



Blog Activity

Feelings of the Heart



- Materials
 - Challenging obstacle for both client and horse.
- Introduction
 - Ask the client to bring their horse to the workspace. Ask the client to pick an obstacle that has been challenging for both the horse and the client. You may ask the client questions, such as:
 - What about this obstacle has been challenging for both you and your horse?
 - Why do you think this obstacle has been challenging for you and your horse?
 - What are the thoughts you have before taking the obstacle on?
 - After the conversation, ask your client to attempt the obstacle with their horse and discuss the outcome.
- Activity
 - After the initial attempt, ask the client to stand with their horse. Have the client observe their horse's body language, demeanor, general state of being, etc.
 - Ask the client to touch their horse and find their heartbeat. Once they find it, ask the client to keep their hand in that spot and close their eyes to focus on their heartbeat.
 - After a few minutes, ask the client how they feel after completing the activity. What is their state of mind? Why do they feel the way they feel?
 - Discuss the facts related to the blog article with your client and ask them how they interpret the facts?
 - Encourage the client to attempt the obstacle with their horse again while being in this calmer state and assess the outcome.