

2023 Instructor's Bag of Tricks
Unmounted Games and Activities




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Why Unmounted Lessons?

- 1) Perfect for poor weather conditions for riding
- 2) Teaches the importance of communication with the horse on the ground
- 3) Creates an option for larger groups
- 4) Great way to teach invaluable lessons such as what and what not to feed a horse!

Why Unmounted lessons continued

- 5) Allows you to stay organized with less rescheduling of lessons
- 6) Keeps you prepared for impromptu lessons in the event of lameness or injury of the horse.



Can you achieve these goals?

- 1) Make unmounted lessons fun and allow hands on experience
- 2 Help parents and students see the value of unmounted lessons
- 3) Relate to horsemanship skills
- 4) Communicate as clearly and simply as possible
- 5) Encourage flexibility and perseverance

Goals continued –

- 6) Have the game or activity be part of the lesson plans goals and objectives.
- Ex: working on reading, math, following instructions, getting creative, building confidence, social interaction




Example of Lesson Plan template

- Lesson plan Student _____ Horse: _____ Date: _____
- _____ English _____ Western _____ Bareback _____ Ground Work Halmet Size S M L XL
- Short term goals (to achieve in 2-4 weeks):
- 1. _____
- 2. _____
- 3. _____
- Long term goals (to achieve in 1-2 years from now)
- 1. _____
- 2. _____
- 3. _____
- Objective:
- What is the focus on teaching to meet the student's goals? _____
- _____
- _____
- (include riding skill, verb/action such as perform, demonstrate, attempt, etc)
- (include measurement – example, 3 repetitions, 4/5 attempts, 2x each direction, etc.
- Ring setup (what obstacles or tools are needed) _____
- Warm-up Exercises to use:
- 1) _____
- 2) _____
- 3) _____




Lesson Plan template continued

- Parts of the horse learned: Grooming tools (name & description & purpose)
 - 1. _____ 1. _____
 - 2. _____ 2. _____
 - 3. _____ 3. _____
 - 4. _____ 4. _____
 - 5. _____ 5. _____
- Parts of equipment learned: Other topic:
 - 1. _____ 1. _____
 - 2. _____ 2. _____
 - 3. _____ 3. _____
 - 4. _____ 4. _____
 - 5. _____ 5. _____



Lesson Plan template continued

- Game: _____
- Objectives: _____
- _____
- Observations (what to work on, what was done well, what needs improvement)
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____



Let the Activities Begin!



Painted Pot Party

- Use clay pots of different sizes, craft sticks, feathers or boa, google eyes, paint and glue
- Have the students paint their horse or pony



Scavenger Hunts

- Examples of items:
- Horse that has a star on its forehead
- A purple bucket
- Stall nameplate that says "Oscar"
- A blue saddle pad
- A pink ground pole
- Henry's English bridle
- Find the oats, alfalfa or grass hay

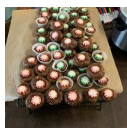


Scavenger Hunts

- Make these learning experiences
- 1) Talk about the item first and what it is
- 2) Ask questions, like "where do you think we could find this?" Depending upon student's ability, try to stay away from questions that only require a "yes" or "no" answer.

Making Horse Treats

- Baking or non-baking items
- The learning experience:
 - Measurements
 - Patience
 - Working together
 - Following instructions
 - How to properly give a horse a treat!



Paint the Pony or Horse

- Learning Experience:
 - Painting with colors – Learning colors
 - Following instructions – Cleaning up
 - Social interaction



Dress Up Day

- Elves for Christmas
- Halloween costumes
- Easter bonnets or bunnies
- St. Patrick's Day
- Learning experience:
 - Working quietly and safely around animal
 - Follow instructions
 - Socialization
 - Having fun!



Holiday parties



Labeling the horse

- Use pony or use a student (with a horse mask)
- Have labels made with names of horse parts
- Students puts labels on the matching part



Bean bag balance

- Put a bean bag on top of the student's helmet and walk and trot around
- Goal is to keep the bean bag in place
- Learning experience:
 - Riding smooth and balanced
 - Holding head in proper position



Lead horse, pony or mini through obstacle course

- Learning experience:
 - Leading
 - Communication with the horse or pony
 - Following instructions
 - Physical agility

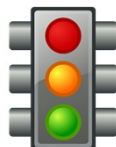


Design an obstacle course

- Use toy horses or models with the accessories such as jumps, poles, etc
- Learning experience:
 - Teaches creativity
 - Can discuss length of strides at different gaits
 - Ask questions, will the horse be walking or trotting
 - Get your students to think “purpose”

Red light, green light

- Learning experience:
 - Leading the horse or pony
 - Safety with others in the arena
 - Watching your surroundings
 - Following instructions



Chuckle time – you know when the horse poops or farts and all the kids giggle?



