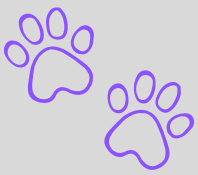


Pup 2 Professional



Games Guide



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1. Why play matters



Play helps a puppy learn without pressure. It keeps the brain open, the body softer, and the relationship stronger.

For many neurodivergent children, games feel safer and clearer than formal training.

They offer structure, repetition, and a shared goal.

Done well, these games build the early foundations of a future therapy or support dog:

- calmness
- focus
- confidence
- body awareness
- trust
- communication

Benefits for the child



- predictable routine
 - clear turn-taking
- confidence through success
- less overwhelm than formal training
 - a shared job with the puppy.

Benefits for the puppy



- learns in a calm, positive way
- builds trust with hands and voices
- develops focus and self-control
- uses natural behaviours like sniffing and
choosing
- grows confidence without pressure

Let both child and puppy
finish feeling successful.

Keep it simple.

2. Eye contact



Foundation

- for connection and focus

What it teaches

The puppy learns that looking at the child or adult is safe, rewarding, and worth repeating.

Why it works

Eye contact builds a habit of checking in. It helps the puppy learn that calm attention matters more than scanning the world for chaos.

2. Eye contact



Step by step

1. Sit or stand with the puppy in a quiet space.
2. Have 5 to 10 tiny treats ready.
3. Wait silently.
4. The moment the puppy glances at the child's face, say "Yes" or your marker word.
5. Give the treat calmly.
6. Repeat until the puppy starts offering eye contact more quickly.
7. Once this feels easy, add a cue like "Look" just before the puppy checks in.

2. Eye contact



Real-life use

This helps before greetings, before crossing roads, during training, and any time the child needs the puppy's attention back.

Helpful tips

- Do not stare at the puppy.
- Reward tiny glances at first.
 - Keep it calm and brief.

3. The Touch Greeting



Foundation

- for comfort and gentle greetings

What it teaches

The puppy learns to calmly touch a hand with their nose on cue.

Why it works

It is low arousal, simple, and clear. The child gets a safe job with predictable movement, and the puppy learns that hands are positive.

3. The Touch Greeting



Step by step

1. Ask the child to hold a tiny treat in a closed fist.
2. Let the puppy sniff or move toward the hand.
3. The moment the puppy's nose touches the hand, say "Touch".
4. Open the hand and give the treat.
5. Repeat several times until the puppy understands the pattern.
6. Later, offer an empty hand first and reward from the other hand.

3. The Touch Greeting



Real-life use

This can become a gentle greeting, a way to move the puppy into position, or an early foundation for supportive contact.

Helpful tips

- Keep the hand still.
- Use soft treats and calm praise.
- Stop before the child or puppy gets fed up.



4. Ping-Pong Recall



Foundation

For focus and coming when called

What it teaches

The puppy learns that moving back and forth between people is fun and worthwhile.

Why it works

It creates a clear pattern that many ND children find easy to follow, while teaching the puppy to re-orient quickly and happily.

4. Ping-Pong Recall



Step by step

1. Use two people sitting or standing a few feet apart.
2. One person says the puppy's name once in a cheerful voice.
3. When the puppy arrives, reward with a treat and calm praise.
4. Then the other person calls the puppy back.
5. Repeat in a gentle rhythm, keeping it fun and simple.
6. As the puppy improves, increase the space a little.

4. Ping-Pong Recall



Real-life use

This helps with recall in the house, garden, and later around mild distractions.

Helpful tips

- Do not repeat the name over and over.
- Make each reward worth coming for.
- Keep distances short enough for success.



5. Find It Foraging



Foundation

for scent work and calmness

What it teaches

The puppy uses their nose to search for food or safe treasures.

Why it works

Sniffing lowers arousal, gives the dog a natural job, and lets the child observe rather than micromanage. That can reduce frustration for both.

5. Find It Foraging



Step by step

1. Start with a few treats in sight on the floor or under easy cups.
2. Say “Find it” and let the puppy sniff them out.
3. As the puppy understands, hide treats under one cup or in a simple puzzle.
4. Let the child help set the game up while the puppy waits nearby.
5. Reward the puppy for searching calmly rather than rushing.
6. Finish while the puppy is still keen.

