list and ask for a behavior before giving your dog access to the reward. Example: Dog likes to go outside. Ask for a sit, then let him outside. Practice for 1 week. Write a journal entry: What items were easier to use? Were any harder or not appropriate to use? How did your dog's behavior change over the week?</p>	<p>Look at your list from Activity 1 and list the daily events your dog likes. If you did not do that activity, write out everything you can think of that your dog enjoys in daily life. Use this list and ask for a behavior before giving your dog access to the reward. Example: Dog likes to go outside. Ask for a sit, then let him outside. Practice for 2 weeks. Write a journal entry: What items were easier to use? Were any harder or not appropriate to use? How did your dog's behavior change over the 2-week period? Were you able to get a behavior every time? If not, why not?</p>	<p>Look at your list from Activity 1 and list the daily events your dog likes. If you did not do that activity, write out everything you can think of that your dog enjoys in daily life. Use this list and ask for a behavior before giving your dog access to the reward. Example: Dog likes to go outside. Ask for a sit, then let him outside. Practice for 3 weeks. Write a journal entry: What items were easier to use? Were any harder or not appropriate to use? How did your dog's behavior change over the 3-week period? Were you able to get a behavior every time? If not, why not? Did you discover more reinforcers? Were you able to get other family members to help?</p>
5	<p>Help a friend or family member discover what his or her dog finds reinforcing. Show that person how to use those items to reward behaviors.</p>	<p>Help a friend or family member discover what his or her dog finds reinforcing. Show that person how to use those items to reward behaviors.</p>	<p>Help a friend or family member discover what his or her dog finds reinforcing. Show that person how to use those items to reward behaviors.</p>

Canine Comfort

	Beginning	Intermediate	Advanced
1	Touch your dog all over and make notes on his reactions to touch. Note where you are touching him when he reacts.	Touch your dog all over and make notes on his reactions to touch. Use different types of touch. Note where you are touching him when he reacts.	Touch your dog all over and make notes on his reactions to touch. Use different types of touch. Touch another dog all over. Make notes on how the other dog reacts to your touch. Compare and contrast the reactions of the 2 dogs.
2	Research the benefits of massage. Make a list of the benefits of massage.	Interview a canine massage therapist, either by a visit or through email.	Compare dog massage to human massage. List the similarities and differences.
3	Watch this video with your project helper and spend a total of 30 minutes massaging your dog. This time can be spread out over different days. youtube.com/watch?v=3kbO2krzr0g	Watch this video and spend a total of 60 minutes massaging your dog. This time can be spread out over different days. youtube.com/watch?v=3kbO2krzr0g	Watch this video and spend a total of 2 hours massaging your dog. This time can be spread out over different days. youtube.com/watch?v=3kbO2krzr0g
4	Play 3 types of music and note your dog's activity level during each type of music.	Play 4 types of music and note your dog's activity level during each type of music. Explain your choices and why the music may have had that impact.	Record respiration and heart rate for your dog during 4 types of music. Make a chart listing each type of music and your dog's corresponding respiration and heart rates.
5	Identify where your dog will rest when he is outside, inside, and at different times of day. Discuss why you think your dog rests in these areas.	Identify where your dog will rest when he is outside, inside, and at different times of day. Make a chart showing where your dog prefers to spend his rest time.	Make observations of resting behaviors and preferences in 8 different dogs. Record where, when, how, and their body postures. Discuss with the owners about why dogs may have those preferences.



Considerations for Exercise



	Beginning	Intermediate	Advanced
1	Visit a doctor and take your dog to visit a veterinarian prior to starting an exercise program [Note, this is not a required activity but it is strongly recommended.]	Visit a doctor and take your dog to visit a veterinarian prior to starting an exercise program [Note, this is not a required activity but it is strongly recommended.]	Visit a doctor and take your dog to visit a veterinarian prior to starting an exercise program [Note, this is not a required activity but it is strongly recommended.]
2	Research appropriate exercise for your dog's breed, age, health, and environment and determine what exercises are appropriate for you and your dog.	Research appropriate exercise for your dog's breed, age, health, and environment and determine what exercises are appropriate for you and your dog. Repeat this for 2 other breeds of dogs.	Research appropriate exercise for your dog's breed, age, health, and environment and determine what exercises are appropriate for you and your dog. Repeat this for 5 other breeds of dogs.
3	Do an experiment to find out what types of water your dog prefers (room temperature, old water, ice water, etc). Record his reactions	Measure and record how much your dog drinks during active and rest periods. Compare this to the average needs for a dog. Do this for 2 weeks.	Measure and record how much your dog drinks during active and rest periods. Compare this to the average needs for a dog. Do this for 3 weeks.
4	(1) Collect phone numbers to have on hand in an emergency; (2) prepare and find a good way to carry water for you and your dog during exercise; (3) and create an equipment checklist to use prior to exercise.	(1) Collect phone numbers to have on hand in an emergency; (2) prepare and find a good way to carry water for you and your dog during exercise; (3) and create an equipment checklist to use prior to exercise.	(1) Collect phone numbers to have on hand in an emergency; (2) prepare and find a good way to carry water for you and your dog during exercise; (3) and create an equipment checklist to use prior to exercise.
5	Talk to a veterinarian to learn how to tell when a dog has had enough exercise. Go for a 30 minute hike/walk/run, stopping to take notes every 10 minutes. Record your dog's gait, respiration, and energy level.	Talk to a veterinarian to learn how to tell when a dog has had enough exercise. Go for a 30 minute hike/walk/run, stopping to take notes every 10 minutes. Record your dog's gait, respiration, pulse, and energy level.	Talk to a veterinarian to learn how to tell when a dog has had enough exercise. Go for a 30 minute hike/walk/run, stopping to take notes every 10 minutes. Record your dog's gait, respiration, pulse, and energy level.

Strength and Conditioning

	Beginning	Intermediate	Advanced
1	Research 3 strength building activities that you can try. Find or create a similar dog version for your dog to try. Rate your favorite activities and your dog's favorite activities.	Research 4 strength building activities that you can try. Find or create a similar dog version for your dog to try. Rate your favorite activities and your dog's favorite activities.	Research 5 strength building activities that you can try. Find or create a similar dog version for your dog to try. Rate your favorite activities and your dog's favorite activities.
2	Find 3 stretches for humans and 3 for dogs. Do these 1 per day for 1 week.	Find 4 stretches for humans and 3 stretches for dogs. Do these 1 per day for 2 weeks.	Find 6 stretches for humans and 3 stretches for dogs. Do these 1 per day for 3 weeks.
3	Find and read an article about the conditioning and exercise that sled dogs get prior to a race. Discuss the article with an adult and explain why your dog has different exercise and feeding needs.	Find and read an article about the conditioning and exercise that a dog gets prior to a big competition event. Discuss the article with an adult and explain why your dog has different exercise and feeding needs.	Find and read articles about the conditioning and exercise that high level dog athletes get prior to an event. Read about at least 2 different sports. Compare and contrast those needs as well as with what your dog needs. Share what you learn with a dog owner.
4	Meet with a veterinarian or dog professional to show you how to tell if a dog has appropriate muscle tone. Evaluate and record your results when looking at least 4 other dogs.	Meet with a veterinarian or dog professional to show you how to tell if a dog has appropriate muscle tone and is in good condition for the activities he is doing. Evaluate and record your results when looking at least 6 other dogs.	Meet with a veterinarian or dog professional to show you how to tell if a dog has appropriate muscle tone and is in good condition for the activities he is doing. With this person, evaluate and record your results for at least 8 dogs. See if your results are the same or different.
5	Meet with a veterinarian or appropriate dog professional to show you ways to stretch or strengthen your dog. Try these activities as recommended for at least 1 week. Record your results.	Meet with a veterinarian or appropriate dog professional to show you ways to stretch or strengthen your dog. Try these activities as recommended for at least 10 days. Record your results.	Meet with a veterinarian or appropriate dog professional to show you ways to stretch or strengthen your dog. Try these activities as recommended for at least 2 weeks. Record your results.



Exercise with Your Dog



	Beginning	Intermediate	Advanced
1	Record walking time spent with your dog. Complete at least 10 total hours of walking to complete this activity. Make a few notes after each exercise session about what you did, the conditions (temperature, weather, terrain), and where you exercised.	Record walking time spent with your dog. Complete at least 15 total hours of walking to complete this activity. Make a few notes after each exercise session about what you did, the conditions (temperature, weather, terrain), and where you exercised.	Record walking time spent with your dog. Complete at least 20 total hours of walking to complete this activity. Make a few notes after each exercise session about what you did, the conditions (temperature, weather, terrain), and where you exercised.
2	Record running/jogging time spent with your dog. Complete at least 8 total hours of running/jogging to complete this activity. Make a few notes after each exercise session about what you did, the conditions (temperature, weather, terrain), and where you exercised.	Record running/jogging time spent with your dog. Complete at least 13 total hours of running/jogging to complete this activity. Make a few notes after each exercise session about what you did, the conditions (temperature, weather, terrain), and where you exercised.	Record running/jogging time spent with your dog. Complete at least 16 total hours of running/jogging to complete this activity. Make a few notes after each exercise session about what you did, the conditions (temperature, weather, terrain), and where you exercised.
3	Record active playing time with your dog. Complete 10 total hours of playing to complete this activity. Make a few notes after each exercise session about what you did, the conditions (temperature, weather, terrain), and where you exercised.	Record active playing time with your dog. Complete 15 total hours of playing to complete this activity. Make a few notes after each exercise session about what you did, the conditions (temperature, weather, terrain), and where you exercised.	Record active playing time with your dog. Complete 20 total hours of playing to complete this activity. Make a few notes after each exercise session about what you did, the conditions (temperature, weather, terrain), and where you exercised.
4	Create an appropriate fitness course for you and your dog. List the obstacles, terrain, etc. describing your fitness course. Record time spent exercising in the fitness course with your dog. Complete 10 total hours on the fitness course. Make a few notes after each exercise session about what you did and the conditions (temperature, weather, terrain).	Create an appropriate fitness course for you and your dog. List the obstacles, terrain, etc. describing your fitness course. Record time spent exercising in the fitness course with your dog. Complete 15 total hours on the fitness course. Make a few notes after each exercise session about what you did and the conditions (temperature, weather, terrain).	Create an appropriate fitness course for you and your dog. List the obstacles, terrain, etc. describing your fitness course. Record time spent exercising in the fitness course with your dog. Complete 20 total hours on the fitness course. Make a few notes after each exercise session about what you did and the conditions (temperature, weather, terrain).

