



CHEESE TREES

Also known as Sausage Logs - and Fencing!

What the heck are Cheese Trees?

Dogs sniff out and discover treats on logs, fences, trees, benches, rocks, or any other safe feature in the environment.

Why do Cheese Trees?

Scent games give dogs something else to focus on when faced with distractions e.g. other dogs, people, traffic, wildlife, noises, etc.

If your dog pulls on the lead, prevent them racing ahead by grounding them at a specific point in the environment.

Sniffing lowers the heart rate, helping dogs feel calmer.

Encourages reactive or anxious dogs to be curious about their environment (instead of hyper vigilant) and increases optimism and confidence!

Reactive, anxious or easily distracted dogs are usually hyper alert, hyper sensitive, and so asking them to stand still and look at their trigger, or asking them to sit is harder than we realise. Sniffing and searching comes more naturally.

A good physical workout for stretching, balance and core strength.

Focus your dog's mind using their natural senses.



This exercise is great for us humans too!

Sniffing and searching is physically and mentally tiring – dogs often fall into a deep, relaxing sleep afterwards. Enjoy the peace that comes with a happy, content dog.

If your dog can be reactive, Cheese Trees gives us humans something to focus on too, rather than worry! If you are calm, your dog will be calmer.

Add some interest to your walks! Instead of thinking you need to cover X number of miles, say you will find 5 Cheese Trees instead!

CHEESE TREES

Method

1. Prepare some small treats before you leave the house. Squishable food such as cheese or pate works well!
2. Squish the treats into a log, fence, tree, or whatever safe obstacle is available in the environment.
3. Place the food at different heights.
4. Ensure there are some treats down low in case your dog is not confident enough to stretch or if it's uncomfortable for them. Give your dog plenty of choices. If they are stressed by a trigger, make this exercise as easy as possible so that they can succeed.
5. Allow your dog to sniff and discover at their own pace (you can add a cue e.g. 'find it' if desired). Point or give gentle encouragement to help them get started if necessary.



"We tried Cheese Trees for the first time today both at Dogwood and on our Sniff the Dog Walk. We love seeing Riggs get so confident by using his nose!"

Club Dogwood members,
Rachel & Riggs



Learn more simple exercises to bring focus, calm and fun to your every day dog walks!

- Help your dog relax and de-stress
- Master recall and loose lead walking
- Use the power of the nose for training and behaviour problems
- Connect with your dog so they ignore the many distractions out there!

www.scentventure.dog

Created for reactive and easily distracted dogs!