

**PRINT
ME!**

CALMNESS IS KING WORKSHEET

Keeping in mind there really is no right or wrong answers:
What are some things you think may fill your puppy's
bucket?

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

How quickly or easily does your puppy get over-excited,
frustrated, or worried?

This helps you to see how big (or small) their bucket may be.

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Bucket



How long does it take your puppy to go back to normal after exciting or worrisome events?

It can take 24-72 hours for a dog to recover from an event. This is normal for puppies too. Their body is still responding even though the event may be over, positive or negative. This helps to see how big the hole in your puppy's bucket is.

What is your puppy's general state?

This gives you a good idea of what your puppy's baseline bucket may look like (overflowing vs. empty vs. only able to experience 1-2 events that are positive and/or negative before they need active rest to recharge).

There are no right or wrong answers, but filling this out weekly may help you to get better at observing your puppy's responses to distractions, to better understand their emotional state, and you can see how changes in their routine have an impact over time