Exercise with Your Dog, cont.

5

Beginning

Create a dog-safe triathlon activity for you and your dog. Record time spent working on those tasks with your dog. Complete 5 total hours exercising (these hours do not count towards other categories). Make a few notes after each exercise session about what you did, the conditions (temperature, weather, terrain), and where you exercised.

Intermediate

Create a dog-safe triathlon activity for you and your dog. Record time spent working on those tasks with your dog. Complete 10 total hours exercising (these hours do not count towards other categories). Make a few notes after each exercise session about what you did, the conditions (temperature, weather, terrain), and where you exercised.

Advanced

Create a dog-safe triathlon activity for you and your dog. Record time spent working on those tasks with your dog. Complete 15 total hours exercising (these hours do not count towards other categories). Make a few notes after each exercise session about what you did, the conditions (temperature, weather, terrain), and where you exercised.



Exercise Benefits and Conditions Management



	Beginning	Intermediate	Advanced
1	Learn how to modify exercise for a senior dog.	Learn how to modify exercise for a puppy.	Research what happens to the body during aerobic exercise and why this is beneficial. Find a creative way to present this information to your club or family.
2	Find out why core strength is important for dogs and people. Research the types of exercises that can help increase core strength.	Research why core strength is important for dogs and for people. Find 5 easy at-home exercises for people and dogs. Share these activities with your club.	Research why core strength is important for dogs and for people. Find 10 easy at-home exercises for people and dogs. Share these activities with your club.
3	Create a cold weather/indoor exercise plan for you and your dog. Describe this plan. Practice this on 5 occasions.	Create a cold weather/indoor exercise plan for you and your dog. Describe this plan. Practice this on 10 occasions.	Develop an indoor/winter fitness plan acting as a personal trainer for another person and dog. Note: If the person you are helping is under 18, get parent/guardian permission.
4	Research why exercise can help reduce stress. Share this with friends.	Research how exercise can help reduce stress. Make a plan for how you and your dog can benefit. Practice this plan 5 times.	Research how exercise can help reduce stress. Make a plan for how you and your dog can benefit. Practice this plan 10 times.
5	Learn why you and your dog should warm up before exercise and a cool down after exercise. Practice and document this for 10 exercise sessions.	Find a good warm up and cool down routine for you and for your dog. Practice and document this for 15 exercise sessions	Find a good warm up and cool down routine for you and for your dog. Practice and document your plan and any changes made for 20 exercise sessions.

First Aid

	Beginning	Intermediate	Advanced
1	List 15 items that could be in a first aid kit. List how you could use each item. Then make a basic first aid kit for your dog.	List 6 first aid scenarios, the materials that would be needed, and the first aid response steps for each scenario.	List 9 first aid scenarios, the materials that would be needed, and the response steps for each scenario.
2	Research and list alternative items for 5 items in your first aid kit (what you could use instead of the item).	Research and list alternative items for 7 items in your first aid kit (what you could use instead of the item).	Research and list alternative items for 9 items in your first aid kit (what you could use instead of the item).
3	Find differences between dog and human TPR (temperature, pulse, respiration) when resting and active. Record these differences.	Learn and share the differences between what to do if a dog bites a person and what to do if a dog bites another dog.	Learn and demonstrate how to wrap a dog's paw.
4	Learn from a vet how to bandage and wrap a small wound on a dog's leg.	Learn and demonstrate how to wrap a leg wound.	Learn how to make an emergency muzzle out of vet wrap. Practice on a stuffed animal.
5	Learn how to make a solution and bathe a dog that has been sprayed by a skunk. Demonstrate for your 4-H club or your family.	Research bloat and twisted stomach in dogs. Discuss breeds more predisposed to this condition. Teach 2 different families who own dogs the symptoms and first aid for bloat.	Learn the differences in signs and treatment for responding to poisoning in humans and dogs. Record these in a chart.





	Beginning	Intermediate	Advanced
1	Contact your veterinarian to discuss how to establish a veterinarian/client/patient relationship and the benefits of doing so.	Using media, create a public service announcement emphasizing the importance of establishing a veterinarian/client/patient relationship with you, your dog and your veterinarian.	Work with your veterinarian's staff to create a handout or brochure to promote establishing a veterinarian/client/patient relationship with their veterinarian/clinic. Share this brochure.
2	<p>Complete the following dog health records on speakingforspot.com/index.php?p=Advocacy-Aids.</p> <ul style="list-style-type: none"> • Emergency Contact Info • Current Health Issues • Health History Form • Current Medications • Contingency Plan • Veterinary Office Visit 	<p>Help 3 dog owners complete the following dog health records on speakingforspot.com/index.php?p=Advocacy-Aids.</p> <ul style="list-style-type: none"> • Emergency Contact Info • Current Health Issues • Health History Form • Current Medications • Contingency Plan • Veterinary Office Visit 	Write a 750-1000 word article on a wellness topic to submit to your project helper. Use appropriate citations.
3	Learn to brush your dog's teeth. Brush 3 times a week for 2 months.	Compare and contrast the dental products that are available for pets. Talk with your vet and talk to someone at a pet/feed store.	Watch a dental cleaning at a veterinarian's office. Teach someone else how to brush their dog's teeth.
4	Research 5 internal parasites and 5 external parasites. Learn what each kind of parasite does to a dog.	Identify areas in your dog's habitat where parasites (including mosquitoes) could live/reproduce and modify the area to decrease the risk of parasites.	Identify products that are available for heart worm prevention. Find out how the different categories of preventatives work.
5	Research what vaccinations are required for puppies and the schedule for administering those vaccinations. Make a presentation on puppy vaccinations and share with 3 different families.	Research why rabies vaccinations are required in Ohio. Look at the Ohio Revised Code and write a short article for your newspaper, blog, or Facebook page about rabies.	Research why vaccination are controversial. Give a 5-minute talk to your club about what you find and how you will apply the information to your dog.

Emergency Preparedness

	Beginning	Intermediate	Advanced
1	<p>Create an emergency contact list for yourself (police, fire, doctor, hospital, EMS, poison control, 2 adults/relatives) and for your dog (vet, emergency vet, local shelter, poison control).</p> <p>speakingforspot.com/PDF/dogemergencycontact_fill-in.pdf</p>	<p>Create an emergency contact list for yourself (police, fire, doctor, hospital, EMS, poison control, 2 adults/relatives) and for your dog (vet, emergency vet, local shelter, poison control). Help 3 other families create these lists.</p> <p>speakingforspot.com/PDF/dogemergencycontact_fill-in.pdf</p>	<p>Create an emergency contact list for yourself (police, fire, doctor, hospital, EMS, poison control, 2 adults/relatives) and for your dog (vet, emergency vet, local shelter, poison control). Help 5 other families create these lists.</p> <p>speakingforspot.com/PDF/dogemergencycontact_fill-in.pdf</p>
2	<p>Develop a tornado and fire drill to practice with your family, including pets. Practice and record what went well and what didn't go well. Interview family members to see what they thought of the exercise.</p>	<p>Develop a tornado and fire drill to practice with your family, including pets. Practice and record what went well and what didn't go well. Interview family members to see what they thought of the exercise. Help 1 other family with this activity.</p>	<p>Work with county officials to identify and be aware of emergency shelter areas for pets in case of a natural disaster (tornado, forest fire, earthquake). Help publicize this information.</p>
3	<p>Create an emergency kit for your family and pets (food, water, medications, blankets, bowls, leashes, carriers).</p>	<p>Create an emergency kit for your family and pets (food, water, medications, blankets, bowls, leashes, carriers). Help 1 family create an emergency kit.</p>	<p>Create an emergency kit for your family and pets (food, water, medications, blankets, bowls, leashes, carriers). Help 2 families create an emergency kit.</p>
4	<p>Identify a safe place to take your pets in case of an emergency. Do a practice run.</p>	<p>Identify a safe place to take your pets in case of an emergency. Do a practice run. Help 1 family identify a safe place and do a practice run.</p>	<p>Identify a safe place to take your pets in case of an emergency. Do a practice run. Help 2 families identify a safe place and do a practice run.</p>
5	<p>Help 1 other person develop a plan and make an emergency kit.</p>	<p>Help 3 other people develop a plan and make an emergency kit.</p>	<p>Help 5 other people develop a plan and make an emergency kit.</p>





