Around The World - Objective KNOWLEDGE

Participants are divided into teams and challenged to work through the four different obstacles to learn the 'objective' of KNOWLEDGE. They go from country to country and complete what needs to be done at each obstacles. In this exercise the participants have the opportunity to travel the world without leaving their own backyard. The exercise is designed to help participants learn how knowledge is power, and the acquisition of knowledge is an essential part of living a successful and fulfilling life. You will pair up students with horses for the teaching valuable life skills through the power of partnering with the horse on this adventure. As human beings, we are unique in that we have the ability to develop a deep understanding of the world around us through knowledge. This understanding helps us to create a place of mindfulness, peace, happiness, and joy within ourselves, simply by imagining ourselves on a wonderful adventure. When we allow ourselves to explore new ideas and concepts, we open up our minds to a world of possibilities.

Catch That Horse - Objective APPROPRIATE ASSERTIVENESS

Participants will identify, approach, halter and lead a horse back to the starting point. The teams must make a plan to begin but be willing to modify the plan as necessary. This exercise is designed to evoke human emotion. Be aware of how your horse responds to your groups approach, their anxiety, stress or confusion to help the participants see and hear what their teacher is experiencing. This exercise is designed to teach individuals how to work with the needs of others while starting to develop partnerships through respect and empathy.

Crossing Paths - Objective PROBLEM SOLVING/PLAN FORMULATION

Participants are divided into teams and challenged to work through the different stations to learn the 'objective' of PROBLEM-SOLVING AND PLAN FORMULATION. The teams will have to problem solve, work together, make choices and discuss what the best plan will be to discover how each individuals' plans affect the overall team plan. Participants must practice communication; articulation and active listening skills (verbal or non-verbal), while emphasizing plan development and problem-solving.

Driving For Success - Objective TEAMWORK

Participants will be required to work through a course designed after a freeway to reach the objective of goal setting. Teams are set up with 2-3 people/team. All of the obstacles are related to things that happen on the freeway and how when we work together, we can help each other to accomplish more in our lives. While working with their horse as their "vehicle," they will go through obstacles that will allow them to focus on the objective of working as team to be able to accomplish the tasks. There are many facets involved with teamwork; understanding the other members of the team, strengths of the team as well as the team dynamics. All of this will become clearer while they are "Driving for Success".

Equine Billiards - Objective LEADERSHIP

Participants are split into 2-3 teams with four horses that are loose in the arena. The teams work in groups of three. Their challenge is to put and keep all four horses in the pockets (four corners of the arena). This exercise challenges teams with problem-solving, decision-making, leadership, listening and thinking skills. The first time, they are timed at 5 minutes with only one rule. That rule is, they cannot use a halter and lead rope but can use anything thing else inside the arena. The second time, they are timed at 3 minutes but still can not put halters and lead ropes on them. The goal is not only teamwork but who are the influential leaders to organize the group and how to listen to each other opinions, so everyone wins in helping to accomplish the goal.

Equine Olympics - Objective SPORTSMANSHIP

Participants are divided into teams and challenged to work through the different stations to learn the 'objective' of SPORTSMANSHIP. This exercise is about team building and sportsmanship (treating your opponents, teammates, classmates, friends, family and anyone else with respect). The participants are put into teams and have several obstacles to go through with a horse, changing out who leads after each obstacle. The obstacles are similar to the Olympics (high jump, soccer, hurdles, 50 yds. dash, etc.). If they are having difficulty, it will become clear whether or not they have perseverance. Are the participants persevering and following the rules? Are they

helping others that are having trouble? Communication, teamwork and encouragement of others and the horse are essential.

Escape Room - Objective PROBLEM SOLVING AND TEAMWORK

Participants are divided into teams and challenged to work through the five different obstacles to learn the 'objectives' of PROBLEM SOLVING & TEAMWORK. They go through obstacles and have a task to complete with their horse to solve a problem at each obstacle. They will have to find the final code to be transported back to their world as a group. If teams don't complete all the problems, they will have to depend on one another to develop the final code! The exercise is designed to help participants learn how to work together to problem solve. You will pair students with horses to teach valuable life skills through the power of partnering with the horse on this adventure.

