

HORSES INTERVENTION RATIONALE: 2025/26

Changing lives through interaction and interventions with horses.

UNIQUE CONNECTIONS - Horses uniquely connect with people on emotional and psychological levels.

KEY LIFE SKILLS - Working with horses helps develop key life skills: trust, communication, empathy, and responsibility.

BENEFITS - Equine-assisted activities benefit individuals facing emotional, behavioral, or physical challenges.

PERSONAL GROWTH - Horses respond to non-verbal cues and emotions, providing immediate feedback. This feedback encourages self-awareness, and personal growth.

RESILIENCE - Interacting with horses builds confidence and self-esteem

PHYSICAL INTERACTION - Physical interaction improves motor skills, coordination, and balance.

EMOTIONAL - Contact with horses and outdoor activities reduce stress and promote overall well-being.

REGULATION - Provide a safe, non-judgmental environment for emotional and personal development.