	Beginning	Intermediate	Advanced
1	Identify causes of stress on a dog's joints, why it is bad to stress joints, and what you can do to lesson stressors on the joints.	Most dogs experience arthritis as they age. Identify places in the body where arthritis could occur and the signs you would see at those places.	Research 5 or more different management options for arthritis and share with at least 5 dog owners.
2	Explore the 5 senses and how they may change as a dog ages. Record your findings.	Do an experiment to test the senses of sight, sound, and smell for a dog that is over 7 years and a dog that is under 7 years old. Record your results.	Visit an eye clinic (ophthalmologist) for dogs. Discuss what you learned.
3	Compare and contrast signs of aging in people and dogs. Discuss how people and dogs are affected by the aging process.	Complete 1 aging sensitivity activity either from the 4-H PetPALS curriculum or another resource, such as the Area Agency on Aging. Teach 1 other person this activity.	Interview 3 people who own or raise dogs. Compare the similarities and differences of the aging process in each dog, including diet, environment, and exercise.
4	Research 3 signs of pain in dogs and explain how to help your dog overcome or have his pain managed.	Create 4 enrichment activities appropriate for a dog with decreased mobility.	Research modifications to your home that may be necessary for senior dogs. Make this into a booklet to share with others.
5	Discuss a quality of life scale with your family. pawspice.com/clients/17611/documents/QualityofLifeScale.pdf	Discuss a quality of life scale with your family. pawspice.com/clients/17611/documents/QualityofLifeScale.pdf	Discuss a quality of life scale with your family. pawspice.com/clients/17611/documents/QualityofLifeScale.pdf

Diseases

	Beginning	Intermediate	Advanced
1	Research what a zoonotic disease is and why we should be concerned about them. Share this with another dog owner.	Identify 3 zoonotic diseases, transmitter hosts, prevention, and treatment.	Research salmonella risks from dogs and dog products. Learn how to minimize the risks of salmonella. At a club meeting or event, share this information in a demonstration.
2	Create a chart to show the truth and false beliefs about rabies.	Research the carriers of rabies, how it is transmitted, symptoms, and what happens when an animal is tested positive. Teach this to 1 other person.	Find out how viral infections progress, how they attack the body, and how they are transmitted. Create a detailed diagram to show how this happens.
3	Research tick disposal methods and demonstrate for your 4-H club.	Go to your health department and talk to someone about the number of rabies cases in your county in the last 10 years. Ask for recommendations on prevention. Ask your veterinarian about the number of Lyme cases s/he has seen in dogs over the last 10 years. Find out the treatment and prevention methods.	Research 5 different internal parasites, including treatments. Learn how to examine a stool sample for parasites with the help of a veterinarian or technician.
4	Research how veterinarians sanitize for diseases between patients.	Visit a shelter and find out about the sanitation practices to decrease the risk of disease between animals.	Research and compare the treatments for treating humans for lice and treating dogs for fleas.
5	Poke your dog's gum and measure the time it takes to turn back to pink. Test in 10 different conditions (after exercise, hot day, cold morning, etc.) Record your findings.	Record your dog's elimination habits for 2 weeks. Record the information (frequency, consistency, approximate amount).	Look at a CBC (Complete Blood Count) result for your dog or from another dog. Talk to your vet about what baseline values would be. Discuss why it is good to know your dog's baseline values.



Animal-Assisted Activities/Animal-Assisted Therapy



	Beginning	Intermediate	Advanced
1	Research similarities and differences between Animal-Assisted Activities (AAA) and Animal-Assisted Therapy (AAT).	Research different settings, venues, and facilities in which Animal-Assisted Therapy (AAT) is used and the benefits of each.	Identify 8 situations/conditions in which people would benefit from a visit from an AAA/ AAT team and share how the team would benefit. Define the situation or condition and document how you would prepare your dog and yourself to visit each situation/ condition.
2	Take a practice test for any organization's therapy dog test. The practice test can be administered by an advisor or parent.	Take a practice test from 2 different therapy dog organizations. The practice test can be administered by a parent, advisor, or dog professional.	Research different therapy dog programs. Take a practice test from 3 different organizations. The test can be administered by a parent, advisor, or dog professional. Compare and contrast the different programs.
3	List 10 interview questions you would ask a resident, client, or patient when conducting an AAA visit, and role play your interview with a friend.	Attend a Canine Good Citizen or therapy dog preparation training class series with your dog.	Without your dog, visit 2-3 local facilities that may benefit from visits from a therapy dog team. Set up a test plan for an organization that a facility requires.
4	Identify 3 situations/conditions in which people would benefit from a visit from an AAA/ AAT team and share how the team would benefit. Define the situation or condition and document how you would prepare your dog and yourself to visit each situation/ condition.	Identify 5 situations/conditions in which people would benefit from a visit from an AAA/ AAT team and share how the team would benefit. Define the situation or condition and document how you would prepare your dog and yourself to visit each situation/ condition.	Have your dog certified as a therapy dog with 1 organization.
5	Enroll in a 4-H PetPALS project.	Enroll in a 4-H PetPALS project.	Enroll in a 4-H PetPALS project and earn an AKC Therapy dog title with your dog.

Shelters/Rescue

	Beginning	Intermediate	Advanced
1	Collect items for a local rescue group and donate them to the rescue.	Help organize and run a fundraiser for a local shelter or rescue group.	Take the leadership to organize and run a fundraiser for a local shelter or rescue group.
2	Help for 5 hours with tasks outside of the shelter (transport, help at a fundraising event, help at a public event).	Help for 10 hours with tasks outside of the shelter (transport, help at a fundraising event, help at a public event).	Volunteer for 15 hours with tasks that do not occur at the facility (fundraiser event hosted by the group, off-site adoption events, public education, etc).
3	Research the intake numbers for a local rescue facility. Find out how many animals were returned to owners, how many were adopted, and how many were transferred to other facilities. Chart your results.	Research the intake numbers for a local facility for each of the last 5 years. Find out the changes over the last 5 years and chart these.	Research the intake numbers for a local facility. Find out what changes have happened over the last 5 years and how that changed the number of animals coming into the facility and the number rehomed.
4	Volunteer at a local facility at least 5 times for at least 1 hour each visit. Assist as needed. If your facility does not allow youth, ask if there are cleaning, sorting, or organizational tasks you can help with.	Find out how much cleaners, paper towels, trash bags are needed each year by a local facility. Create a public awareness campaign for how many supplies are needed.	Find out how many cleaning supplies are used on a yearly basis. Present to a local civic club on the amount of supplies needed by the shelter/rescue.
5	Find out how many rolls of paper towels, how much cleaner, and how many trash bags are needed per week. Do math to figure out how many are needed for each year. Discuss ways to help get supplies donated.	Volunteer at your shelter site for 8 hours to help with cleaning and volunteer tasks.	Walk, exercise, or train dogs at a local facility for a total of 12 hours.



Dog Legislation



	Beginning	Intermediate	Advanced
1	Leash laws exist in many communities. What are the benefits and problems with dogs staying on leash at all times when in public? Identify the leash laws in your city, county, or community.	Leash laws exist in many communities. What are the benefits and problems? Identify the leash laws in your city, county, or community. Find out how often dog owners follow the leash laws in your community. Spend some time at a local park or location and track how many dogs are on leash, how many are not, how many people are following local laws and how many people are not.	Leash laws exist in many communities. Research the leash laws in your community. Interview at least 5 dog owners about the prevalence of loose dogs in your community.
2	Should spay/neuter laws be implemented in your county? Why or why not? Lists pros and cons of spaying and neutering.	Investigate the costs for spaying/neutering dogs through veterinary clinics and at any low-cost spay/neuter clinics that may be available in your area. Develop a comparison chart.	Research 3 communities that have implemented mandatory spay/neuter laws. Find out the impact on each community.
3	Investigate the dangerous dog laws in your community and at the state level in Ohio. Compare those laws. Share your findings with your 4-H club.	Research how dangerous dog laws have impacted communities. Is there any evidence that dog bites have decreased? Share your findings with your 4-H club.	Compare Ohio dogs laws and the dogs laws in 2 other states. List the similarities and differences.
4	Find out where to get a dog license, why you need one, and what happens to dog owners who do not get a license.	Research where money from dog licenses in your communities go and what to do to replace your license if it is lost.	Learn about how a loose dog can be reconnected with his owner through a county dog license. Research 5 cases of dogs being reunited with their owners this way.
5	What is nuisance behavior? Who determines nuisance behavior? What are the consequences?	Choose 2 nuisance behaviors and come up with some management and training options for decreasing the problems.	Train your dog to be calm and comfortable when a person approaches. Practice with 5 people your dog is not familiar with.

Dog Bite Prevention

	Beginning	Intermediate	Advanced
1	View the AKC Dog Listener Video. List 10 correct and 10 incorrect ways of interacting with dogs. akc.org/dog_listener/	Make a plan with an advisor, dog professional, and/or parent for how to respond if you are approached by a loose dog.	Share how to act when approached by a loose dog to 10 people unfamiliar with dogs.
2	Make a plan for how to respond if a loose dog approaches you at the park. akc.org/dog_listener/	Teach 5 other people how to greet a dog safely using an appropriate dog(s) for greeting. Discuss any changes in the dog's body posture or temperament while being greeted. Critique the greeters' mannerisms.	Contact a dog professional to learn ways to deter an off-leash dog approaching you. Then make a plan for how to respond if a loose dog approaches you at the park.
3	Take a dog bite prevention handout from the ASPCA and create a role play or activity to teach to at least 8 other youth. aspc.org/sites/default/files/upload/images/dog_bite_act_sheet-english-2.pdf	Based on the ASPCA handout, lead and create a role play activity for how to respond to a loose dog. aspc.org/sites/default/files/upload/images/dog_bite_act_sheet-english-2.pdf	Create a way to share the content from this ASPCA handout in a way that would be appealing to individuals who are over 15 years old. aspc.org/sites/default/files/upload/images/dog_bite_act_sheet-english-2.pdf
4	Train your dog to hold still for petting on the shoulder. Have an adult to help you role play a proper way to teach the public to interact with dogs.	Train your dog to be comfortable with people approaching his resting area. If your dog has shown signs of discomfort or distress, consult a professional for help.	Create an educational display to put in a public location. The display should contain information about why growling is not always a bad thing, how to recognize that a dog is uncomfortable, and how this will decrease dog bites.
5	With your family, evaluate when your dog is most likely to bite. Make a plan for how to avoid those situations or provide appropriate training.	Research what you need to know, what you need to do, and what not to do if your dog bites someone and if you are bitten by a dog. Teach your findings to another dog owner.	Train your dog to be comfortable while you remove a valued item. If your dog has shown signs of aggression, consult a professional prior to starting this activity.



