



Thera-Pony

PONIES HELPING PEOPLE

Thera-Pony

SCHOOLS & EDUCATION

Booklet



Inspired

LEARNING & HEALING

Thera-Pony



We are an equestrian centre located in Errol, Perth & Kinross, we deliver Equine Assisted Activities & Facilitated Learning session to Schools accross Tayside.

Our aim is to increase the self-esteem and mental wellbeing of children & young people through activities with horses.

There is nothing that cannot be learned through horses.

We want to help our clients make meaningful life improvements including physical, mental & emotional, education and motivational.



About

EQUINE FACILITATED LEARNING



EFL is a method used which included Equine Assisted Activities and/or an equine environment to promote physical, occupational and emotional growth in persons suffering with mental health issues or diagnosed with neurocognitive conditions as well as people who are dealing with traumatic experiences and many other issues such as, behavioral or abuse/neglect issues.

EFL aims to help individuals build confidence, self-efficacy, communication, trust, perspective, social skills, impulse control, and lean boundaries among many other skills.

EFL takes place outdoors, providing people with the chance to experience a rural environment and connect with nature. For children and young people from deprived environments, or experiencing difficulties at home this can be a very rewarding and stimulating therapeutic intervention.



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OUR SERVICES



School Visits

Yard Visits



Nursery Visits

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SCHOOL VISITS

Ponies to School



During School visits we bring the ponies into the playground to deliver Equine Assisted Activities Therapy (EAAT) to the pupils. These mini learning opportunities are delivered in a fun and safe manner, working closely with our allocated core groups over the term/block pupils learn about the ponies and how to stay safe, about their care and how to help them stay healthy by grooming - learning the name and the job of each of the brushes in the kit.

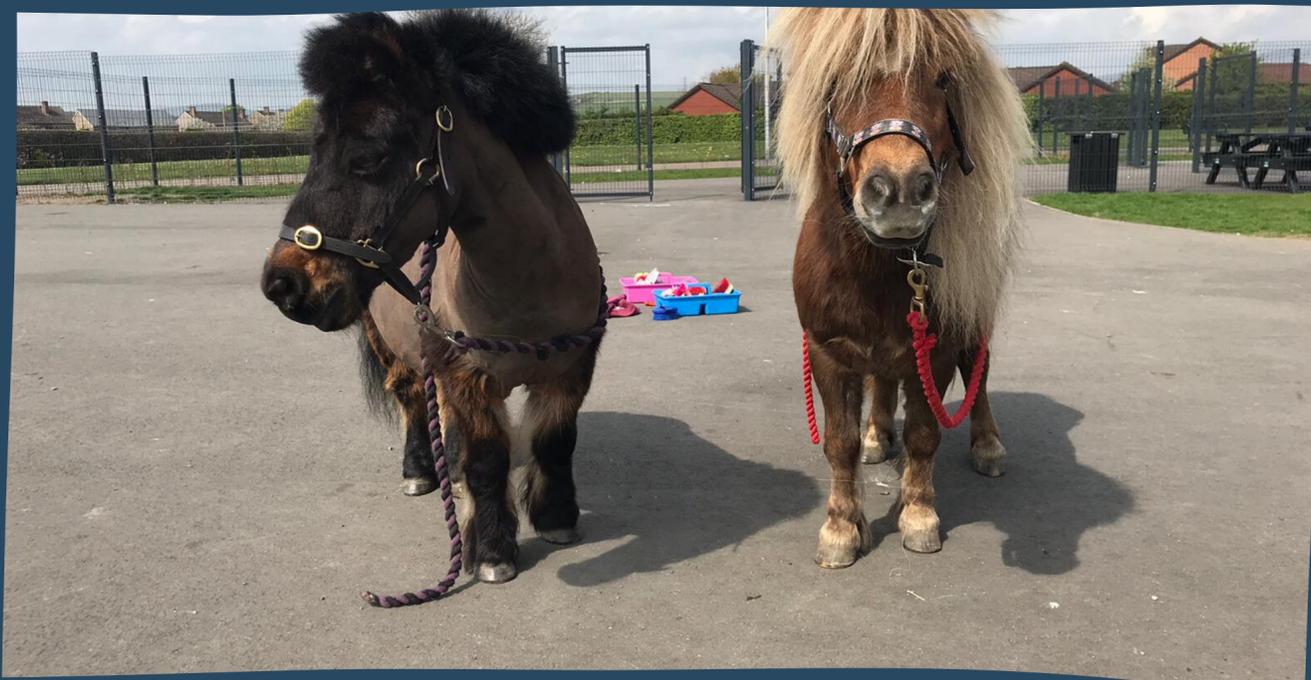
The pupils will eventually learn the skills required to take the ponies on a short walk.

These activities are great for children in core groups or for those who have neurocognitive conditions and learning disabilities as well as being a great treat for those in mainstream learning (a great stress buster for exam times)

working with the ponies we use Equine Assisted Activities. This can benefit children by improving cognitive and sensory processing, emotional regulation as well as fine and gross motor skills.

we will work with each school to build a plan to suit the children's needs and key learning outcomes. We link our session with the SHANARRI indicators on the wellbeing wheel to ensure we Get It Right For Every Child.





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YARD VISITS

School to Yard



These sessions are delivered through our Ponies Helping People Programme, our flagship program delivered from the centre. The children will watch the ponies and observe their behaviour and body language, learn to understand the cues and the personalities of each horse. Each session there will be a new learning opportunity. Sessions are child-led at their own pace and goal-oriented.

There is nothing we can't learn through horses - every skill learned on the yard or around horses is a transferable skill, skills we need in our everyday experiences.

Through our sessions, students have the opportunity to learn new skills, techniques and build self-confidence in a fun, dynamic way.

