



PEGASUS THERAPEUTIC HORSEMANSHIP- THERAPEUTIC BENEFITS/TRANSFERRABLE SKILLS
Physical, cognitive, and social-emotional (mind, body, spirit)

The below horsemanship activities/skills are taught utilizing the hierarchy of prompts and varying levels of assistance, with the goal of promoting as much independence as possible. Our instructor teams strive to provide the just right level of challenge to facilitate growth and learning. All horsemanship activities/skills provide a combination of physical, cognitive, and social-emotional benefits.

HORSEMANSHIP ACTIVITY/SKILLS	THERAPEUTIC BENEFITS/TRANSFERRABLE SKILLS
Haltering	Confidence, following directions, spatial awareness, body awareness, exercise memory, eye-hand coordination, motor planning, sequencing, fine motor skills, gross motor skills, use of bilateral hands, left/right discrimination, increased focus, grading of pressure, problem-solving.
Observe and interpret horse’s body language and respond appropriately	Increased attention/focus, reading social cues, “listening” skills, self-awareness (how participant’s energy/behavior can impact others), compassion, empathy, self-regulation.
Hand-on quiet time with horses	Increased capacity for quiet/stillness, patience, impulse control, self-regulation, observational skills, eye contact, mindfulness, connection. <i>Hands-on quiet time with horses includes all benefits listed under “Observe and interpret horse’s body language and respond appropriately”.</i>
Grooming	Safety awareness, confidence, following directions, processing, spatial awareness, body awareness, eye-hand coordination, motor planning, sequencing, fine motor skills, gross motor skills, use of bilateral hands, improve flexibility, left/right discrimination, crossing midline, increased focus, exercise memory, grading of pressure, sensory integration, impulse control, self-regulation, organization, time management, proprioception, flexibility, range of motion, bilateral integration, connection, nurturing, empathy, responsibility, sense of purpose, trust, boundaries, mindfulness, pride and sense of accomplishment, connection, completion of tasks, independence. <i>Grooming includes all benefits listed under “Observe and interpret horse’s body language and respond appropriately”, as these are necessary components to grooming.</i>
Picking feet	Safety awareness, spatial awareness, body awareness, motor planning, sequencing, balance, use of bilateral hands, confidence, boundaries, setting intention, confidence, independence.
Leading/beginner: Transitions (walk-halt-walk), changes of speed at the walk, changes of direction	Safety awareness, confidence, empowerment, impulse control, self-regulation, focus/attention, spatial awareness, body awareness, posture, setting intention, voice aids, body language, leadership skills, teamwork, trust, setting boundaries, increase exercise tolerance, overall fitness, and overall endurance, increase ambulation/mobility, coordination, decision-making, self-advocacy, managing frustration, problem-solving, motivation, self-esteem, independence, pride, and sense of accomplishment.



PEGASUS THERAPEUTIC HORSEMANSHIP- THERAPEUTIC BENEFITS/TRANSFERRABLE SKILLS

Physical, cognitive, and social-emotional (mind, body, spirit)

<p>Leading/advanced: Obstacle courses, trotting, walk to trot and trot to walk transitions, leading outdoors</p>	<p>Safety awareness, confidence, empowerment, impulse control, self-regulation, focus/attention, spatial awareness, body awareness, posture, setting intention, voice aids, body language, leadership skills, teamwork, trust, setting boundaries, increase exercise tolerance, overall fitness, and overall endurance, increase ambulation/mobility, managing frustration, problem-solving, coordination, decision-making, motivation, self-esteem, self-advocacy, managing frustration, problem-solving, independence, pride and sense of accomplishment.</p>
<p><u>Control of horse:</u> Taking horse out of stall Returning horse to stall Putting horse on/off crossties Moving horse right/left, back/forward Boundary setting exercise Yielding horses' haunches Backing up</p>	<p>Control of horse as listed encompasses all the transferrable therapeutic benefits/transferrable skills listed for all horsemanship categories at a more advanced level.</p>
<p><u>General horse knowledge:</u> Breeds/colors/markings Feed/nutrition First aid/health Conformation Part of horse Stable management</p>	<p>Focus/attention, remedial math, remedial reading, increased language, processing, critical thinking, responsibility, nurturing, sense of purpose, correlation of participant's own health and nutrition, empathy, caregiving, exercise memory, communication, listening skills, motivation, organization, decision-making, foster curiosity, pride.</p>

Science-based Research on the Physiological Benefits of Equines

- Decreased heart rate
- Decreased blood pressure
- Decreased cortisol levels
- Increased oxytocin levels (love, affection, connection)
- Increased serotonin (happiness, feeling of well-being)
- Increased dopamine levels (reward and motivation)
- Release endorphins (reduces stress, relieves pain)
- Creation of new neuropathways

What Horses Can Teach Us

- How to be present*
- How to listen actively*
- How to communicate clearly*
- How to set healthy boundaries and respect the boundaries of others*
- How to set intention*
- How to regulate energy*
- How to recognize, name, and respond to your emotions*
- How to be congruent and authentic*
- How to live in the moment*