

CICO Picnic

Give your dog space to process their environment and learn that CICO is a reliable game for all distractions.



Find a place such as an empty athletic field, greenspace, or park. Sit far away from any sidewalks or pathways.

Settle into the spot with your dog and prepare your bag of snacks or your dog's meal.

Allow your dog to watch the environment and really see the things that move through it: pedestrians on the sidewalk, bikes on the pathways, dogs, birds, and so on.

As each stimulus comes into the environment, "Yes" and reward your dog for looking at it. If they remain calm, allow them to look longer and give them the chance to really process what they are seeing. Be sure to "Yes" and reward any disengagement from the things passing by. If the stimulus is a bit too exciting for your dog, use the active version of CICO, one of your management skills, or consider moving your picnic area to an environment where your dog will be more successful.

The main goal of the CICO picnic is to give your dog a quiet safe space to process triggers at a distance and at a low level of intensity. This allows for deeper thought and learning!