

# 12 Week Curriculum Program

## Youth and Adult Programs

### Leadership Mentorship Program



#### YOU WANT LEARNING THAT IS MEMORABLE AND FUN!

What you learn is important, however what you remember is priceless. Working with horses creates a unique memory that causes the attendee to remember the training far longer than if sitting in 'just-another classroom'. Empowering each individual through group exercises with a focus on individual qualities while having some extreme fun.

#### Building Block Progression of EAL Exercises:

1. Starting the Journey - Objective: Building Relationships
2. Circuit Training - Objective: Skill Development
3. Push Me Pull You - Objective: Communication
4. Who's the Brain - Objective: Listening and Articulation
5. Common Sense - Objective: Problem Solving
6. Red Light Green Light - Objective: Focus
7. Match that Horse - Objective: Negotiation
8. Blindman's Adventure - Objective: Trust
9. It's All Up To You - Objective: Choices
10. Horse in the Pocket - Objective: Leadership
11. Silent Communication - Objective: Body Language
12. Build Your Own Course - Team-building and Leadership





## **BULLY-PROOFING SKILLS CAN BE TAUGHT**

The best way to help children not become victims of bullies is by teaching them bully-proofing skills. Victims of bullies usually exhibit poor communication skills and tend to be left out of activities, leaving them isolated. Our equine assisted learning programs have proven to be ideal for a child who exhibits anti-social communication skills as they provide training in social skills which improves communication skills, emotional, physical, mental and spiritual wellness, self-esteem, and encourages sensory stimulation and ultimately, integration.

The Equine Assisted Learning experience was a great program for our kids. The students were eager to participate and share their experiences with others. Teachers have noticed and commented on these students being more assertive, communicating their needs better and they seem more resilient when confronted by problems or obstacles. Parents have also provided positive feedback saying they have noticed a change in their children even in such a short time."

~Lois Martin - Teacher

## **WHO SHOULD ATTEND?**

### **VICTIMS OF BULLIES**

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### **THE BULLY**

Our equine programs are ideal for a child who exhibits aggressive behaviour by promoting positive leadership skills, empathy, developing kindness and choice-making skills and encouraging responsibility, creativity and laughter.

The youth that teachers, counsellors and the principal feel display behavioural issues, or who are withdrawn, will benefit most from the program.