

Have a great activity you like to do with your students? Share it with Region 5! Write up your most fun mounted and unmounted activities and submit them using the format below **BEFORE July 1, 2021** to be included in our Region 5 Activity Binder that will be given to all participants of the Region 5 conference. Limit ONE mounted and ONE unmounted activity per registrant. Please submit via email to Melissa Abbey melissa@rideatstar.org with “Region 5 Activity Binder” in the subject line.

Please use this format when submitting activities for the book:

Activity Title (Mounted or Unmounted?)

Life skills:

Horsemanship skills:

Students/Materials/Time:

- # of students this activity works best with
- What materials you need for this activity?
- Range of time that this activity generally takes

Instructions:

Thoroughly describe the activity and how to lead it. Include any safety tips, extension ideas for more advanced groups, etc. in this section

EXAMPLE

The Howdy! Game (can be Mounted or Unmounted)

Life Skills: Introducing oneself and learning someone else’s name, taking turns in conversation

Horsemanship Skills: Stopping the horse at a designated point, maintaining safe distance between horses

Students/Materials/Time:

- 4-8 students
- 4 Cones, one at the mid-point of each straight side of the arena
- 8-10 minutes

Instructions: Start half of the group off walking along the rail in one direction, and the other walking the opposite direction. Remind students to keep at least one horse length apart at all times. After one lap, instruct them to stop their horse at each cone they come to and introduce himself or herself to the first person who comes from the other direction before walking on. Coach the students on how to offer their name and ask for the other person’s, then say “nice to meet you, so-and-so”. After the introductions, have each student walk their horse to the next cone and introduce themselves to the next person coming from the other direction. After everyone has made 1-2 laps of the arena, have students play again, only this time introducing their horse to the student coming from the other direction. “Hi Carlos, this is my friend Freckles”, for example.

Extension: Have your more advanced students do different speeds of walk (or different gaits) between the cones.