

Extended Appendages

Classical EAGALA

Age level: 8 and above

Type: Family or Individual

Time Required: As long as it takes

What you will need: A relatively patient horse (use your judgment based on need), saddle, saddle blanket, halter and lead rope.

Objective:

Recognize how hard life is when we don't ask for help, or when we lose supportive resources

Activity:

Set-up: Select three participants. Identify one person as the brain, and the others the right and left hand of a person. No talking, except for the brain.

Rules: You may choose to start the activity with the horse already caught and in hand, or begin with having the participants catch and halter the horse and bring it to where saddling will be done. With brain giving directions, the team is instructed to saddle the horse. The right and left hands lock arms with brain in a way that immobilizes their other hand. They are instructed to not do anything that the brain does not tell them to do. For family members, facilitator may have members switch roles to experience what it was like for the others.

Notes on Application:

This activity demonstrates the need for each other, and the need to ask for help. It exposes family dynamics and prompts discussions about how the activity allowed family members to see each other, and adjustments that will help them to feel more connected to each other.