



Dog Behaviour Cheat Sheet

Decode common behaviours and know when to take action

By The Luna Co. | thelunaco.co.uk

BEHAVIOUR	WHAT IT COULD MEAN	SHOULD YOU BE CONCERNED?
Licking your feet	Affection, scent curiosity, anxiety relief	Yes—if it's obsessive or new behaviour
Zoomies (sudden running)	Playfulness, energy release	No—normal and healthy
Tail chasing	Boredom, play, or possible compulsive behaviour	Yes—if frequent or intense
Excessive barking	Alerting, boredom, anxiety, or under-stimulation	Yes—look for triggers
Chewing or licking paws	Allergies, stress, pain, or discomfort	Yes—consult your vet
Panting when not hot	Anxiety, stress, overheating, or medical issue	Yes—especially if it's unusual
Yawning/lip licking (no food)	Stress, uncertainty, subtle calming signal	Yes—track when and why it happens
Leaning or sitting on you	Seeking comfort, trust, bonding	No—enjoy the love

WHEN TO SEE A VET OR BEHAVIOURIST

- New, sudden, or obsessive behaviour
- Self-licking causing red or broken skin
- Loss of appetite, lethargy, or pacing
- Behaviour is interfering with daily life or sleep

GENTLE WAYS TO SUPPORT YOUR DOG

- Keep a calm, consistent daily routine
- Offer toys or sniffing games for mental stimulation
- Create a cosy, quiet space to unwind
- Use walks, play, and touch to bond
- Speak gently and respond with patience

SOME DOGS MAY BEHAVE DIFFERENTLY: BREED, AGE, AND PERSONALITY ALL PLAY A PART

- **Retrievers, Spaniels:** Naturally affectionate, often lick more
- **Small dogs:** Use licking to seek attention
- **Working breeds:** Show stress in other ways
- **Rescue dogs:** Lick to bond or feel safe
- **Puppies:** Explore through licking
- **Seniors:** May lick more due to discomfort

