

## **SIGNS OF TENSION IN YOUR HORSE**

- Tight Lips
- Flared nostrils
- Wrinkles behind the nostrils
- Laid back ears
- Clamped tail
- J or Scorpion Tail
- Tight Mandible Jaw muscles
- Rigid Back Muscles
- Pawing Ground
- Swishing Tail
- Kicking or biting
- Bucking
- Hard Eyes
- “Popping lips”
- Choppy Gait
- Taut ears
- Brace under the neck
- Sweat in unusual places
- White of the eyes showing
- Turning away from you
- Unable to keep feet still
- Turning head away and/or down and away
- “Going inward”

## **SIGNS OF RELAXATION IN YOUR HORSE**

- Blinking eyes
- Floppy ears
- Relaxed topline
- Soft eyes
- Licking and chewing
- Yawning
- Flowing Tail
- Rolling the eyes
- Flowing back movement
- Loose flowing muscles
- Lovely soft stride
- Rubbing Front leg with muzzle
- Shaking the head (Shaking it off)