



## OBJECTIVE:

- \* AWARENESS
- \* CONFIDENCE
- \* ENJOYMENT
- \* INTROSPECTION

## ACTIVITY

Ask the participants to go up to each horse silently (from the fence or within the barn or arena) and use their intuition about the character of each horse.

- A) Pick out different parts of your own character in each horse.
- B) Decide as a group or individual what each horse will represent for the day (ie fellow students, a teacher, parents, sibling or coach etc.)
- C) Clip what the horse will represent onto each horse's noseband or halter or mane. (Students can also paint symbols onto the horse that can be washed off at the end of the day as a type of ceremony.)

## VARIATIONS

1. If the group is large, have them do the activity in pairs.
2. Include the opportunity for students to "tell the horse's story" - what was its life like before arriving at this barn? What type of life did it have? What type of owner did the horse have?
3. Change what the participants say to the horses . . . they can tell the horse a secret, or they can ask the horse to show them something about themselves they did not know.
4. Practice positive regard. Ask the students to name 3 positive traits about each horse. Ask the students to name 3 positive traits that the horse sees in them.

## OBSERVATIONS

- A. How do the different participants approach the horses?
- B. How do the horses respond to the different participants?

## PROCESSING

- A. How did the experience go? What was it like?
- B. Which horse do you think is most like you?
- C. Which horse seems most like (your sibling, friend, teacher, parent, coach)?
- D. Did the horse seem to listen to you? What was it like to 'listen' to the horse?
- E. What was the horse's character like? What would be a good name for him today?
- F. Did you feel intimidated by any of the horses? What did you do to calm down? How did the horse respond when you were calmer?
- G. What do you usually do to calm yourself?
- H. Did this remind you of anything in particular?

*Questions asked are going to help the student see a path they can take to solve a challenge they are having - or create something new in their lives. Questions will vary based on developmental stage and additional factors.*