Community Education



	Beginning	Intermediate	Advanced
1	Display a poster in a public location that includes lifetime costs of owning a dog. Divide the information into at least 10 categories.	Survey 20 people about their veterinary expenses per year. Calculate the average expenses and share with those you surveyed.	Talk to a veterinarian about why emergency procedures are more expensive than regular procedures. Record the costs of emergency procedures versus regular procedures for 5 different veterinary hospitals or clinics.
2	Help a potential owner prepare to get a dog.	Demonstrate basic training to a new dog owner.	Help a potential dog owner evaluate breeders, shelters, or both.
3	Create a short skit about responsible dog ownership. Perform for at least 2 groups.	Provide a demonstration in your community on why basic training is important.	Create a way for encouraging and reinforcing good dog ownership skills.
4	Visit a local civic club with your dog. Collect money or donations for enrichment toys for a shelter.	Find a local food pantry or organization that helps dog owners in need provide food for their pets. Ask for donations from local pet and feed stores.	Identify a charitable fund and submit a grant proposal for purchasing positive reinforcement training books for your local library.
5	Create a half-page information sheet about dog proofing your house. Find a veterinarian or pet store who will display these as free handouts.	Create a half-page information sheet about dog proofing your yard. Find a veterinarian and pet store who will display these as free handouts.	Create a handout explaining what to do if you lose a dog. Find a place to display or share, such as at a veterinarians office, animal shelter, or pet store.

Basic Feeding

	Beginning	Intermediate	Advanced
1	Learn from a feed dealer how to understand and read the label.	Teach 2 dog owners how to read feed labels.	Learn how to understand the differences reading feed labels for dry and moist dog foods. Chart these differences. Teach 2 dog owners these differences.
2	For 1 week, record the amount of food your dog consumes (including treats). Calculate the calories per day. If that information is not available on the packaging, you may need to contact the company.	Learn how to calculate carbohydrates in dog food. Calculate them for 3 types of dry food and 3 types of moist food.	Learn how to evaluate the ingredients in a dry food, considering the wet weight, dry weight, and how product is broken down. Evaluate 5 different types of dry food, for example, weight loss, senior diets, etc.
3	Keep a record of your feeding routines for 30 days. Record the time of day, amount you fed, and amount your dog consumed. Also record any treats or other foods your dog consumes for 15 days.	Keep a record of your feeding routines for 30 days. Record the time of day, amount you fed, and amount your dog consumed. Also record any treats or other foods your dog consumes for the 30 days.	For 2 weeks, record the amount of food your dog consumes (including treats). Calculate the calories per day. If that information is not available on the packaging, you may need to contact the company
4	Research unsafe foods for dogs. Find a creative way to share this with at least 5 other dog owners.	For 1 week, record the amount of food your dog consumes (including treats). Calculate the calories per day. If that information is not available on the packaging, you may need to contact the company.	Research and share with a dog owner the pros and cons of raw food diets or home cooked diets.
5	Visit a pet food store and look at all of the brands, varieties, protein sources, and types of food available. Make some notes about what you observe and why there may be so many options. Share your data with your 4-H club.	Visit a pet food store and look at all of the brands, varieties, protein sources, and types of food available. Chart 20 types of foods available listing 5 major differences and 5 major similarities in each type. Share your data with your 4-H club.	Contact at least 2 dog food companies to ask about any food trials or tests they conduct.



Food Safety



	Beginning	Intermediate	Advanced
1	Think of 5 kinds of human food. Find out how long to keep food, what to do if this food is contaminated (expired, left open), how contamination affects this food, and when to dispose of food. Relate this to moist dog food.	Research dog food storage (types of containers, sunlight, rate of consumption, temperature, vermin, etc.) for dry and moist dog food. Evaluate your current practice and what needs to change.	Create a dog food safety experiment. Share the results with your 4-H club.
2	Learn what preservatives are used in dog food. Identify the preservatives in 5 different dog foods.	Compare and contrast preservatives in moist dog foods, dry foods, and treats. Look at 5 types of each product.	Learn what preservatives are available for dog foods and the safety concerns associated with these preservatives. Share this information with 2 dog owners.
3	Visit a pet store, ask about what to do if there is a recall, learn how to check labels for a recall, find out if you will get a refund, and learn the difference between a voluntary and mandatory recall.	Learn how food recalls impact your perspective of a product, how the public perception is impacted, and the pros and cons of quality assurance policies.	Identify common products and reasons for human and dog food recalls over the last 10 years.
4	Set up 3 water containers on a table. Wash 1 daily, 1 every other day, and 1 once a week for 3 weeks. Do this experiment with metal containers and with plastic containers. Make observations about the changes observed over the 3 weeks.	Find out what types of cleaner and cleaning tools to use to wash dog bowls. Research what types of food bowls are safer for dogs to eat and/or drink out of (stainless steel, plastic, rubber, galvanized, etc.) Make a chart of the pros and cons of each type. Learn the types of cleaner and cleaning towels to use on each kind. Learn how to properly store cleaning agents.	Research about water quality and how this impacts dogs. Look at water softeners, city water, rain water, and other water quality variables. Report your findings to 5 dog owners or at a club meeting.
5	Manufacturers assure a quality product. Visit a feed dealer and find out how this happens.	Compare and contrast quality assurance practices for 2 dog food companies. Learn the difference between “manufactured by” and “distributed by.”	Create a game with pictures and questions to teach your club about quality assurance with pet foods. Play the game at a club meeting.

Digestive System

	Beginning	Intermediate	Advanced
1	Draw and label the digestive system for a human and dog.	Create a game to teach major parts and functions of the dog's digestive system to your family or 4-H club.	Create a cloze worksheet about the dog digestive system. Use this worksheet with 20 people.
2	Find out why fiber is important for the digestive system of humans and dogs. List 5 types of fiber for human consumption and 5 types in dog food.	Look at different types of dog food. Read the label and identify the main fiber source in dry food and canned food. Look at 3 different types of each.	Learn about the extruding process for creating pet foods and why fiber is important for the process. Document what you learned.
3	Learn how to gradually change from one type of dog food to another. Provide a demonstration for your 4-H club.	Research possible digestive disruptions as a result of switching food suddenly. Learn how to gradually change from one type of dog food to another. Provide a demonstration for your 4-H club.	Talk to your veterinarian and to a pet store/feed store representative about when to switch from a puppy food to an adult food. What were the similarities and differences in their answers? Repeat this with another vet and feed store.
4	Research why bacteria is beneficial for the digestive system in both dogs and humans. Record what you found.	Find 3 dog food or supplement products that add some type of beneficial bacteria and 3 types yogurts. Compare and contrast.	Research the krebs cycle and why it is important for nutrition. Turn this into an activity to do at a club meeting.
5	Learn about dog stomachs and why people chew food but many dogs do not.	Learn about intestines and how they help with nutrient absorption. Explain the functional differences of large and small intestines.	Learn about kidneys, the role of kidneys in digestion, and how diet impacts function of kidneys.





	Beginning	Intermediate	Advanced
1	Identify dog nutrient needs and human nutrient needs. How many similar and different needs can you identify. List them.	Compare and contrast the 6 main nutrient categories needed for humans and for dogs.	Identify how your diet provides for your nutrient needs. Identify how your dog's nutrient needs are met.
2	Describe the similarities and differences of nutrients in 3 types of dog food.	Calculate percentages of carbohydrates and fats in 3 of your meals, and in your dogs food.	Research 8 vitamins and 8 minerals to find out their functions in your body and in your dog's body.
3	Learn why carbohydrates and fats are needed by people and dogs. Learn what types of foods provide for those needs. Create a game to teach others about this information.	Research how many calories you need per day and how many calories your dog needs per day. Describe when and why this might change and how you would know this.	Create a game to teach your club members about amino acids.
4	Measure the amount of water your dog consumes every day for a week. Measure the amount of water you consume every day for a week. How does your dog's water consumption compare with yours?	Measure the amount of water your dog consumes every day for a week. Measure the amount of water you consume every day for a week. Make notes about potential causes and variables that influence the amount of water your dog drinks and you drink.	Research the water availability in different types of dog foods. Learn how to calculate the dry matter basis so you can better compare dry foods and canned foods.
5	Learn about protein, what it is and why it is needed. Go to a pet store and record the protein sources in 10 kinds of dog foods. What are the similarities and differences in these proteins?	Research the different B vitamins. List how each are necessary in people and dogs.	Identify 5 protein sources. Compare and contrast the bio-availability of these sources (see page 160 of your <i>Dog Resource Handbook</i>) for dogs, and the bio-availability of those protein sources for humans.

