



**BENEFITS OF HORSE LEARNING  
ACTIVITIES:**

- Breaks down defense barriers
- Time effective
- Challenges students in a non-threatening manner
- The horse is a non-judgmental, honest friend
- Promotes a motivating learning environment
- Builds the therapeutic relationship
- Enhances problem-solving skills
- Provides immediate cause-and-effect situations
- Decreases feelings of hopelessness
- Encourages responsibility
- Captivates and holds attention
- Helps teach empathy
- Develops social skills
- Stimulates creativity
- Teaches better communication skills
- Empowers and gives a sense of control over self



**“The outside of the horse is good for the inside of a human.”**

**Winston Churchill**



## What Horses teach us about ourselves

### Why Are Horses Used?

- Working with large and powerful animals helps participants overcome fear. Accomplishing tasks involving horses, in spite of this fear, creates confidence and helps the participants deal with other intimidating situations in life.
- Like humans, horses have distinct personalities. They provide opportunities for metaphorical learning. Using metaphors is an effective technique when working with even the most challenging individuals or groups.
- Horses can mirror human body language. Participants learn if they change their behavior, the horses will respond differently.
- Horses are honest, which makes them especially powerful messengers.
- The horses at Rapha Reins are especially unique in that they have all had to overcome diversity to flourish into the incredible beings they are today, which is not unlike a lot of the people they will be working with.



**COME JOIN US,  
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