5. Find It Foraging



Real-life use

Great after exciting moments, before rest time, or when a busy puppy needs a calming brain job.

Helpful tips

- Start very easy.
- Avoid making it so hard that the puppy quits.
- Brilliant for rainy days and low-energy moments.

6. Red Light, Green Light



Foundation

- for self-control

What it teaches

The puppy learns to move with the child and then stop when the movement stops.

Why it works

It teaches shared regulation. The child practises pausing, and the puppy learns that stillness can be part of the game too.

6. Red Light, Green Light



Step by step

1. Begin with the child and puppy moving slowly together.
2. Say “Green light” as movement starts.
3. After a step or two, say “Red light” and everyone stops.
4. When the puppy pauses, mark and reward calmly.
5. Repeat in short bursts so the puppy learns the pattern.
6. Later, use it while walking toward a toy, door, or simple distraction.

6. Red Light, Green Light



Real-life use

Useful for gates, lead walking, waiting before greetings, and stopping momentum early.

Helpful tips

- Keep movements slow at first.
 - Reward the stop quickly.
- If the puppy cannot stop yet, make the game easier again.

7. Toy Tidy-Up



Foundation

- for task skills

What it teaches

The puppy learns that picking up and placing an item can be rewarding.

Why it works

It turns a useful task into a fun job. Children often enjoy the clear start and finish, and the puppy learns to interact with objects thoughtfully.

7. Toy Tidy-Up



Step by step

1. Use one soft toy the puppy already likes.
2. Reward any interest in the toy first:
looking, touching, or mouthing.
3. When the puppy picks it up, mark and
reward.
4. Then place a basket nearby and reward
movement toward it.
5. Shape the final behaviour in small steps
until the toy lands in the basket.
6. Add a simple cue like “Tidy up” once the
puppy understands.

7. Toy Tidy-Up



Real-life use

This can lead to picking up dropped items, carrying small objects, and building helpful task foundations later.

Helpful tips

- Use safe, soft objects only.
- Do not rush the drop into the basket.
 - Celebrate tiny wins.

8. Real-life uses for these games



These games are not about rushing toward advanced work.

They are about building the calm, cooperative foundations that advanced work depends on later.

Eye contact

Checking in before crossing a road, before greeting, or when the child needs the puppy's attention.

Touch

Gentle greetings, moving into position, or offering a calm nose target to a hand or leg.

8. Real-life uses for these games



Ping-Pong Recall

Coming away from distractions, returning quickly in the garden, or reconnecting outdoors.

Find it

Lowering arousal after excitement, helping a puppy settle, or giving a busy brain a safe job.

8. Real-life uses for these games



Red Light, Green Light

Stopping at gates, waiting before movement,
and learning to pause instead of
charging ahead.

Toy Tidy-Up

Picking up dropped items, carrying small
objects,
and
building confidence with small helpful tasks.

9. How to add the 3 D's



Distance, Duration, Distraction

Once a game feels easy, you can gently make it more challenging. Change only one thing at a time.

Distance

How far away you are from the puppy
or the target.

How to increase it

- Take one small step back.
- Make the recall slightly longer.
- Ask for touch from a little further away.

9. How to add the 3 D's



Duration

How long the puppy can hold the behaviour.

How to increase it

- Pause for one second before rewarding.
 - Build slowly.
- Reward before the puppy gives up.



9. How to add the 3 D's



Distraction

What else is going on around the puppy.

How to increase it

- Start in a quiet room.
- Then try a new room.
 - Then the garden.
- Then mild movement or sounds.



9. How to add the 3 D's



Difficulty

You can also think of a 4th D: difficulty.

This means how hard the whole picture feels. A younger puppy, a tired child, a new environment, or excitement can all raise difficulty.

Golden rule

If the puppy struggles, make it easier again.

Progress is not a straight line.

Always set puppy up for success & end with puppy still wanting more play.

Use “finish” and move them to a calming game.

10. Congratulations



Well done on completing the Puppy Games
Guide!

We hope you and your puppy have enjoyed
exploring the games in this guide.

Remember, you can revisit these games
anytime.

Go at your own pace, and don't feel pressured
to rush.

The most important thing is to build a positive
and fun relationship with your puppy.

10. Congratulations



Ready for the next step?

When you feel ready, you can move on to the next module. We're excited to continue this journey with you!

Don't forget to download your certificate