Follow the Leader



- Use real horse, stick horse or have a student be the horse, and one be the leader

Learning experience:

- Safe distance between horses
 - Following instructions
 - Staying focused and aware
 - Life skills – both leaders and followers are needed in life
- Make sure they are both leader & follower

Magazine Scavenger Hunt

- Find a chestnut horse
- Find a horse going through water
- Find a horse with a blaze



Learning experience:

- horse colors and markings
 - horse trail obstacles
- Simply go over the items before the “hunt” and incorporate those in your instructions to “search for”

Pin the tail on the Donkey

- Self explanatory
- Learning experience:
 - Social interaction
 - Coordination
 - Balance
 - Fun



Stick pony lessons

- Learning experience:
 - Introduction to various horse sports
 - Pattern practice
 - Learning gaits and movements
 - Following instructions
 - Patience with practice



Pony Pictionary


- Needs: pictionary cards, dry erase board, markers, eraser, time keeping device, scorekeeping supplies
- Learning experience:
 - Parts of the horse
 - Parts of tack
 - Grooming tools
 - Parts of hoof
 - Horse sports



<https://www.youtube.com/watch?v=SDeQT9zCv4>

Read a Book

- Read a book next to a horses or the horses.
- Learning experience:
 - Comprehension & understanding
 - Listening skills
 - Relaxation



Make a homemade handscrub

- Learning experience:
 - Teaches cleanliness
 - Teaches that horses get dirty and we get dirty

After making the hand scrub, keep it in the barn for use when they are done with lessons.



Teaching Cues & Soft Hands

- Team of two – one person is the horse and one is the “rider”
- The “horse” is wearing a blindfold or special “sunglasses” (how a horse sees things) and a halter or bridle with reins
- The rider uses the reins to tell the horse to stop and go and turn (no human words) The rider can “cluck” or “kiss” to the “horse”.

Teaching Cues & Soft Hands con't

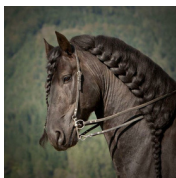
- Learning experience:
 - How to use cues softly
 - Use of proper pressure
 - Communicate with anotherPractice turning by setting up cones to weave around them

Blindfold Game

- Use a blind fold and have students identify various tools or items used with horses.
- Learning experience:
 - Talk about each item and what is its purpose
 - Sensory – takes one sense away to concentrate on another
 - Trust

BraidFest

- Teach how to braid a mane or tail.
- Use twine string for practice
- Learning experience:
 - Following instructions
 - Coordination
 - Sensory toolCan also use rope and Make their own belts!



Carrot Toss Quiz

- Flash cards with horse related questions. If answered correctly, place a carrot in a bucket
 - Learning experience
 - Have fun taking quizzes
 - Practice what we have learned
 - Gain a measureable idea of what our students have learned
- The horses get to eat the carrots!



Bucking Bingo

- Make up Bingo cards with horse picture or horse related words. Either call out the item or show a corresponding picture of the item. Cut out horse shoes or use buttons to cover their squares.
- Give them a horse treat or carrot or apple to give to their favorite horse



At the end of a lesson

- Always ask the students
 - What did you learn about today?
 - What did you do well?
 - What would you like to improve?



Where to find ideas and resources used for this presentation

- Path Instructor Education Guide 2019
- Activities for Therapeutic Horseback Riding Lessons, A Lesson in TR.com Collection 2017 by Cynthia Linsenhardt and contributors
- Certified Horsemanship Association Riding Instructor and Trail Guide Manual
- <http://www.lessonsintr.com/>
- <https://theequineimpact.com/tag/lesson-ideas/>

Additional resources

<https://horsesenselearninglevels.com>

<https://horsesoftheozarkhills.com/15-mounted-unmounted-activities-for-kids/>

<https://horseridinglessonplans.com/subscription/>

Additional resources

How to Give Unmounted Horsemanship Lessons on Rainy Days
• <https://pethelpful.com/horses/unmounted-horsemanship-lessons-on-rainy-days/>

A Great Idea: Unmounted Activities For Rainy Days Strides
• <https://www.omagdigital.com/publication>

unmounted lesson plans - equestrian - LiveJournal
• <https://equestrian.livejournal.com/...>

29 Horse Camp Activities That Are Fun For Kids and Adults
• <https://www.helpfulhorsehints.com/horse-camp-activities/>

Thank you for attending!

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