

HORSE WISDOM

EQUINE ASSISTED LEARNING PROGRAM



School Holiday Program



The Horse Wisdom program at Riverlands Rise is a foundation for social and emotional learning. Participants discover how horses survive and thrive and learn how to adapt these attributes to their own lives, creating their own skills toolbox.

There are 7 key learning areas:

- ~ Calm
- ~ Awareness
- ~ Boundaries
- ~ Thoughts
- ~ Healthy relationships
- ~ Feelings
- ~ Challenges

two programs are available:-

July 6-7, 10am-4pm OR
July 13-14, 10am-4pm

Each program includes lunch, morning and afternoon tea Non-riding. Max 6 people per program. Suitable for years 10+ \$249 per participant. Bookings essential, please get in contact for more information and/or to request a booking form.

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Key Learning Areas

What are the lessons the horses will teach you?

There are seven key learning areas in the horse wisdom program

Session One The Calm State

Horses offer valuable lessons in self-regulation and emotional well-being.

They have mastered the art of settling themselves by using their out-breath, and grounding themselves naturally. Similarly, horses express their feelings in a safe way, avoiding prolonged attachment.

Horses teach us to use our out-breath to release tension and energy. They encourage us to listen to our feelings, ask for support and deepen our understanding of our own needs. In learning these lessons from the horses, we can enhance our emotional resilience and foster healthier relationships with ourselves and others.

Session Two Awareness

Horses serve as powerful examples of living with awareness, which is a cornerstone of noticing emotions and being mindful. They constantly observe and take notice of their surroundings, their senses, and their sensations. They remain present in the moment, awake, aware, and responsive. Horses teach us the importance of cultivating awareness in our own lives. By being mindful, we can respond to our needs, ensure our safety, and embrace that we do have choices that empower us.

Session Three Boundaries

Horses teach us the significance of establishing and respecting boundaries. Our boundaries are our "yes" or "no", what feels okay and not okay in each moment.

Horses teach us, we can communicate our boundaries clearly to others. Learning from horses, we can express our boundaries using clear communication. By being clear about our boundaries, we create safety for ourselves and foster healthier relationships.

Session Four Thinking

Horses read our thoughts and intentions, through our behaviour, subtle body language, and energy levels. By being aware of our thoughts, we can understand how they impact our feelings, behaviour, and relationships. Having supportive, accepting, and compassionate thinking towards ourselves and others, encourages understanding, empathy, and kindness in our interactions. Horses remind us to be mindful of our thoughts and to harness their power for growth and meaningful connections.

Session Five Relationships

Horses build healthy and enduring relationships. From horses, we learn valuable lessons about how we engage with others, including the importance of establishing safety, fostering trust, respecting boundaries, actively listening, and maintaining a balanced give-and-take dynamic. Through our activities with horses and each other, we gain insights into building and nurturing meaningful connections with both humans and animals.

Session Six Feelings

Horses offer profound lessons on understanding and processing feelings. Like humans, horses experience a range of emotions, including joy, anger, fear, and sadness. However, what sets horses apart is their ability to receive these feelings as valuable information about their current situation. They instinctively act and express their emotions, but then swiftly let them go, 'returning to grazing'. Horses teach us the importance of acknowledging, tolerating, and respectfully expressing our feelings.

By viewing our emotions as valuable information and allowing ourselves to process them, we can enhance our ongoing health and well-being. Let horses inspire us to embrace our feelings, learn from them, and 'go back to grazing', just as they do.

Session Seven Facing Challenges

By developing skills and adopting the right mindset from this program, we enhance our ability to navigate tough situations. Self-awareness and a well-equipped toolkit enable us to accept challenges and stressful times more resiliently. Self-support, creativity, and seeking help when necessary are vital. Life is an ongoing journey of experiences and experiments, where learning and growth outweigh notions of right or wrong. Embracing this mindset empowers us to face challenges with curiosity and openness, fostering personal development and a positive approach to life's trials.