

Relaxation Protocol Task List

Day 1

Task	Location 1	Location 2
Down for 5 seconds		
Down for 10 seconds		
Down while you take 1 step back and return		
Down while you take 2 steps back and return		
Down for 10 seconds		
Down while you take 1 step to the right and return		
Down while you take 1 step to the left and return		
Down for 10 seconds		
Down while you take 2 steps back and return		
Down while you take 2 steps to the right and return		
Down for 15 seconds		
Down while you take 2 steps to the left and return		
Down while you clap your hands softly once		
Down while you take 3 steps back and return		
Down while you count out loud to 10		
Down while you clap your hands softly once		
Down while you count out loud to 20		
Down while you take 3 steps to the right and return		
Down while you clap your hands softly twice		
Down for 3 seconds		
Down for 5 seconds		
Down while you take 1 step back and return		
Down for 3 seconds		
Down for 10 seconds		
Down for 5 seconds		
Down for 3 seconds		



Day 2

Task	Location 1	Location 2
Down for 10 seconds		
Down while you take 1 step back and return		
Down while you take 3 steps back and return		
Down for 10 seconds		
Down while you take 3 steps to the right and return		
Down while you take 3 steps to the left and return		
Down for 10 seconds		
Down while you take 3 steps to the right and clap your hands		
Down while you take 3 steps to the left and clap your hands		
Down for 5 seconds		
Down for 10 seconds		
Down while you walk one fourth of the way around the dog to the right		
Down while you take 4 steps back		
Down while you walk one fourth of the way around the dog to the left		
Down for 10 seconds		
Down while you take 5 steps back from the dog, clapping your hands, and return		
Down while you walk halfway around the dog to the right and return		
Down while you walk halfway around the dog to the left and return		
Down for 10 seconds		
Down while you jog quietly in place for 3 seconds		
Down while you jog quietly in place for 5 seconds		
Down while you jog quietly in place for 10 seconds		
Down for 10 seconds		
Down while you jog one fourth of the way around the dog to the right and return		
Down while you jog one fourth of the way around the dog to the left and return		
Down for 5 seconds		
Down for 10 seconds		



Day 3

Task	Location 1	Location 2
Down for 10 seconds		
Down for 15 seconds		
Down while you take 2 steps backward and return		
Down while you jog 5 steps backward from the dog and return		
Down while you walk halfway around the dog to the right and return		
Down while you walk halfway around the dog to the left and return		
Down while you take 10 steps backward and return		
Down for 15 seconds		
Down while you take 10 steps to the left and return		
Down while you take 10 steps to the right and return		
Down for 20 seconds		
Down while you walk halfway around the dog to the right, clapping your hands, and return		
Down for 20 seconds		
Down while you walk halfway around the dog to the left, clapping your hands, and return		
Down for 10 seconds		
Down while you jog 10 steps to the right and return		
Down while you jog 10 steps to the left and return		
Down while you jog in place for 10 seconds		
Down for 15 seconds		
Down while you jog in place for 20 seconds		
Down for 10 seconds		
Down while you jog backward 5 steps and return		
Down while you jog to the right 5 steps and return		
Down while you jog to the left 5 steps and return		
Down for 5 seconds while you clap your hands		
Down for 10 seconds while you clap your hands		
Down for 10 seconds		
Down for 5 seconds		



