



Brain Sprints



Games for the Busy Brain

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Important Information Disclaimer



This guide discusses
ADHD-like traits in dogs.

ADHD is not a formal veterinary diagnosis.

The information provided is educational
and does not replace veterinary advice.

Always consult a veterinarian or qualified
behaviour professional for medical or
behavioural concerns.

Training advice in this book is
welfare-based and force-free.

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1. Why Short Beats Long



Busy-brain dogs often struggle with long sessions.

The longer the session,
the higher the arousal,
the smaller the pause window.

Short sessions protect regulation.

Five focused minutes can achieve more
than one overstimulating hour.

Quality beats quantity.

2. The Micro-Sprint Method



A micro-sprint is:

3–5 minutes

One skill

Clear success

Immediate rest

Work → Pause → Reset.

The reset is not optional.

It is part of the training.

This builds rhythm.

Rhythm builds regulation.



3. Building the Pause Window

Impulse control is not built through correction.

It is built through repetition of tiny pauses.

Start with:

1 second of eye contact.

1 second of stillness.

1 second before exiting a door.

Then increase gradually.

You are widening the pause window.

4. Pattern Games & Predictability



Predictable patterns calm the nervous system.

Examples:

Say name → treat.

Look at trigger → look back → reward.

Step-stop-step.

Pattern builds safety.

Safety builds thinking.

The brain relaxes when it knows what comes next.

5. Disengagement Skills



Disengagement is the ability to look away from a trigger.

Start at low intensity.

Notice → mark → reward.

Do not wait for explosion.

Catch early.

Disengagement prevents bucket overflow.

6. Loose Lead Under Regulation



Loose lead does not start outside.
It starts indoors.

Practice:

One step → reward.

Two steps → reward.

Add distraction slowly.

If pulling increases,
bucket level is too high.
Lower the bar.

7. Settle & Switch Off



Some dogs must learn how to rest.

Teach:

Mat training.

Rewarding stillness.

Calm breathing moments.

Rest is a skill.

Switching off is learned.

8. Overflow Day Plan



On high-arousal days:

Reduce exposure.

Increase sniffing.

Shorten walks.

Lower expectations.

Choose:

Scatter feeding.

Indoor scent games.

Rest blocks.

Not every day is a training day.

9. Putting It All Together



Micro-sprints.

Pause building.

Pattern games.

Sniff regulation.

Rest rhythm.

9. Putting It All Together



You are not trying to tire your dog out.

You are teaching their nervous system

- How to balance.
- Regulation first.
- Skills second.

Have FUN lose yourself, follow your
dog's lead