



HV HorsePlay
98 Sherman road
Kerhonkson, NY 12446

ACTIVITY 11

COME TOGETHER (Group)

Objectives:

- To work as a team.
- To rely on another and build trust.
- To learn how to think outside the box.
- To gain better communication, and listening skills.
- To make a habit of using Heart-Focused Breathing or Quick Coherence when triggered.

Activity:

The only rule in this activity is to move a horse over a jump in the arena, without bribing, or touching the horse. Set up a jump in the middle of the arena and place a pole on the ground right under the jump.

Items needed:

- ◆ 2 Tires, or Jump Standards
- ◆ Horse(s)
- ◆ 2 Jump Poles

Variations:

1. Have two teams create a jump no taller than 2'5" for the opposite team. Each team will have a horse and will create a jump for the other team.
2. Try giving different rules.
3. Have more than one horse.
4. Have a bucket of food across from the jump to be protected at all costs, and state what it could represent.
5. Let the participants use the props when they are creating the jump for the other team.
6. Use other items to hold up jump.

Observations:

- A. Will they be kind and make an easy jump?
- B. Will they help one another?
- C. Have they utilized all their resources?
- D. Are they competing?
- E. Did the two groups cooperate or work together?

**"WHAT" HAPPENED? "SO WHAT" DID YOU GET FROM THE EXPERIENCE?
"NOW WHAT" ACTION CAN YOU CHOOSE IN A SIMILAR SITUATION?**

Processing:

- A. How clear was your communication?
- B. How was the horse reacting to what you were doing?
- C. What was the horse communicating?
- D. Who was the leader?
- E. How did you decide on a plan to get the job done without being able to talk?
- F. Did you always listen as you did in this activity?
- G. If you had a similar situation at work or home, what are some things you could do differently?