

A SOCIAL AND EMOTIONAL SKILLS DEVELOPMENT PROGRAM THAT CHANGES LIVES

In today's busy world it is becoming more and more common for children to experience anxiety and stress. Often this is due to them lacking suitable skills to help them deal with their emotions and release stress and self-regulate.

This can leave them overwhelmed.

We can Help!

Our horse wisdom program runs over 6 weeks & teaches important life skills, in a fun and interactive way. With the horses as our teachers (yes we will bring horses with us), we explore and gain a better understanding of ourselves and how we can deal more effectively with the stressors of daily life.

1. How to regulate and calm your nervous system
2. Develop awareness of your thoughts and feelings
3. How to develop and implement boundaries
4. Healthy relationships
5. Kind and helpful thoughts
6. Feelings as natural

What Is Equine Assisted Learning?

Equine Assisted Learning is a powerful, effective method of experiential learning that can help people to become more aware of their thought, feelings and needs and give them tools to support them in their daily life.

Horses model a number of positive behaviours that once we explore during sessions and discover how we can implement them into our own lives.

This program can be run as an incursion or excursion with sessions starting from just \$7 pp per week

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