

Watch Me

Purpose:

The Watch Me exercise teaches your dog to keep her attention on you for whatever amount of time you need.

Verbal Signal: Yes
Hand Signal: Optional
Need to Know: Name Response

Steps for Teaching Watch Me:

- Step 1 – Say your dog’s name. Do not click/treat when she looks at you. Instead, when she gives you her attention try to keep her looking at you for a second or two. You can keep your dog’s attention by talking to her, or putting a food reward or a toy up to your face. Click/treat while your dog is looking at you.
- Step 2 – Repeat Step 1 several times. Gradually increase the amount of time your dog stays focused on you before you click/treat. Increase the time by a second or two on each repetition. Try for a goal of 5 seconds, 10 seconds, and then 15 seconds. Click while your dog is looking at you.

Training Tip

If your dog looks away from you before you have clicked, say your dog’s name and repeat Steps 1 and 2. Shorten the number of seconds your dog looks at you. Click/treat a few times at this number of seconds before trying to increase the time. When your dog is successful, then add a second or two until you reach your desired goal.

- Step 3 – Once your dog is able to look at you for 5 seconds or longer, you are ready to add a verbal signal. It should look like the following.
- a. Pete says, “Fido”.
 - b. Fido looks at Pete.
 - c. Pete says, “Watch me.”
 - d. Fido keeps looking at Pete.
 - e. Pete clicks while Fido is looking at Pete.
 - f. Pete gives Fido a treat.
- Step 4 – After repeating Step 3 several times, pair a hand signal with the verbal signal. Call your dog’s name, present your hand signal, say “Watch Me”, and then click while your dog is looking at you.

Watch Me continued

- Step 5 – Repeat Step 4 several times. Then test your hand signal. Call your dog's name, give your hand signal, but do not say your verbal signal. Click/treat if your dog keeps her attention on you. If your dog does not give you attention, go back to Step 4 and pair the hand signal with the verbal signal a few more times.
- Step 6 – Keep extending the time your dog must look at you to earn the click/treat. Try to reach the goal of a 20 to 30 second Watch Me.