



My World

Goal:

Discover boundaries within one's self and decide if the boundaries set are healthy or not

Rationale:

Boundaries can be hard to set but can also be so strictly set that it is impossible to let anyone in – this activity helps veterans ascertain the boundaries they have and decide if they are healthy or not.

Objective:

- To discover the boundaries set within oneself
- Discuss whether the boundaries set are healthy or if some changes should and can be made

Materials:

- Props from the arena
- Buckets with a small amount of grain
- 2-3 loose horses

Activity:

- Veterans build a space they call "home;" must have clear boundaries
- Veteran takes up "residence" in the space
- Give each veteran a bucket with a handful of grain
- Veterans all shake the bucket for 10-15 seconds alerting the horses to the sound
- Veterans must protect the grain – horses cannot have the grain
- Process

Process

- Was this easy or hard? Why?
- What did you notice about your "home?" Was it protected or was it open?
- What did you notice about the horses' behavior? Did they approach you or stay away?
- What could you have done differently to get a better outcome?

*horses may have the grain FROM THE BUCKET ONLY, no hand-feeding, at the end of the activity