**Identifying Emotional States of Your Dog.**

**Level 1: Identifying Basic Dog Emotions.**

**Purpose:** The goal of this exercise is to identify how body and tail posture, ears, eyes, and mouth all provide strong clues to your dog's emotional state.

<table>
<thead>
<tr>
<th>Dog Skills</th>
<th>People Skills</th>
</tr>
</thead>
<tbody>
<tr>
<td>Communicating to humans</td>
<td>Observation</td>
</tr>
<tr>
<td>Communicating to other dogs.</td>
<td>Recognizing Emotions</td>
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<tr>
<td></td>
<td>Taking pre-emptive action</td>
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</tbody>
</table>

**Steps**

1. Review the attached chart regarding basic dog emotions.
2. Note body postures that indicate a relaxed dog versus a stressed dog.
3. Note ear, eye and mouth postures that indicate a relaxed dog versus a stressed dog.
4. Observe your dog for 5 minutes while your partner: a) ignores the dog; b) pays attention to your dog and gives him hugs and pets; c) begins teaching a new behavior; d) moving towards and interacting with another dog; and e) prevents your dog from playing with another dog or getting to the toy/treat it wants (1 minute each).
5. Record your observations on the Emotional Signals Observation chart.

**Click Points**

- Operationally define your definition of a relaxed versus stressed dog.
- Compare your dog’s emotional state across the various conditions.

**Tag Points**

- Operationally define emotions.
- Situations can be triggers.

**Good for building these other behaviors:**

Recognizing stress versus relaxed postures in dogs improves your interaction with not only your own dog, but with other dogs. This can help you prevent aggression and frustration in your dog.

**At home fun:** Practice observing body postures and emotional responses in dogs in your environment.
# Emotional Signals Observation Chart

<table>
<thead>
<tr>
<th>Activity/Situation</th>
<th>Mouth</th>
<th>Ears</th>
<th>Eyes</th>
<th>Tail</th>
<th>Posture</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ignore</td>
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<tr>
<td>Notes:</td>
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<tr>
<td>Praise and Touch</td>
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<td>Notes:</td>
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<tr>
<td>Teach new Behavior</td>
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<td>Notes:</td>
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<tr>
<td>Interact with other dogs</td>
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<td>Notes:</td>
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<tr>
<td>Prevent interaction with toy or treat</td>
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Identifying Emotional States of Your Dog.
Level 2: Identifying Dog Emotions in a Group of Dogs

Purpose:
The goal of this exercise is to identify how body and tail posture, ears, eyes, and mouth are critical to predicting behavior with a group of dogs.

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Steps
1. Review the attached chart regarding basic dog emotions.
2. Note body postures that indicate a relaxed dog versus a stressed dog.
3. Note ear, eye and mouth postures that indicate a relaxed dog versus a stressed dog.
4. Observe a group of dogs for 5 minutes. Record your observations for each dog for 1 minute, then begin to watch/record a second, third, etc., dog.
5. Record your observations on the Emotional Signals Observation chart.

Click Points
- Operationally define your definition of a relaxed versus stressed dog.
- Compare your dog’s emotional state across the various conditions.

Tag Points
- Operationally define emotions.
- Situations can be triggers.

Good for building these other behaviors:
Recognizing stress versus relaxed postures in dogs improves your interaction with not only your own dog, but with other dogs. This can help you prevent aggression and frustration in your dog.

At home fun: Practice observing body postures and emotional responses in dogs in your environment.
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Doggie Language
starring Boogie the Boston Terrier

Alert
Suspicious
Anxious
Threatened
Angry

"Peace!"
look away/ head turn

Stressed
yawn

Stressed
nose lick

"Peace!"
stiff ground

"Respect!"
turn & walk away

"Need Space"
winkle eye

Stalking

Stressed
scratching

Stress Release
shake off

Relaxed
soft ears, blinky eyes

"Respect!"
offer his back

Friendly & Polite
curved body

Friendly

"Pretty Please"
round puppy face

"I'm Your Lovebug"
belly rub pose

"Hello I Love You"
greeting stretch

"I'm Friendly!"
play bow

"Ready!"
pry bow

"You Will Feed Me"

Curious
head tilt

Happy
(or hot)

Overjoyed
mrigglly

"Mmmm...."

"I Love You,
Don't Stop"

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