

Horse Play

Set Up

Facilitation Explanation

Set UP:

- For this activity you will want to find some items that your horses are not familiar with. Place the items in the round pen or arena well away from the gate. The gate area is the safety or comfort zone for the horse. A good place to shop for items is at a toy store. You can use blow up beach balls, small kiddie pool, and crawl thru tunnel large sized stuffed horses. Other suggestions are umbrellas, flags, wind chimes, balloons, and hoola hoops. You can put water in the kiddie pool and toss in an apple or two. Put a hand full of grain or feed in the tunnel or in the middle of a small tarp.
- Allow about 2 hours for this activity on your agenda.
- Suggested number of horses per client: 2 horses for 1 – 3 clients, 3 horses for 4 – 6 clients, 5 horses for 7 – 8 clients. If you have more than 8 clients I suggest you put them in two smaller groups.

Facilitation:

- When explaining this activity to clients, keep it simple and brief. “This is an opportunity for you to get to know the horses we will be working with during the workshop.”
- Each horse is brought, one at a time, to the round pen, tell the clients the horses name and then release to explore the space at liberty. It is important to allow each horse the amount of time they need. Some horses will stand by the gate (comfort zone) longer than others.
- Instruct clients to write down the horses name and then circle the words on the hand out they think best describes the horses personality and behavior. They can also write in their own words if needed.
- Processing: Begin with horse number 1 and ask each person what words they chose for that horse, same for all horses.
- Next ask the participants to share which horse they think they are most similar to, and which horse they would like to be more similar to.