Ages, Stages, and Conditions

	Beginning	Intermediate	Advanced
1	Visit a pet store and look at foods available for small dogs and large breed dogs. Learn why different foods are needed or why they are marketed for specific size dogs.	Research why breeds may have different nutritional needs, including metabolism and growth. Select 10 breeds for this research.	Select a health condition. Research nutrition needs and possible supplements for that condition.
2	Research a body condition scoring system for dogs. Score your dog and 5 other dogs. Pick 5 breeds and identify the ideal body condition score for each breed.	Compare and contrast 2 different body condition scoring systems for humans and dogs. Score your dog and yourself with the different scales. Score 5 additional dogs and your family members.	Find a body condition scoring system and score 10 different dogs. Research body mass index for humans. How are these similar and different?
3	Research and learn what metabolism is and how it is similar and different in dogs and humans. Learn your metabolic needs as well as your dog's.	Research metabolism for dogs and humans. Specifically, look at how weight gain and weight loss can be impacted by metabolism. Learn how to calculate BMR and metabolic rate for humans and dogs.	Research metabolism for dogs and humans. Specifically, look at how weight gain and weight loss can be impacted by metabolism. Learn how to calculate BMR and metabolic rate for humans and dogs. Research how foods impact BMR in humans.
4	Learn how caloric needs change throughout life for humans and dogs. Chart these changes	Learn how caloric needs change throughout life for humans and dogs. Chart these changes. Teach 1 other person about caloric needs.	Learn how caloric needs change throughout life for humans and dogs. Discuss how spay/neuter and hormonal changes can impact caloric needs.
5	Learn how working dogs need changes in diet during rest, training, and competing/working. Learn what kinds of diet adjustments are made for high level athletes. Record your findings.	Learn how working dogs need changes in diet during rest, training, and competing/working. Learn what kinds of diet adjustments are made for high level athletes. Compare and contrast the nutritional needs of dogs competing in 4 different dog athletic events.	Find someone who trains or handles a high level working/sport dog and interview the person about how working dogs need changes in diet during rest, training, and competing/working. Repeat this with a different person and dog.



Job Preparation



	Beginning	Intermediate	Advanced
1	Outline what is needed to write a resume. Explain why a resume is important.	Create a one-page resume.	Create a one-page resume and a one-page cover letter.
2	Write some questions you may be asked during a job interview for a pretend job. Have your project helper or parent conduct a practice interview.	Select 2 jobs. For each job write some questions you may be asked during each job interview. Describe what questions were similar and what were different, and how the responses were different for each job. Have your project helper or parent conduct a practice interview for 1 of the jobs.	Select 3 jobs. Write some questions you may be asked during each job interview. Describe what questions were similar and what were different, and how the responses were different for each job. Have your project helper or parent conduct a practice interview for 1 of the jobs.
3	Talk to 3 different people about jobs they had, what went well, what didn't go well, and what they learned from the experience.	Talk to 6 different people about jobs they had, what went well, what didn't go well, and what they learned from the experience.	Complete an Ohio 4-H Achievement Record. ohio4h.org/awardsandscholarships
4	Find a person in a career you are interested in and conduct a practice interview.	Find 2 people in careers you are interested in. For each person, conduct a practice interview.	Find 4 people in a career you are interested in. For each, conduct a practice interview.
5	Create a one-page resume for your dog, including areas such as education, additional activities, and community service.	Help 2 dog owners create one-page resumes for their dogs, including areas such as education, additional activities, and community service. What did they learn about their dogs?	Research different styles of resumes and learn why certain styles are more acceptable than others. Teach this to 1 other person.

People Skills

	Beginning	Intermediate	Advanced
1	Research about nonverbal communication in humans. Create a chart to compare human nonverbal communication to dog body language.	Learn about nonverbal communication in humans. Create a Venn diagram to compare non verbal communication in humans to dog body language.	Learn about nonverbal communication in humans. Compare this to dog body language. Share this in a creative way.
2	Read about how to solve conflicts. Share what you learn with your 4-H club.	Research conflict resolution. Create 3 scenarios where a dog owner may need to use these skills. Use role playing to practice these skills.	Find or create an activity to teach your 4-H club about communication. You could use an activity such as the ones in this packet. uwex.edu/ces/4h/pubs/showdoc.cfm?documentid=11399
3	Learn about active listening. Practice this during 3 conversations with dog owner/s. Record your experience after each conversation.	Learn about active listening. Practice this during 5 conversations with dog owner/s. Record your experience after each conversation.	Learn about active listening. Practice this during 5 conversations with dog owner/s. Record your experience after each conversation.
4	Share teamwork tips with your 4-H club. Play a game to practice good teamwork.	Find 10 teamwork tips for working with other people. Compare these to what makes good teamwork with your dog.	Research conflict resolution. Create 5 scenarios where a dog owner may need to use these skills. Use role playing to practice these skills.
5	Create a persuasive talk to a dog owner who does not want to clean up after his or her dog. Do a role playing activity with your project helper or a club member.	Create a persuasive talk to a dog owner who does not want to walk his or her dog on leash when in town. Do a role playing activity with your project helper or a club member.	Create a persuasive talk to a dog owner who wants to breed his or her very nervous dog with hip dysplasia. Do a role playing activity with your project helper or a club member in front of your 4-H club.



Researching Careers



	Beginning	Intermediate	Advanced
1	Find out what type of education is needed for at least 3 dog-related careers. Create a chart to record your findings.	Find out what type of education or schooling is needed for at least 6 dog-related careers. Create a chart to record your findings.	Find out what type of education or schooling is needed for at least 9 dog-related careers. Create a chart to record your findings.
2	For 3 dog-related careers, create a list of 5 interview questions.	For 3 dog-related careers, create a list of 8 interview questions.	For 5 dog-related careers, create a list of 10 interview questions.
3	Interview 2 people who work in <u>different</u> dog-related careers. Discuss what you learned from these interviews.	Interview 3 people who work in <u>different</u> dog-related careers. Discuss what you learned from these interviews.	Interview 4 people who work in <u>different</u> dog-related careers. Discuss what you learned from these interviews.
4	Select and research 2 careers of your choice. Discuss/record the pros and cons of choosing these as a career.	Select and research 3 careers of your choice. Discuss/record the pros and cons of choosing these as a career.	Select and research 5 careers of your choice. Discuss/record the pros and cons of choosing these as a career.
5	Interview 2 people in the <u>same</u> career or field. How are their responses similar or different?	Interview 3 people in the <u>same</u> career or field. How are their responses similar or different?	Interview 4 people in the <u>same</u> career or field. How are their responses similar or different?

Shadow a Professional

Note: Activities 1 – 5 are expected to be completed in sequence for all experience levels.

	Beginning	Intermediate	Advanced
1	Identify 1 dog-related business and research this business.	Identify 2 dog-related businesses and research these businesses.	Identify 3 dog-related businesses and research these businesses.
2	Contact a dog-related professional in the business you identified and set up an opportunity to shadow.	Contact a dog-related professional in each of the businesses you identified and set up an opportunity to shadow.	Contact a dog-related professional in each of the businesses you identified and set up an opportunity to shadow.
3	Create and ask at least 5 questions to the professional.	Create and ask at least 10 questions to the professionals.	Create and ask at least 15 questions to the professionals.
4	Write a report about your experience and send it to the professional along with a thank you note.	Write a report about your experiences and send it to the professionals along with a thank you note.	Write a report about your experiences and send it to the professionals along with a thank you note.
5	Create a photo display of your experience. If you were not allowed to take photos at the site, recreate portions of your day at home to photograph.	Create a photo display of your experience. If you were not allowed to take photos at the site, recreate portions of your day at home to photograph.	Create a photo display of your experience. If you were not allowed to take photos at the site, recreate portions of your day at home to photograph.





Note: For these activities, create a pretend dog-related business. Complete activities 1 – 5 in sequence for all experience levels.

	Beginning	Intermediate	Advanced
1	Create a simple business plan. http://teachingkidsbusiness.com/business-plan-templates.htm	Create a simple business plan. http://teachingkidsbusiness.com/business-plan-templates.htm	Create a simple business plan. http://teachingkidsbusiness.com/business-plan-templates.htm
2	Create a marketing brochure or flyer for your business.	Create a marketing brochure or flyer for your business.	Create a marketing brochure or flyer for your business. Research how colors and design can impact consumers.
3	Figure out how many customers you could help in a day. Do some basic math to find out how much income you would have, what expenses you would have, and if there would be a profit.	Figure out how many customers you could help in a day. Do some basic math to find out how much income you would have, what expenses you would have, and if there would be a profit.	Figure out how much income you could make in a week, what your expenses would be, and whether you could make a profit.
4	Create a logo and name for your business.	Create a logo and name for your business.	Create a logo and name for your business.
5	With your project helper or a small business owner, learn how to write a check and how to track finances.	With your project helper or a small business owner, learn how to write a check and how to track finances.	Create a financial plan for the future of your business.

Sewing

	Beginning	Intermediate	Advanced
1	Sew a hemmed bandanna.	Sew a slip cover for a dog bed.	Sew a dog bed.
2	Sew a fabric slip cover for a collar.	Sew a dog drying towel.	Sew a dog coat.
3	Sew a simple treat pouch.	Sew a grooming apron.	Sew a dog costume.
4	Sew a place mat for dog bowls.	Sew a stuffed toy.	Sew a training bag.
5	Compare a product you made to a similar product sold in pet stores. What is the difference in quality? How much does the pet store sell this product for?	Visit a fabric store and compare the products available for a bed slip cover.	Research the fabrics available for a dog coat and find out the care needed for each type of fabric.

Photography

Note: For all activities at all experience levels, display the photographs creatively.

