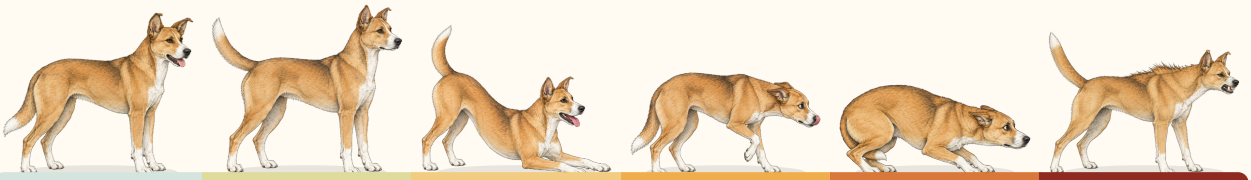
Dog body language

Read the animal before you say hello.

Most dogs give several quiet warnings before they growl or bite [1, 2], and owners often miss the early ones [3].

Warnings that escalate: after K. Shepherd's Ladder of Aggression, BSAVA Manual of Canine and Feline Behavioural Medicine, 2nd ed., 2009 [2].



Calm	Alert	Playful	Stressed	Fearful	Warning
Relaxed and at ease. **Fine to say hello, if they come to you.**	Interested, assessing. **Pause. Let them look first.**	An invitation to play. **Keep it gentle and short, with breaks.**	Uneasy. **Stop what you are doing. Give room.**	Wants to get away. **Back off. Never corner, reach or lean over.**	A clear request for space. **Stop. Move away calmly, and don't stare back.**
EYES soft, a normal shape	EARS up and forward	BOW front end down, rear end up	EYES whale eye, or looking away	EARS flattened back	EYES a hard, direct stare
MOUTH relaxed, open or closed	MOUTH closed	MOUTH open and relaxed	MOUTH lip licks, yawns	TAIL tucked between the legs	MOUTH teeth bared; growl, snap
BODY loose; tail at its natural height	BODY still and tall, weight forward	BODY bouncy; swaps roles	BODY head lowered; paw lift	BODY crouched, head low	BODY stiff and still; hackles may rise
[4]	[5]	[4, 6, 7]	[3, 8, 9, 10, 11, 12]	[5, 8, 10]	[1, 5, 8]

Meeting a shelter dog

Ask the staff first, and read the kennel card [5, 13]. Then: [5, 13]



1. Let the dog come to you and sniff your hand.
2. Pet the chest or shoulders, not the top of the head.
3. Pet for a few seconds, **then pause.** Go on only if they ask for more.
4. Stress signs? Take your hand away and calmly step back.

SOURCES All sources read 14 October 2026.

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