

## **LEARN ABOUT HORSES**

This simple yet fun program uses horses to spark new thoughts in students around self-care and living in community with others. Adjustable to specific age groups, this program is a great place to begin helping students to understand the need to care for themselves and others. 3 x 1 hr sessions for individuals or 90 minute sessions for groups (we can adjust the amount of information shared to keep to 1 hr but this may reduce program effectiveness).

Program outline:

### **Session 1**

- ☐ Explore safety and self-preservation instinct in horses.
- ☐ Observe and interact with horses (on the ground).
- ☐ Students discuss how the horses responded to them, their survival instinct in themselves and others, trust, and the benefits of living in community.

### **Session 2**

- ☐ Learn about the eating & drinking habits of horses.
- ☐ Make up a special mineral feed for a horse.
- ☐ Discuss how they make sure they get the nutrients and vitamins they need personally and manage their portion sizes.
- ☐ Groom horse while she eats from hay net.
- ☐ Discuss horse priorities (safety before eating before socialising) and compare to student priorities. Draw comparison to poisonous plants to identify things to avoid putting into their bodies. Call to action.

### **Session 3**

- ☐ Learn about how horses communicate.
- ☐ Observe the horses and describe what they are communicating to us.
- ☐ Experiment with communicating with the horses.
- ☐ Discuss similarities and differences between horse and human communication (honest, constant, body language / tone / words, hiding pain). Discover student communication patterns. Identify safe people to talk to. Explore what makes a safe place to share. Students identify if they are able to create safety for others to share.

Group size: 1 to 18 students at Harmony Acres in Wanneroo, or 1 to 6 at your school.

