



## **Social Skills** **Equine Assisted Learning**

### **What is Equine Assisted Learning?**

Equine Assisted Learning (EAL) is an experiential model that partners participants with horses to support the development of skills in a safe and playful learning environment. Specific skills are identified, discussed - and practiced - via guided observations and interactions. All activities take place on the ground. There is no riding involved and no horse experience is necessary.

**Why Horses?** Horses are prey animals and are highly attuned to their environment. They're also large and quite obvious with their body language! Horses seek to bond with others for safety and social security. And like people, horses come in a range of personality types and with their own moods and quirks. Because horses are 100% honest and immediate with their feedback, they provide for real-time learning in an emotionally safe, enjoyable and judgement-free setting.

### **What Skills Can Be Practiced with Horses?**

- self-awareness, awareness of others,, empathy
- reading and responding to body language
- listening and communicating
- assertiveness and self-advocacy
- self-regulation / patience / turn-taking
- leadership and confidence
- decision-making and problem-solving



**Then what?** Skills are learned, practiced and then transferred into the “real” world . . with peers, siblings, families, teachers, employers, adult friends, romantic prospects, spouses et al.

**How to Get Started?** Contact HorsePlay to schedule an Acquaintance Call or a Barn Zoom. We'll then coordinate goals, schedule visits, and start making friends with horses! All participants are required to attend 3 or more individual classes before joining a group. Groups form by age and other factors. Ages 4 thru adult. All abilities!

### **About HV HorsePlay**

Hudson Valley HorsePlay has been providing equine experiential opportunities for individuals, groups, families and company teams since 2014. Our facilitators are seasoned and certified experts (EAGALA and E3A ) and highly experienced at creating safe and engaging programs to meet participants' specific goals.

HorsePlay is sited on 72 private acres in Kerhonkson, NY (12446.) Facilities include a 10,000 square foot covered pavilion and enclosed center-aisle barn, accommodating activities March through November, rain or shine.