

Changing Strides Life Skills Curriculum Outline:

Week 1: **SAFETY** –welcome and intro with short tour

How to handle a horse safely-in/out of stalls, leading, handling in grooming bay

Herd dynamics-

Adopt “their horse” and explain why/what resemblances there are

Take pre-test--saves time if completed before they come

Closing discussion

Week 2: **TRUST**- intro of word of the week & barn tasks

Grooming correctly in teams

Tack with western pad and surcingle in teams

“*Blind Riding*” take turns riding blindfolded in teams-trusting their horse and team

Introduce budget, sign contract, and distribute play money

Closing discussion

Week 3: **RESPECT**- intro of word of the week & barn tasks

Get horses and go directly to activity

Play “*Equine Billiards*” by Greg Kersten’s OK Corral Series

Distribute/collect money in regards to budget

Closing discussion

Week 4: **INTEGRITY**- intro of word of the week & barn tasks

“Right Brain/Left Brain” grooming activity with horse.

Homework: research two drugs and explain what effect they have on the brain.

Distribute/collect money in regards to budget

Closing discussion; including examples of lack of integrity within the equine community

Week 5: **DEDICATION**: intro to word of the week & barn tasks-feeding horses full rations

Display and explain equine nutrition and the importance when owning/feeding a horse. Briefly explain the dedication, patience and perseverance it requires.

While in round pen, each student will lunge “their horse” in each direction in several gaits, and possibly over an obstacle.

Distribute/collect money in regards to budget

Closing discussion

Week 6: **EXCELLENCE**: intro of word of the week & barn tasks

& Enthusiasm-Striving for excellence even when you are not confident of what it is your doing.

Doing your best at everything you do!

VAULTING-basic vaulting on barrel, then horse w/activity promoting teamwork

Distribute/collect money in regards to budget

Closing discussion

Week 7: SENSITIVITY- intro of word of the week & barn tasks

Groom & tack in teams

First: Toothpaste analogy- give a tube of toothpaste and a paper plate. Have the student squirt the toothpaste out onto the plate, then request they put it back in the tube! Analogy: our words are the same=once they are out, you can't put them back in. We should try to be *sensitive* to the words we use.

Second: “*Barrel and Reins Exercise*” in teams explaining how sensitive horses, although large powerful animals, can be to aides we use on/with them

Third: “Dance with horses” Using all our senses to move with the horse/music in pairs

Distribute/collect money in regards to budget

Closing discussion

** STRIDES = Stars' Value Statement! **

Week 8: CITIZENSHIP- view STAR video

Designate each participant a position (grooming, instructor, mounting/dismounting, handler, side walkers, etc.) in teaching a TR lesson to adult w/disabilities.

Week 9: TEMPTATION-intro & word of the week-review of previous words of the week and their meanings in real life.

Groom horse for activity & tack w/surcingle

“Temptation Alley” Activity- by Greg Kersten's OK Corral Series

Distribute/collect money in regards to budget

Closing discussion

Week 10: Closing Celebration-with food

Demonstrate public speaking skills by answering questions on the meaning of this program/exit interviews

Take post test on site

Ride the horse they “adopted” from week 1

Distribute painted horse shoe to each student with name and/or framed certificate