

HorsePlay provides a unique and powerful platform where participants can learn and practice social and emotional skills by interacting with horses alongside our certified and seasoned facilitators. Classes are structured for individuals, families and groups.



Participant Name D.O.B. Tel:

Directions: Place an **S** beside your participant’s strength. Place a **P** beside your 4 priority goals.

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|---------------------------|------------------------|-----------------------|-------------------------------|
| Self awareness | Conflict resolution | Managing feelings | Articulating |
| Awareness of surroundings | Social inclusion | Planning | Congruency |
| Awareness of others | Accountability | Problem solving | Honesty |
| Self-regulation | Responsibility | Decision making | Authenticity |
| Self-expression | Empathy | Determination | Commitment |
| Academic achievement | Leadership | Grit | Engagement |
| Self-esteem | Mentoring another | Character | Mindfulness |
| Self perception | Empowerment | Respect for others | Playfulness |
| Civic engagement | Coping | Respect for authority | Giving Direction Listening |
| Self efficacy | Physical Wellbeing | Assertiveness | Courtesy/ Manners |
| Self-care | Creativity | Accuracy | Following directions |
| Motivation | Self-direction | Punctuality | Confidence |
| Focus | Leadership | Patience | Asking for help |
| Perseverance | Friendships with peers | Tolerance | Other: |
| Resilience | Communication | Trust of others | |

Fill out online or return by email or post mail prior to your visit:

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