Day 4

Task	Location 1	Location 2
Down for 10 seconds		
Down while you jog backward 5 steps and return		
Down for 20 seconds		
Down while you jog halfway around the dog to the right and return		
Down while you jog halfway around the dog to the left and return		
Down while you move three fourths of the way around the dog to the right and return		
Down while you move three fourths of the way around the dog to the left and return		
Down while you jog backward 5 steps, clapping your hands, and return		
Down for 10 seconds		
Down while you clap your hands for 20 seconds		
Down while you move quickly backward 10 steps and return		
Down while you move quickly 15 steps backward and return		
Down for 20 seconds		
Down while you jog halfway around the dog to the right and return		
Down while you jog halfway around the dog to the left and return		
Down while you walk quickly 15 steps to the left and return		
Down while you walk quickly 15 steps to the right and return		
Down for 20 seconds		
Down while you move three fourths of the way around the dog to the right and return		
Down while you move three fourths of the way around the dog to the left and return		
Down while you walk all the way around the dog		
Down while you walk approximately 20 steps to an entrance and return		
Down while you walk approximately 20 steps to an entrance, clapping your hands, and return		
Down while you walk around the dog, quietly clapping your hands, and then return		
Down for 20 seconds		
Down while you jog quickly around the dog		
Down for 20 seconds		
Down for 10 seconds while you clap your hands		



Day 5

Task	Location 1	Location 2
Down for 5 seconds		
Down for 15 seconds		
Down while you walk quickly 15 steps to the right and return		
Down while you walk quickly 15 steps to the left and return		
Down while you walk approximately 20 steps to an entrance and return		
Down while you walk approximately 20 steps to an entrance, clapping your hands, and return		
Down for 20 seconds		
Down while you walk around the dog, clapping your hands		
Down for 20 seconds		
Down for 10 seconds		
Down while you walk quickly backward, clapping your hands, and return		
Down while you walk approximately 20 steps to an entrance and return		
Down while you walk approximately 20 steps to an entrance, clapping your hands, and return		
Down while you go to an entrance and just touch the doorknob or wall and return		
Down for 10 seconds		
Down while you walk quickly backward, clapping your hands, and return		
Down while you walk approximately 20 steps to an entrance and return		
Down while you walk approximately 20 steps to an entrance, clapping your hands, and return		
Down while you go to an entrance and just touch the doorknob or wall and return		
Down for 20 seconds		
Down while you walk approximately 20 steps to an entrance, clapping your hands, and return		
Down while you go to an entrance and just touch the doorknob or wall and return		
Down for 10 seconds		
Down while the doorknob is touched or you move into entryway and return		
Down for 10 seconds		
Down for 15 seconds while you clap your hands		
Down for 10 seconds while you jog in place		
Down for 5 seconds		



Day 6

Task	Location 1	Location 2
Down for 10 seconds		
Down for 20 seconds while you jog back and forth in front of the dog		
Down for 15 seconds		
Down while you walk approximately 20 steps to an entrance and return		
Down while you walk quickly backward, clapping your hands, and return		
Down while you go to an entrance and just touch the doorknob or wall and return		
Down for 20 seconds while jogging		
Down while you walk around the dog		
Down while you walk around the dog, clapping your hands		
Down for 15 seconds		
Down for 20 seconds		
Down for 30 seconds		
Down while you walk quickly backward, clapping your hands, and return		
Down while you go to an entrance and just touch the doorknob or wall and return		
Down while you open the door or go into the entranceway for 5 seconds and return		
Down while you open the door or go into the entranceway for 10 seconds and return		
Down for 30 seconds		
Down while you walk quickly backward, clapping your hands, and return		
Down while you go to an entrance and just touch the doorknob or wall and return		
Down for 10 seconds		
Down while you go through the door or the entranceway and return		
Down while you go through the door or the entranceway, clapping your hands, and return		
Down while you open the door or go though the entranceway for 10 seconds and return		
Down for 30 seconds		
Down while you disappear from view for 5 seconds and return		
Down for 20 seconds		
Down for 10 seconds while you clap your hands		
Down for 5 seconds		