	Beginning	Intermediate	Advanced
1	Take photos of 8 different dog breeds.	Take 10 photos of dog activities at a park.	Take 12 photos of dogs and create a calendar.
2	Use photos to capture “A day in the life of your dog” using at least 8 photos. Repeat 5 different days.	Take 10 dog photos in a veterinary setting after getting permission from the veterinarian.	Photograph shelter dogs for online listings.
3	Take 10 dog photos that use different types of lighting.	Create 10 holiday photos with your dog.	Take and present 24 photos in a “how-to” format.
4	Take 10 photos of human-dog interactions.	Photograph 10 different dog breeds.	Attend a dog event and share 24 photos you take at the event.
5	Take 8 photos of dogs in different poses or postures. Repeat 5 different days.	Take 20 close-up photos of your dog. Be creative.	Take photos of dogs at different ages. Take 3 photos of dogs from 0-8 weeks, 3 photos of dogs 8 weeks-6 months, 3 photos of dogs from 6 months-8 years, and 3 photos of dogs over 8 years old.





	Beginning	Intermediate	Advanced
1	Make 2 types of braided fleece dog toys and 2 types of rope tug toys. Teach 1 other person how to make these.	Make a craft from recycled products. Teach this craft to your 4-H club.	Create a craft that you could donate to a local animal shelter. Engage friends to help you make enough of these crafts and donate them to a shelter.
2	Make a tied fleece blanket. Teach 1 other person how to make this.	Use iron-on photo transfer paper for a craft. Teach this craft to your 4-H club.	Create a dog-themed painting, illustration, or sculpture. Donate this artwork to a local shelter or other cause.
3	Create a dog-related sculpture.	Make a paracord dog collar. Teach 1 other person how to make a paracord collar.	Create 4 pieces of computer generated art, 1 with a photo of your dog and 3 with photos of other dogs.
4	Create a dog-related painting or illustration.	Create 2 dog-related sculptures using different materials.	Create a scrapbook relating to you dog.
5	Make a dog puppet. Use this puppet to teach someone about dogs.	Create 2 dog-related paintings or illustrations.	Create an illustrated how-to for a dog related task. Teach this to 1 other person.

Media

	Beginning	Intermediate	Advanced
1	Submit a dog care tip to your local newspaper.	Compare and contrast 3 websites on the same dog-related topic.	Visit a local shelter and make a 3-minute promotional video about the facility.
2	Create a Powerpoint or other digital presentation on the daily care of your dog.	Create a 5-minute presentation to share with your club about how to train your favorite dog trick.	Create a 60-second public service announcement and submit it to a local radio station or put on YouTube.
3	Plan and share a 3-minute presentation to your 4-H club on how to groom a dog.	Submit a short article to your local newspaper on how to be safe around dogs.	Find, read, and analyze a dog-related blog. Share what you like, what you don't like, and your assessment of the quality of the information.
4	Create a missing dog poster template. Share this template with other dog owners.	Create a 2-minute video commercial for your pretend pet business. Show this at a 4-H club meeting.	Use a free website creation program to create a 5+ page website on a dog-related topic.
5	Use an art program to design a dog.	Find 5 Facebook pages about dogs. Compare and contrast the quality of information.	Create and present a 5-minute demonstration on bathing and/or grooming your dog.



Treats and Snacks



	Beginning	Intermediate	Advanced
1	Make 3 different types of dog treats of your choice.	Make 3 baked types of dog treats. Teach someone else how to make these. Donate them to a shelter.	Make a cut out type of dog treats that are meat-based. Make a cut out type of dog treats that are nut-based. Make a cut out type of dog treats that are fruit-based. Discuss the nutritional value of each.
2	Make 3 different types of frozen filling for a hollow dog toy or bone.	Make a no-bake type of dog treat.	Make a dog treat for people and dogs to eat.
3	Make 3 dozen dog treats to take to your veterinarian or a local shelter.	Make dog-themed cupcakes for people to eat.	Make a themed dog treat and teach others to make it at a 4-H meeting.
4	Make a type of no-bake dog treats. Teach someone how to make this.	Hold a bake sale for pet treats.	Make dog treats and packing, donate the samples to a local shelter or rescue.
5	Make a party platter of 5 fruits and vegetables that are safe for people and dogs to eat, including a yogurt dip.	Use a basic recipe and customize with ingredients you think your dog will like. Test at least 3 varieties and compare and contrast your dog's favorites.	Compare and contrast the ingredients in 5 similar types of pet store dog treats. Discuss the nutritional value of each and why or why not you might feed these to your dog.

Structure and Movement

	Beginning	Intermediate	Advanced
1	Learn how to tell if a dog is walking, trotting, or running. Record observations about how your dog moves and when he moves at different gaits.	Review information on this website and compare and contrast the dogs on the website to your dog. heathercaprette.info/COTA_741_sp04/CanineLO_090504.html	Use these websites to learn about normal and abnormal dog motion. Visit a location where you can watch a lot of dogs moving and make notes about what you observe. <ul style="list-style-type: none"> • cal.vet.upenn.edu/projects/saortho/appendix_b/appb.htm • heathercaprette.info/COTA_741_sp04/CanineLO_090504.html • vanat.cvm.umn.edu/gaits/
2	Create an ethogram and spend a total of at least an hour recording what behavior you observe in your dog(s).	Create an ethogram and spend a total of at least 2 hours recording what behavior you observe in your dog(s).	Create an ethogram and spend a total of at least 3 hours recording what behavior you observe in your dog(s).
3	Use your <i>Dog Resource Handbook</i> to evaluate your dog's structure. Take photos of your dog and label your observations.	Use your <i>Dog Resource Handbook</i> to evaluate your dog's structure. Take photos of your dog and label your observations. Repeat this with 2 other dogs.	Use your <i>Dog Resource Handbook</i> and additional resources to evaluate your dog's structure. Take photos of your dog and label your observations. Repeat this with 4 other dogs.
4	Use the activity and chart on this website to learn the skeletal system of the dog. Next, compare the parts you learned with the parts of the skeletal system found in your <i>Dog Resource Handbook</i> . Learn the additional parts found in the <i>Dog Resource Handbook</i> . glencoe.com/sec/science/lep_science/lep2002/lb/life/wwwlinksD/interactivities.php?iRef=421&iChapter=1&iUnitNumber=4&iUnit=1405&iArticle=421	Review this game about the human skeletal system: wisc-online.com/Objects/ViewObject.aspx?ID=mea304 Look at this activity for the dog's skeletal system. vet.osu.edu/assets/flash/education/outreach/games/skeleton/skeleton.html	Review this game about the human skeletal system: wisc-online.com/Objects/ViewObject.aspx?ID=mea304 And look at this activity for the dog's skeletal system. vet.osu.edu/assets/flash/education/outreach/games/skeleton/skeleton.html Compare and contrast the 2 systems and make a presentation on your findings.





Structure and Movement, cont.



	Beginning	Intermediate	Advanced
5	<p>Make observations and structural evaluations of 3 dogs other than your own. Take photos of the dogs and label the conformation traits that you observe.</p>	<p>Find a breeder who is selecting dogs to participate in the breed ring (conformation) or sports. Interview the person about how puppies are evaluated for structure.</p>	<p>Find a breeder who is selecting dogs to participate in the breed ring (conformation) or sports. Interview the person about how puppies are evaluated for structure. Repeat this with a second breeder. List the similarities and differences of the breeders' interviews.</p>

Systems

	Beginning	Intermediate	Advanced
1	Learn how to measure your dog's respiration. Take this measurement at different times of day. Repeat for 7 days. Record your findings.	Learn how to measure your dog's respiration. Take this measurement at different times of day. Repeat for 14 days. Record your findings.	Learn how to measure your dog's respiration. Take this measurement at different times of day. Repeat for 21 days. Record your findings.
2	Feed your dog pieces of carrot. Note the time you feed the carrots and note the time you see carrots exit your dog's system. A few days later, repeat the experiment but feed the carrots at a different time of day. Record the times the carrots enter and exit your dog. Calculate the number of hours or minutes that digestion took.	Feed your dog pieces of carrot. Note the time you feed the carrots and note the time you see carrots exit your dog's system. Repeat the experiment during periods of time where your dog digests in the day and at night. Calculate the number of hours or minutes that digestion took.	Feed your dog pieces of carrot. Note the time you feed the carrots and note the time you see carrots exit your dog's system. Repeat the experiment with periods of time where your dog digests in the day and at night and on 3 days with more or less activity. Calculate the number of hours or minutes that digestion took.
3	Research the nervous system and present the 10 most interesting facts to your friends or family. faculty.washington.edu/chudler/introb.html#hrh Learn about 2 nervous system disorders in dogs.	Research the nervous system and present the 10 most interesting facts to your friends or family. faculty.washington.edu/chudler/introb.html#hrh Learn about 3 nervous system disorders in dogs. Ask a veterinarian about how dogs are evaluated for nervous system disorders.	Research the nervous system and present the 15 most interesting facts to your friends or family. faculty.washington.edu/chudler/introb.html#hrh Learn about 5 nervous system disorders in dogs. Ask a veterinarian about how dogs are evaluated for nervous system disorders.
4	Learn about how muscles work and share the information with another dog owner. kidshealth.org/kid/htbw/muscles.html Identify 5 different muscles in dogs and show where they are on an illustration.	Learn about how muscles work and share the information with another dog owner. kidshealth.org/kid/htbw/muscles.html Identify 15 different muscles in dogs and show where they are on an illustration.	The link below lists 12 breeds of muscular dogs. After reading the information provided compare and contrast these breeds based on information researched about their musculature. dogguide.net/muscular-dogs.php





Beginning

Intermediate

Advanced

5

Learn about cells and draw diagrams of 2 types of cells that are found in people and dogs.

Learn about cells and draw diagrams of 5 types of cells that are found in people and dogs.

Learn about cells and draw diagrams of 8 types of cells that are found in people and dogs. Teach 1 other person about these cells.