Four Musketeers - Objective PLAN DEVELOPMENT (COMMUNICATION/LEADERSHIP)

Participants are divided into teams and challenged to work through the different stations to learn the 'objective' of COMMUNICATION AND LEADERSHIP. Teams are challenged to work through the given task after each participant has been barred from using a different means of communication (sight, feel, hear and speak) with each other; this team-building exercise encourages plan development through alternative communication.

Game Of Charades - Objective LISTENING/BODY LANGUAGE

Participants are divided into teams and challenged to work through the different stations to learn the 'objective' of LISTENING AND BODY LANGUAGE. Teams are challenged to work through a given task as in "The Game of Charades." Teams must act out a different word or phrase at each station; without speaking, using lip movement or pointing at objects in the arena. This exercise will challenge participants to work through a series of tasks while emphasizing how you listen while body language is the only way to speak.

Horse In The Pocket - Objective LEADERSHIP/TEAMWORK/ CREATIVITY

Participants are divided into teams and challenged to work through the different stations to learn the 'Objective' of LEADERSHIP. Participants will learn how to work together in small and large teams as they have fun! Team members will have the opportunity to use their knowledge of herd behaviour from previous exercises to find success with this task. They are, as always, encouraged to think outside the box. The challenge is the horses are loose in the arena, and each team must move a specific horse into a particular pocket without touching the horses!

Life Is A Highway - Objective GOAL SETTING

Participants are divided into teams and challenged to work through the different stations to learn the 'objective' of GOAL SETTING. Teams will be required to work through a course, designed after a freeway, to reach the objective of goal setting. All of the obstacles are related to things that can happen on the highway and in turn, how we can set our goals on the road of life.

Side By Side - Objective COMMUNICATION

Participants are divided into teams and challenged to work through the different stations to learn the 'objective' of COMMUNICATION. Teams are challenged to dress one horse exactly like another horse, as instructed by a team member that is standing on the other side of a blind partition. This team-building exercise restricts one participant from speaking, one from touching and one from seeing; encouraging teams to alter their communication efforts. By losing some of their senses, teams will be unable to anticipate what their team partner may say, strengthening their articulation/ active listening skills.

Taking It All In Stride - Objective ACTIVE LISTENING AND IMPORTANCE OF RELAYING INFORMATION

Participants are divided into teams of three (3) and challenged to work through the different stations to learn the 'Objective' of ACTIVE LISTENING AND IMPORTANCE OF CLEARLY RELAYING INFORMATION. What does it take as a team to figure out who is best for each position to accomplish the task. What do we hear to get the job done and are we clearly telling the team what it is that must be done using the right words and speech for understanding? Each participant will have a specific role to play in this exercise. One will be the whisperer to relay the info, one will be the speaker who receives the message from a whisper and sends the information verbally, and the last one will be the doer once they receive the information and will lead the horse through the obstacle to accomplishing the task. Understanding that to be successful, they must identify where the breakdown in communication happened and implement what they have learned.

Thinking Inside The Box - Objective PROBLEM SOLVING/ ADAPTABILITY

Participants are divided into teams and challenged to work through the different stations to learn the 'Objective' of PROBLEM SOLVING AND ADAPTABILITY. What does it take as a team to think outside the box? In this exercise the participants are put into teams: one person with a horse going through the obstacles and getting like-items (items that are similar) and the other standing in a hula-hoop directing instructions and holding the items. Call out to do a switch, where one of the team members must move clockwise or counterclockwise. This not only changes the dynamics of the teams but also what they are collecting. They continue through the exercise with someone moving and changing partners. By the end of the exercise, the teams end up with their original partners. The teams will have accumulated five items, and they have to determine and explain how four of them are like items.

What Do You Know - Objective KNOWLEDGE OF SELF

Participants are divided into teams and challenged to work through the different stations to learn the 'objective' of KNOWLEDGE OF SELF. Teams are challenged to work through the stations with their individual worksheet and apply all of the knowledge that they have already learned throughout the previous programs. As they work through the tasks, they will be challenged to use and parallel the learning from each task to their life with humans as well as horses.

Your Space Or Mine - Objective BOUNDARIES

Participants are divided into teams and challenged to work through the different stations to learn the 'objective' of BOUNDARIES. This exercise is all about recognizing and respecting everyone's boundaries. We start by asking the participants what are personal boundaries? Discussing how you may be able to enter someone else's boundaries by asking nicely---paralleling to using pressure and release (please and thank-you) with the horses, watching the body language at all times. The participants will also be asked if our boundaries change and are they different with different people (friends, family, strangers)? Do horses boundaries change like people? What kind of body language do horses use to show their boundaries?