Day 7

Task	Location 1	Location 2
Down for 10 seconds		
Down for 20 seconds while you clap your hands		
Down while you take 10 steps backward and return		
Down while you walk around the dog		
Down while you go through the door or the entranceway and then return		
Down while you go through the door or the entranceway, clapping your hands, and return		
Down while you open the door or go through the entranceway for 10 seconds and return		
Down for 30 seconds		
Down while you disappear from view for 5 seconds and return		
Down while you go through the door or the entranceway and return		
Down while you go through the door or the entranceway, clapping your hands, and return		
Down while you open the door or go through the entranceway for 10 seconds and return		
Down for 30 seconds		
Down while you disappear from view for 10 seconds and return		
Down while you disappear from view for 15 seconds and return		
Down for 10 seconds		
Down for 15 seconds		
Down for 5 seconds while you clap your hands		
Down while you jog in place for 10 seconds		
Down while you jog three fourths of the way to the right and return		
Down while you jog three fourths of the way to the left and return		
Down while you go through the door or the entranceway, clapping your hands, and return		
Down while you open the door or go through the entranceway for 10 seconds and return		
Down for 30 seconds		
Down while you disappear from view for 15 seconds and return		
Down for 10 seconds		
Down for 5 seconds		



Day 8

Task	Location 1	Location 2
Down for 10 seconds		
Down for 20 seconds while you clap your hands		
Down while you take 10 steps backward and return		
Down while you walk around the dog		
Down while you go through the door or the entranceway and then return		
Down while you go through the door or the entranceway, clapping your hands, and return		
Down while you open the door or go through the entranceway for 10 seconds and return		
Down for 30 seconds		
Down while you disappear from view for 5 seconds and return		
Down while you go through the door or the entranceway and return		
Down while you go through the door or the entranceway, clapping your hands, and return		
Down while you open the door or go through the entranceway for 10 seconds and return		
Down for 30 seconds		
Down while you disappear from view for 10 seconds and return		
Down while you disappear from view for 15 seconds and return		
Down for 10 seconds		
Down for 15 seconds		
Down for 5 seconds while you clap your hands		
Down while you jog in place for 10 seconds		
Down while you jog three fourths of the way to the right and return		
Down while you jog three fourths of the way to the left and return		
Down while you go through the door or the entranceway, clapping your hands, and return		
Down while you open the door or go through the entranceway for 10 seconds and return		
Down for 30 seconds		
Down while you disappear from view for 15 seconds and return		
Down for 10 seconds		
Down for 5 seconds		



Day 9

Task	Location 1	Location 2
Down for 5 seconds		
Down for 10 seconds while you turn around		
Down for 5 seconds while you jog		
Down while you walk around the dog		
Down while you jog around the dog		
Down while you jog around the dog, clapping your hands		
Down while you jog twice around the dog		
Down for 10 seconds		
Down for 15 seconds while you clap your hands		
Down for 20 seconds		
Down while you move three fourths of the way around the dog to the right and return		
Down while you move three fourths of the way around the dog to the left and return		
Down while you disappear from view for 10 seconds and return		
Down while you circle the dog and return		
Down while you disappear from view for 20 seconds and return		
Down while you disappear from view for 25 seconds and return		
Down for 5 seconds while you down in a chair near the dog		
Down while you disappear from view for 10 seconds, down in a chair for 5 seconds, and return		
Down for 10 seconds		
Down while you bend down and touch your toes		
Down while you stretch your arms		
Down while you stretch your arms and jump once		
Down while you touch your toes 5 times		
Down while you stretch your arms and jump 3 times		
Down for 15 seconds		
Down for 10 seconds		
Down for 5 seconds		



Day 10

Task	Location 1	Location 2
Down for 5 seconds while you clap		
Down for 10 seconds while you touch your toes		
Down for 15 seconds while you down in a chair		
Down while you walk quickly 15 steps to the right and return		
Down while you walk quickly 15 steps to the left and return		
Down while you walk approximately 20 steps to an entrance and return		
Down while you disappear from view for 5 seconds and return		
Down while you disappear from view for 10 seconds and return		
Down while you disappear from view for 15 seconds and return		
Down for 10 seconds		
Down for 5 seconds		
Down while you walk quickly 15 steps to the right and return		
Down while you walk quickly 15 steps to the left and return		
Down while you approximately 20 steps to an entrance and return		
Down while you disappear from view for 5 seconds and return		
Down while you disappear from view for 10 seconds and return		
Down while you disappear from view for 15 seconds and return		
Down while you disappear from view for 5 seconds, knock softly on the wall, and return		
Down for 5 seconds		
Down while you disappear from view for 5 seconds and return		
Down while you disappear from view for 10 seconds and return		
Down while you disappear from view for 15 seconds and return		
Down while you disappear from view for 5 seconds, knock softly on the wall, and return		
Down while you disappear from view, knock quickly but softly on the wall, and return		
Down for 5 seconds		
Down while you disappear from view for 10 seconds, knock softly on the wall, and return		
Down for 10 seconds		
Down for 5 seconds		