Genetics

	Beginning	Intermediate	Advanced
1	To learn genetics terminology, create a game to learn the terminology and their definitions. Learn at least 10 genetic terms. Discuss the meaning of each term with your project helpers.	Learn how to use a basic punnet square and teach someone else how to use it. exploringnature.org/db/detail.php?dbID=22&detID=2290	Read the information on these 2 websites and create 5 punnet squares with what you have learned. • animalgenetics.us/ccalculator1.asp • doggenetics.co.uk/
2	Research common health problems in the breed or breed type of your dog. Find out if these conditions are genetic or why this breed or breed type has this problem. Can this problem be tested for or prevented?	Research common health problems in 4 breeds of dogs. Find out if these conditions are genetic or why these breeds have these problems. Can these problems be prevented?	Research common health problems in 8 breeds of dogs. Find out if these conditions are genetic or why these breeds have these problems. Can these problems be prevented?
3	With your project helper, find out the different types of testing available for mixed breed dogs to determine breed type(s). List these types of tests.	Research different types of testing available for mixed breed dogs to determine breed type(s). Make a chart to show similarities and differences. Look at how the tests are done, accuracy, how many breeds they can identify, accuracy, and cost.	Research and compare cheek swab and blood sample DNA/ breed profile tests. Share what you learned and the reliability of these tests with your 4-H club.
4	Create and decode a “DNA recipe” for dogs to observe how variations in DNA lead to the inheritance of different traits. learn.genetics.utah.edu/content/basics/activities/pdfs/A%20Recipe%20for%20Traits_Public.pdf	Create and decode 2 “DNA recipes” for dogs to observe how variations in DNA lead to the inheritance of different traits. learn.genetics.utah.edu/content/basics/activities/pdfs/A%20Recipe%20for%20Traits_Public.pdf	Create and decode a “DNA recipe” for dogs to observe how variations in DNA lead to the inheritance of different traits. Present this activity to your 4-H club. learn.genetics.utah.edu/content/basics/activities/pdfs/A%20Recipe%20for%20Traits_Public.pdf
5	Play this game with your project helper and talk about what you have learned. pbskids.org/dragonflytv/games/game_dogbreeding.html	Play this game. Share what you learn with your project helper and why you get the results that you do. pbskids.org/dragonflytv/games/game_dogbreeding.html	Play this game. Write a summary about the experience and whether the game is a good introduction to genetics. Note if there are errors with the game. pbskids.org/dragonflytv/games/game_dogbreeding.html





	Beginning	Intermediate	Advanced
1	Visit a breeder or shelter that has a litter of puppies. Create a list of 10 questions to ask about the care and needs of young puppies. Ask the breeder or shelter staff person these questions. Record your answers.	Visit a breeder or shelter with a litter of puppies. Learn about the behavior needs of young puppies and what type of behavior is abnormal in young puppies.	Visit a breeder or shelter with a litter of puppies. Observe the behavior of the puppies at 2 different points, at least 10 days apart. Record what types of behaviors you observe and how frequently the puppies display those behaviors.
2	Talk to 2 different dog people (owners, breeders, veterinarians) about pros and cons of spaying and neutering. List your findings.	Talk to 5 different dog people (owners, breeders, veterinarians) about pros and cons of spaying and neutering. List your findings.	Watch a spay or neuter at a veterinary clinic or spay/neuter clinic.
3	Talk to a breeder, feed dealer, or veterinarian about the nutritional needs of pregnant and lactating dogs. Compare and contrast the information.	Talk to 2 of the following: a breeder, feed dealer, <u>or</u> veterinarian about the feeding needs of pregnant and lactating dogs. Compare and contrast the information.	Talk to a breeder, feed dealer, <u>and</u> veterinarian about the feeding needs of pregnant and lactating dogs. Compare and contrast the information.
4	Talk to a breeder about how s/he chooses sires and dams for a litter of puppies. Ask about behavior, health, structure, and personality.	Talk to 2 breeders about how they choose sires and dams for a litter of puppies. Ask about behavior, health, structure, and personality. What are similarities and differences in the choices? Why?	Read these articles: <ul style="list-style-type: none"> • http://breedingbetterdogs.com/article/dna-sires-program-pt-1 • http://breedingbetterdogs.com/article/brackets-formula With your dog's breed or the breed your dog most resembles, find a male and female you think would make a good pairing and write a short summary.
5	Talk to someone breeding dogs for a specific purpose (service dogs, hunting, herding, etc.) and find out how dogs are selected for the breeding program. What types of traits are desirable? What traits are undesirable?	Talk to 2 people breeding dogs for a specific purpose (service dogs, hunting, herding, etc.) and find out how dogs are selected for the breeding program. What types of traits are desirable? What traits are undesirable?	Talk to 3 people breeding dogs for a specific purpose (service dogs, hunting, herding, etc.) and find out how dogs are selected for the breeding program. What types of traits are desirable? What traits are undesirable?

Technology

	Beginning	Intermediate	Advanced
1	Research products that can be used to keep dogs cool in warm weather.	Research products that can be used to keep dogs warm in cool weather.	Shadow or visit a veterinarian or arrange a time to learn how ultrasound works and when ultrasounds are used.
2	Talk to your veterinarian or a shelter worker about what a microchip is and how microchips work. Learn to scan a dog for a microchip.	Talk to your veterinarian or a shelter worker about what a microchip is and how microchips work. Learn to scan a dog for a microchip. Watch a microchip be inserted in a dog.	Talk to a veterinarian or doctor about cold laser therapy. Record what you learned.
3	GPS units are sometimes kept on hunting dogs to find them while working and are used by search and rescue handlers. Learn about GPS and how it works.	GPS units are sometimes kept on hunting dogs to find them while working and are used by search and rescue handlers. Learn about GPS and how it works. Set up an activity for your club to learn about GPS technology.	Compare the pros and cons of as many different types of tracking devices you can find that are used on dogs. Talk with a dog owner that uses a tracking device to learn how to use one and how his/her dog responds.
4	Research 2 types of technology that can be used to work with your dog, to learn more about dogs, etc. Here are 2 websites to get you started: fitbark.com dognition.com/	Research 4 types of technology that can be used to work with your dog, to learn more about dogs, etc. Here are 2 websites to get you started: fitbark.com dognition.com/	Research the advancements of technology in veterinary medicine, including how veterinarians and doctors work together to advance human and animal health. Get started by using this website: aahanet.org/blog/petsmatter/post/2014/09/18/938259/Science-fiction-or-reality-Technological-advancements-in-pet-health-care.aspx
5	Visit a veterinarian to find out about his or her favorite technology.	Visit a veterinarian to find out about his or her favorite technology. Learn how that technology is used in his/her practice. Explain this to your project helper.	Talk to a veterinarian about new medications available and the types of technology that have allowed for the product(s) to be created.





	Beginning	Intermediate	Advanced
1	<p>Read and learn the AKC S.T.A.R. Puppy, Canine Good Citizen, or Community Canine requirements and exercises. akc.org/dogowner/</p>	<p>Read and learn the AKC S.T.A.R. Puppy, Canine Good Citizen, or Community Canine requirements and exercises. Teach them to your project helper and 4-H club. akc.org/dogowner/</p>	<p>Read and learn the AKC S.T.A.R. Puppy, Canine Good Citizen, or Community Canine requirements and exercises. Teach these to 3 other people. akc.org/dogowner/</p>
2	<p>Develop a training plan to prepare you and your dog to take the appropriate AKC test.</p>	<p>Develop a training plan to prepare you and your dog to take the appropriate AKC test. Help 1 other person train for the test.</p>	<p>Organize a Canine Good Citizen test in your community.</p>
3	<p>Train your dog for 8 of the exercises for the chosen AKC test.</p>	<p>Take a practice Canine Good Citizen, Community Canine, or S.T.A.R. Puppy test. Help 1 other person practice for the test.</p>	<p>Take a practice Canine Good Citizen, Community Canine, or S.T.A.R. Puppy test. Help 3 other people practice for the test.</p>
4	<p>Train your dog for all of the appropriate AKC test exercises.</p>	<p>Take a practice Canine Good Citizen, Community Canine, or S.T.A.R. Puppy test. Discuss what you need to improve on and how you will do that.</p>	<p>Spend 30 minutes on 6 different days helping someone else train for the Canine Good Citizen, Community Canine, or S.T.A.R. Puppy test.</p>
5	<p>Take a real Canine Good Citizen, Community Canine, or S.T.A.R. Puppy test. If you passed submit your paperwork to AKC to receive your certificate. If not, critique improvements you need to make to pass the test.</p>	<p>Take a real Canine Good Citizen, Community Canine, or S.T.A.R. Puppy test. If you passed submit your paperwork to AKC to receive your certificate. If not, critique improvements you need to make to pass the test.</p>	<p>Pass a real Canine Good Citizen, Community Canine, or S.T.A.R. Puppy test. Submit your paperwork to AKC to receive your certificate.</p>

Tricks

	Beginning	Intermediate	Advanced
1	Train 2 tricks that use a prop.	Train 3 new tricks that use a prop.	Train at least 5 new tricks that use a prop.
2	Train 2 new tricks that involve your dog's face or mouth.	Help someone else teach his/her dog a new trick.	Teach at least 2 people to train their dogs a new trick.
3	Train 2 new tricks where your dog uses his feet.	Train at least 2 new tricks with clever presentation.	Train at least 3 new tricks that your dog can do 8 feet away from you.
4	Train 1 trick with a clever cue.	Train at least 4 new tricks of your choice.	Train a new trick that involves retrieving.
5	Perform tricks for an audience of at least 5 people.	Create and perform a 6-minute performance to at least 5 people. You can use treats, props, and anything else that helps you.	Train at least 2 tricks that have multiple parts.



