

Pony Pals

An Equine Experience for a Unique Population

In this presentation...



About Me

- Grew up riding horses and wanting to help people
- Bachelors of Social Work from George Fox University
- Volunteered during college at a PATH Intl. center in Oregon
- Worked with children in foster care



Camp Structure

- Camp for ages 6-11
- 4 days - 3 hours a day
- Started with coloring and then check-in
- Activity with horses
- Snack and prep for next activity
- Second activity (typically with their horse for the week)
- Wrap up the day by making their horses dinner



Check In

- Table as “home base”
- Coloring to have something to focus on
- Check-in to settle in and reflect
- Using timers to help with transitions
- First activity explanation while sitting



1st Activity



- **Day 1:** Horse observation
 - **Day 2:** Horse in a box
 - **Day 3:** Groom horse partners
 - **Day 4:** Groom and tack
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Snack and transition to next activity



2nd Activity



- **Day 1:** Meet horse partners for the week (safety & sensory)
 - **Day 2:** Learn to lead
 - **Day 3:** Navigate obstacles as a team
 - **Day 4:** Ride
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- Prepare dinner
- Reflect on the day
- Gather belongings

Wrap Up



Stories

Emotional Connection



Horses teach regulation



Structure and clear expectations fosters safety



Volunteer Relationships & Training



Choosing Your Horses



Takeaways



Thanks!

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