



**Behavior Vets**  
Worry less. Wag more.

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## SMART x 50: Interrupting The Brain & Beginning To build A New Behavioral Repertoire

This exercise is from Kathy Sdao's wonderful book "Plenty in Life is Free."

### You Need:

- 50 pieces of your dogs kibble (if you do not feel like counting out 50 pieces, you can also use a measurement like 1 cup)

### *How to Play:*

- You will be using this kibble throughout the day to reward your dog for desirable behavior they offer on their own.
- Mark (say "yes", "good", or click) wanted behavior (lying calmly, playing with a toy, chewing an appropriate object, sitting, making a cute face, lying on an appropriate bed or in the crate)
- Follow the "yes" with a tossed piece of kibble, or if they are relaxing, deliver between front paws
- The goal is to "see, mark, and reward" 50 things per day