



# EAAL Session Plan

Session Title/Activity Meet & Greet “Littles”

Life Skill: Coping skills, comfort level in a new setting

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## Objective:

*Increase comfort level of client in the farm setting through observation and interaction with the Littles herd of mini equine, goats, sheep. Facilitation can focus on coping skills to increase comfort level in a new setting. Secondary objective, start to create connections with peers and specific animals.*

## Materials/Setting:

- *Animal Personality cards*
- *Enclosed area, either Littles paddock or north barn arena (weather dependent)*
- *Littles herd*
- *Client can start observation either inside/outside of enclosed area depending on setting and safety.*

## Activity:

Herd observation initially. This is observation without direct interaction with the animals.. Meet & Greet provides an opportunity to then directly interact with the animals. Practice recognizing non-verbal feedback. Does the animal want connection? What to do if they walk away?

## Life Skill Application:

Provide an opportunity for client to actively observe social interaction and personality traits of others. Increase awareness over duration of activity of how individual perceives new situations and the “lens” through which they see the experience.

# Facilitation Process

## Check-In:

Client and facilitator/s check in with themselves and each other through animal feelings chart

## Opening:

Intro can include very brief general information on herd non-verbal communication, prey/predator roles and how that impacts their observational skills. Safe and appropriate way to meet another being—in front of and not from behind. If animal walks away let them go but recognize that it isn't about liking/not liking you, it's seeking a sense of safety.

## Activity:

1. Say "hi" to animals. How many of the herd are open to the connection
2. Learn more about the Littles and each other with distributed Littles info cards. Learn about the cards given to you and then learn about at least one of the animals each peer has cards for.
3. Identify coping/calming skills that humans and animals employed to complete the task and/or make connections with each others.

## Shift:

After working with peers, client identifies an animal that is of particular interest to them, and potentially one that they can relate to in some way.

## Try Again:

Client then tries to "get to know" that animal better through observation, connection, and/or interaction.

## Reflect:

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Options for processing:

- General check-in about comfort level with animals. Any animal shift emotions? Which ones, how come?

- General check-in about interaction with peers, staff. Who did you communicate with? How did that feel? Do you remember anyone's name?
- What was surprising about the farm physically? Exmple: so many gates, specific type of animals, weather, wildlife, etc...
- Is there any area of the farm that would be interesting to explore more in future sessions?
- Which animal was most interesting to you today?
- Which animal reminded you of yourself, or could you relate to the most?