



Loving Thunder Therapeutic Riding has been serving the disabled community since 2008 and veterans since 2013. Focusing on the developmental and physical growth of special needs children and adults. Many families within the foster system have asked if we had a program for kids at risk. We are answering that call for help with our Equine Assisted Activities (EAA) program. Funded by a grant, it is open to all children older than age four who are being served by CYFD in Sandoval and Bernalillo Counties.

**Call today for more  
information.**



**A new day is here  
for Foster Families**

**Equine  
Assisted  
Activities**

**For Kids at Risk**

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# What we do

Equine Assisted Activities (EAA) can be both in the saddle or on the ground.

The ground work teaches the person that their own actions have a direct impact on the horse. For every action, there is a direct result. This is where the bonding and trust begins to form and the child begins to feel safe to be themselves and open up.

In the saddle the child realizes that control is within their reach. For once in their life, someone is listening to them. They have control over something bigger than themselves building confidence. The horses' movement improves muscle strength and elevates cognitive functioning.

# Why a horse

Although horses' natural inclination as prey animals is to protect themselves from all predators, including humans, somehow they find it within themselves to trust and connect with us.

They are able to look past the walls of protection that humans build, to see what is within the inner human. They offer immediate feedback and reflect what they are seeing and feeling.

Even though horses are large, they can be very gentle, loving, and honest powerful messengers.

# How it helps

## Emotional Benefits

- recognizing feelings
- emotional regulation
- patience
- overcoming fears
- teamwork and cooperation
- responsibility
- healthy relationships
- setting boundaries
- aggression vs assertiveness
- bonding and trust
- creative thinking and problem solving
- Leadership

## Physical Benefits

- fine and gross motor skills
- coordination
- balance and core strength
- sensory processing
- cognitive and language skills
- focus and attention
- sequencing, patterning, and motor planning
- visual/spatial perception
- hand-eye coordination