The participants start to learn more about interpersonal relationships and their value. How it felt when someone remembered to respect you and your boundaries. Getting Validation. They became more aware that everyone has boundaries including the horses, that need to be respected. That as mutual respect and trust is achieved, our boundaries may change. Respecting boundaries when you are not being watched takes honesty and integrity.

Ultimate Team Challenge - Objective CHARACTER DEVELOPMENT

Participants are divided into teams and challenged to work through what it takes to look after a horse so the welfare of the horse is always looked after and to learn the 'objective' of **CHARACTER DEVELOPMENT**. Teams will be required to work together to clean up the barn! In this exercise the participants have the opportunity to work together as one big team building character. Facilitators are also part of the team. Participants will take on a different sense of responsibility and will discuss and parallel how people build character and why cleaning up the barn could develop this.

Stop And Think - Objective PROBLEM SOLVING & PLAN DEVELOPMENT

Participants are divided into teams and challenged to work through the different stations to learn the 'objective' of **PROBLEM SOLVING AND PLAN DEVELOPMENT**. The teams have to problem solve, work together, make choices and discuss what the best plan would be in order to discover how individual plans affect the overall team plan. Thinking, Analyzing and exploring the alternatives of what will be the best way to

complete the obstacles with the horse they have chosen. Stopping and thinking, before acting will lead them to the objective of Problem Solving. Is there a different way? Is this the only way? They must STOP and THINK.

Round Pen - Objective BODY LANGUAGE

Participants are challenged to work through the stations to learn the 'objective' of BODY LANGUAGE. Participants will learn individually through personal observation and first hand experience of the significance and power of body language. Learning that through clear body language we can build relationships that have trust and respect is a big pay off in life when we can learn to use our body to match the words we speak or feel. Participants also understood more about boundaries associated with personal space and how important appropriate assertiveness is while working with a horse and how that parallels into our lives with people.

Project Runway - Objective CHOICES AND BUILDING CONFIDENCE

How does one build confidence? By making choices with confidence, this will lead to positive results of having inner confidence of one's self. The objective is '**CHOICES AND BUILDING CONFIDENCE**'. What does it take to build confidence inside, through the power of choice, especially when those choices will affect not only one's self but the entire team?

Power Within - Objective SELF ESTEEM/BUILDING CONFIDENCE

Participants are divided into teams and challenged to work through the different stations to learn the 'objective' of SELF ESTEEM AND BUILDING CONFIDENCE. Participants will self evaluate and reflect: What words apply to them and what do they see in themselves (attitude, courage, forgiveness, love, trust, respect, hope, honesty, belief, confidence, commitment, integrity).

Path Of Least Resistance - Objective CHOICES

Participants will be required to make choices as a team as to what set of obstacles they want to go through. The 'objective' for this exercise is CHOICES. The teams have to

problem solve, work together, make choices and discuss what the best plan would be in order to discover how individual plans affect the overall team plan. Everyday we make choices. We face temptations and possibilities and it's up to us to make the right choices. Participants must learn being positive and accept the consequences of our actions. Communication; articulation and active listening skills (verbal or non-verbal), while emphasizing plan development and problem solving will all be apart of how we individually and with a team make choices.

Learning The Lingo - Objective Gaining KNOWLEDGE

Participants will work together to gain more knowledge about the horses as well as how each piece of knowledge parallels to every day life. The 'objective' that they will learn today is **gaining KNOWLEDGE.** They will work through obstacles with their team to find out detailed information about their teachers as they fill out their worksheet. Participants will look deeper into why it is important to gain knowledge about the members of our team, the horses, just like it is important to gain knowledge about other people and also about themselves. This will also bring attention to what a horse needs to feel safe, and for the participants to gain the knowledge of what helps each individual horse and human to feel safe so they can complete the tasks.

It's All About Boundaries - Objective PROBLEM SOLVING & RECOGNIZING BOUNDARIES

Participants are divided into teams and challenged to work through the different stations to learn the 'objective' of PROBLEM SOLVING AND COMMUNICATION. Discuss what boundaries are to us and for the horses. How we respect boundaries and what does that mean? Why do boundaries keep us safe? Participants are put into teams of 2 and then they can go and pick a horse. Each team has two lead ropes on their horse and has to guide and maneuver their horse through the obstacles while at the same time watching the body language. If any of the rules are broken, the teams are either given a clothespin as a reminder or are allowed to choose a consequence as a team.