Day 11

Task	Location 1	Location 2
Down for 5 seconds		
Down for 10 seconds		
Down while you disappear from view, knock quickly but softly on the wall, and return		
Down for 5 seconds		
Down while you disappear from view for 10 seconds, knock softly on the wall, and return		
Down for 30 seconds		
Down while you disappear from view, ring the doorbell, and immediately return		
Down while you disappear from view, ring the doorbell, wait 2 seconds, and return		
Down for 30 seconds		
Down while you disappear from view, ring the doorbell, and immediately return		
Down while you disappear from view, ring the doorbell, wait 5 seconds, and return		
Down for 30 seconds		
Down while you disappear from view, ring the doorbell, and immediately return		
Down while you disappear from view, ring the doorbell, wait 10 seconds, and return		
Down for 5 seconds while you jog around the dog		
Down while you walk around the dog		
Down while you jog around the dog		
Down while you jog around the dog, clapping your hands		
Down while you jog twice around the dog		
Down for 10 seconds		
Down for 15 seconds while you clap your hands		
Down for 20 seconds		
Down while you move three fourths of the way around the dog to the right and return		
Down while you move three fourths of the way around the dog to the left and return		
Down while you disappear from view for 10 seconds and return		
Down while you circle the dog and return		
Down for 10 seconds		
Down for 5 seconds		



Day 12

Task	Location 1	Location 2
Down for 10 seconds		
Down for 5 seconds while you clap your hands		
Down for 15 seconds		
Down for 20 seconds while you hum		
Down while you disappear from view for 20 seconds and return		
Down while you disappear from view for 25 seconds and return		
Down for 5 seconds while you down in a chair near the dog		
Down while you disappear from view for 10 seconds, down in a chair for 5 seconds, and return		
Down for 15 seconds		
Down for 20 seconds while you hum		
Down while you disappear from view for 20 seconds and return		
Down while you disappear from view for 25 seconds and return		
Down while you move three fourths of the way around the dog to the right and return		
Down while you move three fourths of the way around the dog to the left and return		
Down while you disappear from view for 10 seconds and return		
Down while you circle the dog and return		
Down for 10 seconds		
Down while you disappear from view, knock quickly but softly on the wall, and return		
Down for 5 seconds		
Down while you disappear from view for 10 seconds, knock softly on the wall, and return		
Down for 30 seconds		
Down while you disappear from view, ring the doorbell, and immediately return		
Down while you disappear from view, ring the doorbell, wait 2 seconds, and return		
Down for 30 seconds		
Down while you disappear from view, say "hello," and return		
Down while you disappear from view, say "hello," wait 3 seconds, turn		
Down for 10 seconds		
Down for 5 seconds and return		