Note: Choose the same event (agility, obedience, rally, tracking, freestyle, disc, flyball, weight pull, conformation, treibball, etc.) for all activities you complete in this topic. When moving from beginning, intermediate, and advanced, you must select a different event.

	Beginning	Intermediate	Advanced
1	Choose and research a type of activity, organizations that create rules, the rules for competition, performance requirements, and what types of people and dogs are eligible to compete.	Choose and research a type of activity, organizations that create rules, the rules for competition, performance requirements, and what types of people and dogs are eligible to compete.	Choose and research a type of activity, organizations that create rules, the rules for competition, performance requirements, and what types of people and dogs are eligible to compete.
2	Attend and watch a competition event, training day, or demonstration.	Attend and watch a competition event, training day, or demonstration.	Attend and watch a competition event, training day, or demonstration.
3	Create a training plan and long-term plan for participation.	Create a training plan and long-term plan for participation.	Create a training plan and long-term plan for participation.
4	Train 3 new behaviors needed for competition. If there are not many behaviors needed, such as lure coursing, choose related behaviors, such as putting nose into muzzle, staying calm in the crate while someone walks past, or walking on a loose leash onto the trial field.	Train 5 new behaviors needed for competition. If there are not many behaviors needed, such as lure coursing, choose related behaviors, such as putting nose into muzzle, staying calm in the crate while someone walks past, or walking on a loose leash onto the trial field.	Train 7 new behaviors needed for competition. If there are not many behaviors needed, such as lure coursing, choose related behaviors, such as putting nose into muzzle, staying calm in the crate while someone walks past, or walking on a loose leash onto the trial field.
5	Participate in an event.	Participate in an event.	Participate in an event.

Working and Breed-Specific Activities

Note: Choose the same event (field trial, herding, schutzhund, lure coursing, etc.) for all activities you complete in this topic. When moving from beginning, intermediate, and advanced, you must select a different event. Also, this does not have to be something your breed would actually compete in.

	Beginning	Intermediate	Advanced
1	Choose and research a type of activity, organizations that create rules, the rules for competition, performance requirements, and what types of people and dogs are eligible to compete.	Choose and research a type of activity, organizations that create rules, the rules for competition, performance requirements, and what types of people and dogs are eligible to compete.	Choose and research a type of activity, organizations that create rules, the rules for competition, performance requirements, and what types of people and dogs are eligible to compete.
2	Attend and watch a competition event, training day, or demonstration.	Attend and watch a competition event, training day, or demonstration.	Attend and watch a competition event, training day, or demonstration.
3	Create a training plan and long term plan for participation.	Create a training plan and long term plan for participation.	Create a training plan and long term plan for participation.
4	Take a lesson in this activity.	Take a lesson in this activity.	Take a lesson in this activity.
5	Train 3 new behaviors needed for competition. If there are not many behaviors needed, such as lure coursing, choose related behaviors, such as putting nose into muzzle, staying calm in the crate while someone walks past, or walking on a loose leash onto the trial field.	Train 5 new behaviors needed for competition. If there are not many behaviors needed, such as lure coursing, choose related behaviors, such as putting nose into muzzle, staying calm in the crate while someone walks past, or walking on a loose leash onto the trial field.	Train 7 new behaviors needed for competition. If there are not many behaviors needed, such as lure coursing, choose related behaviors, such as putting nose into muzzle, staying calm in the crate while someone walks past, or walking on a loose leash onto the trial field.



Miscellaneous Activities



	Beginning	Intermediate	Advanced
1	Record at least 10 hours of walking or jogging with your dog. Note: These are separate hours than those in the Commit to Be Fit category.	Record at least 15 hours of walking or jogging with your dog. Note: These are separate hours than those in the Commit to Be Fit category.	Record at least 25 hours of walking or jogging with your dog. Note: These are separate hours than those in the Commit to Be Fit category.
2	Record at least 4 hours of hiking with your dog.	Record at least 6 hours of hiking with your dog.	Record at least 10 hours of hiking with your dog.
3	Record at least 3 hours swimming or boating with your dog.	Record at least 5 hours swimming or boating with your dog.	Record at least 7 hours swimming or boating with your dog.
4	Record at least 1 night of camping with your dog.	Record at least 2 night of camping with your dog.	Record at least 3 night of camping with your dog.
5	Record at least 4 hours of active playing with your dog. Note: These are separate hours than those in the Commit to Be Fit category.	Record at least 6 hours of active playing with your dog. Note: These are separate hours than those in the Commit to Be Fit category.	Record at least 8 hours of active playing with your dog. Note: These are separate hours than those in the Commit to Be Fit category.



Appendices

Appendix 1: Behavior Observation Charts

(Use with Activity 1 in Basic Training, Body Language)

Stress: Note any behaviors you observe in your dog when he is a little stressed, somewhat stressed, and very stressed.

1 (Just a Little Stressed)	2 (Somewhat Stressed)	3 (Very Stressed)

Excited: Note any behaviors you observe in your dog when he is a little excited, somewhat excited, and very excited.

1 (Just a Little Excited)	2 (Somewhat Excited)	3 (Very Excited)



Relaxed: Note any behaviors you observe in your dog when he is a little relaxed, somewhat relaxed, very relaxed.

1 (Just a Little Relaxed)	2 (Somewhat Relaxed)	3 (Very Relaxed)

Appendix 2: Exposure List

(Use with Activity 1 in Basic Training, Socialization)

- Thunderstorm
- Farm animals
- Sirens
- Athletic event
- Uniforms
- Pet store
- Loud trucks
- Car rides
- Male and female strangers
- People of different ethnicities
- Wheelchairs or mobility devices



Appendix 3: Object Interaction

(Use with Activity 3 in Basic Training, Socialization)

Use food or toys to encourage your dog to perform. Do not use a leash to make your dog do the task. We want to see that your dog is comfortable and performing on his own. Here are a few ideas to get you started. You may come up with your own options.

Possible between objects:

- Plastic container
- Chair
- Tree
- Fence post
- 1 gallon/2 liter plastic bottle

Possible “on” objects:

- Tarp
- Wet grass
- Couch cushion on the floor
- Scale at vet’s office
- Bench

Possible “under” objects:

- Chair
- Picnic table
- Broom/Dowel rod at an appropriate height
- Blanket between two chairs
- Handler’s leg while sitting on floor (small dogs), standing or sitting on a chair (large dogs)

Possible “over” objects:

- Broom stick/dowel rod
- Pool noodle
- Small wooden board
- Cardboard tube
- Small cardboard box

Appendix 4: Scenarios List and Behavior Change Chart

(Use with Activity 4 in Basic Training, Training Skills)

Choose the required number of items for your level from the following scenario list. Print or duplicate the blank chart on page 65 as needed.

Scenario list:

- Visitor at the door
- Family eating dinner
- While dog’s food is being prepared
- While you present your dog’s food bowl
- On a walk
- Getting into the car, getting out of the car
- Walking past another person
- Walking past another dog
- On/not on/near furniture
- Coming when called
- At stairs
- When family comes into the house
- When dog needs to go outside/through a gate or doorway
- When people walk past your home



Behavior Change Chart SAMPLE

Scenario we are training/improving: Greeting Visitors

Dog's Current Behavior	<i>Griffin will bark at the door and jump up on the person. Griffin will settle after 5 minutes.</i>
Goal Behavior	<i>Griffin will lie on his mat when he hears a knock. He will stay there until we ask him to get up. He will sit while the visitor pets him.</i>
Temporary Management (so dog does not practice behavior)	<i>For right now, Griffin will be crated in the bedroom with music and a good chew toy when we expect visitors so that he can't practice barking and jumping. If we have an unexpected visitor, I will gently lead him to his crate before opening the door.</i>
Training Steps	<ol style="list-style-type: none"> 1. Train Griffin to go to his mat 2. Add the cue/signal of a door knock 3. Work on stay-on-mat challenges 4. Teach him to do a nose touch to my hand 5. Teach him to do a nose touch to someone else's hand. 6. Get a family member to help practice the routine of knock, go to bed, stay on bed, release and door knock
Start Date	<i>April 2nd</i>
Completion Date	<i>June 15th - Griffin completed proper greetings with 5 visitors</i>
Training Records (attach sheets as needed)	<p><i>April 2 - Shaping to get Griffin to go to his mat. He was stepping on the mat.</i></p> <p><i>April 3 - Adding distance</i></p> <p><i>...</i></p> <p><i>April 8 - Griffin will go from 8' away to his mat, we are ready to add the new signal</i></p> <p><i>.....</i></p>



Behavior Change Chart

Scenario we are training/improving: _____

Dog's Current Behavior	
Goal Behavior	
Temporary Management (so dog does not practice behavior)	
Training Steps	
Start Date	
Completion Date	
Training Records (attach sheets as needed)	



Appendix 5: Keeping a Record

(Use with Activity 5 in Basic Training, Training Skills)

Journaling: Keep journal notes after each training session noting what happened, what didn't happen, and what you will do differently in the next training session.

Chart or table: A chart or table can be used to document the training sessions and steps. This one is by police officer Steve White: http://www.proactivek9.com/wp-content/uploads/2016/02/TrainingTriadWksht_v5-0_15may15.pdf

Session-by-session charts: riversedgedogtraining.com/2012/04/09/shaping-and-raising-criteria/#more-1096



I Pledge

My head to clearer thinking,

My heart to greater loyalty,

My hands to larger service, and

My health to better living,

For my club, my community, my country, and my world.

ohio4h.org

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