I Hear You But Can't See You - Objective LEADERSHIP

Participants are divided into teams and challenged to work through the different stations to learn the 'objective' of LEADERSHIP. The teams have to work together, make choices and discuss what the best plan would be in order to discover who takes the leadership role throughout the exercise. This exercise is all about walking the talk vs just talking about what needs to be done. A leader must know what it is to walk the course and how it will affect their team members to be the best leader they can be. Participants must practice communication; articulation and active listening skills (verbal or non-verbal), while emphasizing plan development, problem solving and to the ultimate ability to lead the team.

How Do We Lead - Objective Effective LEADERSHIP

Participants are divided into teams and challenged to work through the different stations to learn the 'objective' of LEADERSHIP. In this exercise discuss the leadership qualities followed by instructions for the exercises of the day. Participants are in teams of three and they work their way through three styles of courses with a total of seven obstacles in all. - each taking a turn being the leader in the different styles.

- Leading the blind - One member had to guide two blindfolded members.
- Leading from a distance - The leader has to instruct the team through an obstacle while the horse is without a halter and lead rope.
- Pass the information down the line - The leader, alone, has to read the instructions from the card and pass this information "down the line" to the team members.

Four Day Survival - Objective CHOICES

Participants are divided into teams and challenged to work through the different stations to learn the 'objective' of CHOICES. In this exercise participants think about what horses and people need to survive and make choices. Each team will choose 12 items that they would take on their four day survival trip that they believe will help them to survive. Choices include food, magazines, flashlights, clothing, etc. How were they going to keep themselves and their team safe and alive? As the teams go on their journey, each station offers a scenario. The team will decide on three items that they have chosen to bring with them at each obstacle. But once they use them, they no longer have those items and give the three items they used back. They continue this through all four obstacles and by the end of day four they have nothing left.

Fear Factor - Objective Embracing FEAR

Participants will be required to work through a course designed with a variety of obstacles with the 'objective' of EMBRACING FEAR FOR GROWTH. Teams are set up with 2-3 people/team. All of the obstacles are related to things that we know that horses are afraid of in general and the reasons why they are afraid. By having the participants help their horses to trust them to take them through these fearful obstacles it makes the participant step up as a confident leader to help the horse and in turn helps them to learn the importance of not only how we as humans work through our fears but being their and helping others through their fears.

Did I Hear You - Objective ACTIVE LISTENING AND ARTICULATING THOUGHT

Participants are divided into teams and challenged to work through the different stations to learn the 'objective' of ACTIVE LISTENING AND ARTICULATING THOUGHT. Begin by discussing what active listening is and how people communicate. Some questions we pose are: are we really listening and hearing what someone else is saying to us? What makes a good listener? How do people feel when someone is really listening? The participants are then put into groups of 3 - 4 people, once their groups of people are determined they can then, as a team, pick a horse. At the stations, the first person reads the card and repeats the instructions to the person beside them, and then that person repeats to the next, and so on, until the last person in the line gets the information. That person then takes the horse through the obstacle, completing the task. Did they complete what actually was first said on the card? At each new obstacle rotate people so all have a chance at each station.

Count On Me - Objective PROBLEM SOLVING

Participants are divided into teams and challenged to work through the different stations to learn the 'objective' of PROBLEM SOLVING. In this exercise the participants have the opportunity to problem solve - counting, adding, and doing the math. The participants are put into teams of two and choose a horse to help them on their journey. Each team is given a clipboard with a paper and pencil to keep track of the numbers that they end up with at each obstacle. At each obstacle the participants read the instruction cards to find out what to do.

Each of the obstacles are set up to include the horse in the equation but how through problem solving will they accomplish this.

Communication Rocks - Objective LISTENING/COMMUNICATION

Participants are divided into teams and challenged to work through the different stations to learn the 'objective' of ACTIVE LISTENING AND COMMUNICATION. Participants will gain a better understanding of how their own verbal and non verbal communication skills impact and affects others, positively and/or negatively.

Comfort Zone - Objective SELF EVALUATION

The teams will need to work together to a variety of obstacles to test their comfort zone. Participants will rate their comfort level at each obstacle and look within to decide why their comfort level changes with each activity.