Day 13

Task	Location 1	Location 2
Down for 5 seconds		
Down for 15 seconds while you hum		
Down for 15 seconds while you clap your hands and hum		
Down while you disappear from view for 20 seconds and return		
Down while you disappear from view for 25 seconds and return		
Down for 5 seconds while you down in a chair near the dog		
Down while you disappear from view for 10 seconds, down in a chair for 5 seconds, and return		
Down for 5 seconds		
Down for 10 seconds		
Down while you disappear from view, knock quickly but softly on the wall, and return		
Down for 5 seconds		
Down while you disappear from view for 10 seconds, knock softly on the wall, and return		
Down for 30 seconds		
Down while you disappear from view, ring the doorbell, and immediately return		
Down while you disappear from view, ring the doorbell, wait 2 seconds, and return		
Down for 30 seconds		
Down while you disappear from view, say "hello," wait 5 seconds, and return		
Down while you disappear from view, knock or ring the doorbell, say "hello," wait 5 seconds, and return		
Down for 30 seconds		
Down while you disappear from view, say "hello," wait 5 seconds, and return		
Down while you disappear from view, knock or ring the doorbell, say "hello," wait 5 seconds, and return		
Down for 20 seconds while you hum		
Down for 15 seconds while you clap your hands		
Down for 5 seconds		
Down while you jog around the dog		
Down for 10 seconds while you clap your hands and hum		
Down for 5 seconds while you jog in place		
Down while you jog around the dog, humming		



Day 14

Task	Location 1	Location 2
Down for 5 seconds		
Down for 15 seconds while you hum		
Down for 15 seconds while you clap your hands and hum		
Down while you disappear from view for 20 seconds and return		
Down while you disappear from view for 25 seconds and return		
Down for 5 seconds while you down in a chair near the dog		
Down while you disappear from view for 10 seconds, down in a chair for 5 seconds, and return		
Down for 5 seconds		
Down for 10 seconds		
Down while you disappear from view, knock quickly but softly on the wall, and return		
Down for 5 seconds		
Down while you disappear from view for 10 seconds, knock softly on the wall, and return		
Down for 30 seconds		
Down while you disappear from view, ring the doorbell, and immediately return		
Down while you disappear from view, ring the doorbell, wait 2 seconds, and return		
Down for 30 seconds		
Down while you disappear from view, say "hello," wait 5 seconds, and return		
Down while you disappear from view, knock or ring the doorbell, say "hello," wait 5 seconds, and return		
Down for 30 seconds		
Down while you disappear from view, say "hello," wait 5 seconds, and return		
Down while you disappear from view, knock or ring the doorbell, say "hello," wait 5 seconds, and return		
Down for 20 seconds while you hum		
Down for 15 seconds while you clap your hands		
Down for 5 seconds		
Down while you jog around the dog		
Down for 10 seconds while you clap your hands and hum		
Down for 5 seconds while you jog in place		
Down while you jog around the dog, humming		



Day 15

Task	Location 1	Location 2
Down for 10 seconds		
Down for 5 seconds		
Down for 15 seconds while you clap your hands and hum		
Down while you disappear from view, knock or ring the doorbell, say "hello," talk for 10 seconds, and return		
Down for 20 seconds while you hum		
Down while you disappear from view, say "hello," invite the imaginary person in, wait 5 seconds, and return		
Down for 10 seconds		
Down for 5 seconds		
Down while you disappear from view, say "hello," invite the imaginary person in, wait 10 seconds, and return		
Down while you disappear from view, say "hello," talk (as if to someone) for 5 seconds, and return		
Down for 5 seconds while you clap your hands and hum		
Down while you run around the dog		
Down while you walk back and forth to the door		
Down while you leave the room, quickly knock or ring the doorbell, and return		
Down for 5 seconds		
Down while you leave the room, knock or ring the doorbell for 3 seconds, and return		
Down while you leave the room and knock or ring the doorbell for 5 seconds		
Down while you leave the room and talk for 3 seconds to people who are not there		
Down while you leave the room and talk for 5 seconds to people who are not there		
Down while you leave the room and talk for 10 seconds to people who are not there		
Down while you run around the dog		
Down for 10 seconds while you down in a chair		
Down for 30 seconds while you down in a chair		
Down for 15 seconds while you clap your hands and jog		
Down for 5 seconds		
For Future Repetitions Repeat all tasks in different locations; Repeat all tasks with all family members; Repeat all tasks with only every second or third task being rewarded with a treat (Remember praise!); Repeat with only intermittent treat reinforcement. (Remember praise!)		

