

## Training Stations

2016

### ➤ Sensory Tactile

- Variety of balls with different textures
- Variety of reins
- Discussion regarding rider's processing touch differently  
Side-walker's handhold on leg etc....
- Other potential tactile stimulation...i.e....touch horse's mane, hair, presence of dirt EVERYWHERE
- Does not know body parts
- Mouths objects even after age of two

**Questions for Discussion, suggested scenarios: use a feather/scarf for light touch while asking person to perform a task.**

### ➤ Proprioception & Motor Planning/Processing

- Discussion around rider's difficulty processing information, often lag time, and then carrying out motoric action
- Fearful of feet leaving ground
- Loses balance easily
- Avoid rapid or rotating movement
- Can't seem to sit
- Is a "thrill-seeker"; dangerous at times
- Poor Muscle Tone And/Or Coordination
- Limp floppy body
- Difficulty catching themselves if falling
- Poor body awareness; bumps into things, trips, and/or appears clumsy
- Poor gross motor, catching a ball
- Poor fine motor skills, difficulty using "tools"
- Sensory seeking behaviors
- Rigid high tone or combination of both

- **Questions for Discussion, suggested scenarios:** Perception of body in space using Bolster and glasses maintaining upright position and awareness

### ➤ Visual Processing

- Safety glasses with Vaseline to demonstrate visual difficulties, have participants perform a task with the glasses on to get a feel for difficulty
- Discussion of difficulties with depth perception and how affects interactions, engagement, participation, and comfort level.

- Ball toss while wearing glasses

**Questions for Discussion, suggested scenarios:** task with glasses will be to walk a straight line of masking tape.

➤ **Auditory Processing/Overload**

- Discussion of how some riders have difficulty filtering out outside noise and find it overwhelming
- Hypersensitivity to sound
- Distracted by loud or unexpected sounds
- Runs away, cries, and/or covers ears with loud or unexpected sounds
- Often does not respond to verbal cues or to name being called
- Appears to "make noise for noise's sake"
- Seems to have difficulty understanding or remembering what was said
- Needs directions repeated often, or will say, "What?" frequently
- Talking overly loud
  
- **Questions for Discussions, suggested scenarios:** Have participants wear headphones listening to music while someone is giving them directions. Read a few lines of a story have them put marshmallows in their mouth and try to repeat story.