



CHANGING STRIDES

A program of



Shangri-La Therapeutic Academy of Riding

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Attitude Testimonial:

A teenage girl from a dysfunctional background, including foster care, came to our facility for community service. She then came with the local alternative school and the transformation began. The first few weeks she was apprehensive, withdrawn, had very low self esteem and was crippled with fear. She repeatedly talked back despite what explanation was given for the activity or exercise. Her negative attitude and chip on her shoulder hindered learning until this particular day. The word of the week was dedication and the activity addressed how we need to persevere despite challenges. The pony she chose was Freckles, which she only chose because it was her best friends' favorite. Freckles was defiant and continuously turned into the center wanting to be lazy and quit. When the girl demanded she move away and follow directions, the pony reared up, pinned her ears and tossed her head as to say "No, I don't care what you want me to do. I'll do it my way or not at all!" The girl said, "That wasn't very nice." And I said, "Nope and not fun to work with either, right?" Eventually with patience and determination the task was completed. During the closing discussion, I asked each student, "What did your horse teach you today?" With total confidence, she burst in giving her answer- ***"I need to get rid of my [bad] attitude."*** This is a monumental statement from a teenage girl who was enlightened by a defiant pony, in spite of many attempts by humans in her life.

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Sara P. Crum

NARHA Certified Instructor

Changing Strides Life Skills Program Coordinator

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