Over the week's children will work with the ponies and the handlers learning about body movements and cues, grooming and care of the ponies and how to lead the ponies safely and confidently after building a bond. The children will grow their self-esteem and build resilience using the transferable skills techniques learned across the sessions.

Sessions include hands on activities with the ponies & calm and relaxation techniques such as mindfulness and movement in the equine environment.





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NURSERY VISITS

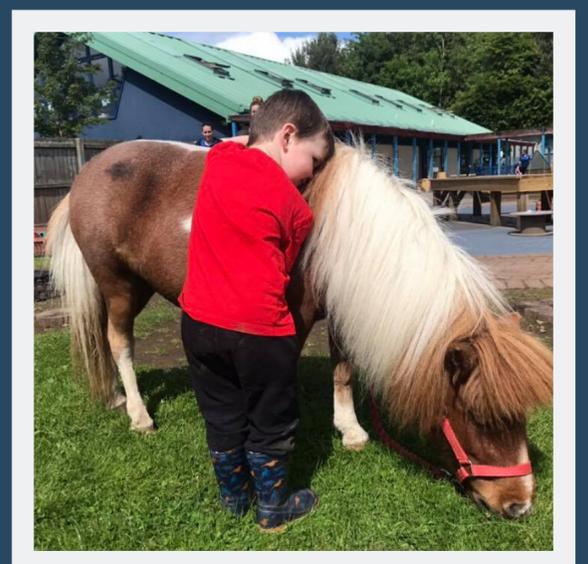
Ponies in the Garden

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Through these mini sessions we deliver Equine Assisted Activities to the children. The ponies can go in the garden or on bad weather days, they can go inside the building wearing special bags for heigine.

The children learn to groom the ponies and spend time decorating them with special bows. This builds confidence in the children and offers a sense of calm while strengthening their gross and fine motor skills.

The children will learn how to lead the ponies around the space.



The **BENEFITS**



Being around horses means time outdoors and both have specific benefits for the mind, body and soul! mental wellbeing, physical wellbeing and emotional growth, below are some of the benefits

Benefits of EFL

- Confidence building
- Resilience building
- Communication skills (spoken & non spoken)
- Relationship building
- **Responsibility**
- Teamwork skills
- **Personal achievement**
- Transferable skills

Benefits of Outdoors

- Boosts energy
- Exercise
- Boosts immune system
- Enhances creativity
- Reduces stress, depression & anxiety



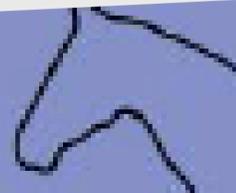
Ponies Helping People Programme

MEASURING IMPACT

Goal Based Outcome

Goals and goal-based outcomes (GBOs)

Client Progress Book



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PONIES HELPING PEOPLE

Client's Name: _____

Program Leader: _____

Service/School: _____

Service/School Representative: _____

Date: _____

This booklet will help identify goals of the client, measure the impact of the program & track the outcomes of the goals set.

This is a 6 week block, during the pre-session you will be asked to identify 3 goals, at the end of each session during your de-brief you will score your progress on the table and at the end of the block we can measure the outcome together.

1. Set 3 Goals
2. Score your progress
3. Measure the outcome

Ponies Helping People Programme

MEASURING IMPACT

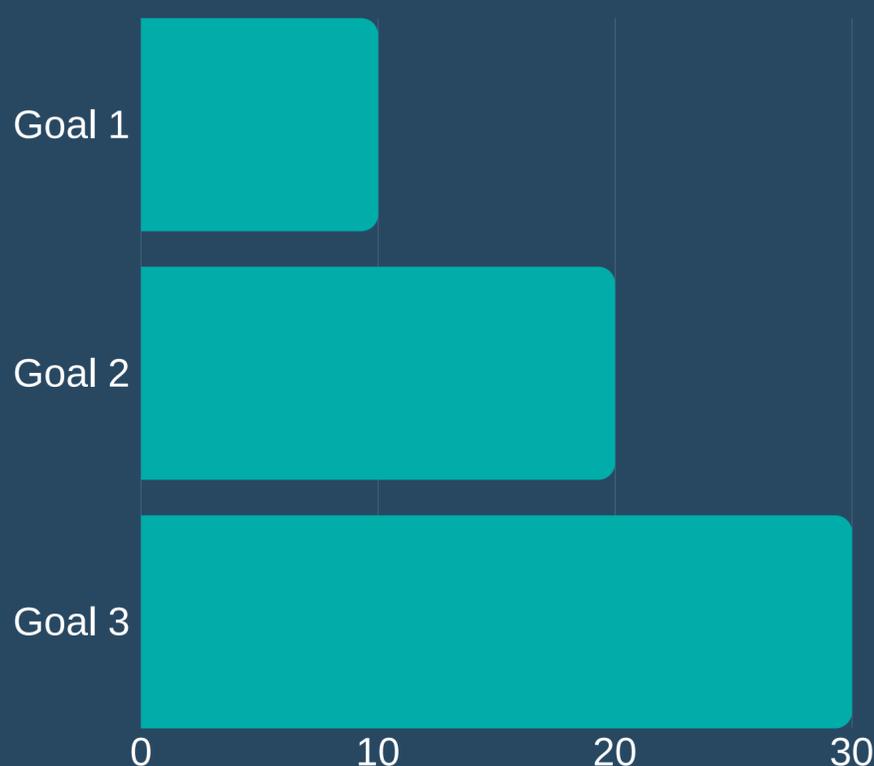
Goal Based Outcome



We use a Goal-based outcome approach for our Ponies Helping People Programme, this allows us to monitor clients progress and track the development of identified skills and at the same time gives us a way monitor and measure our impact

Clients are asked to identify 3 goals they wish to learn or develop throughout the course and these are scored between 0-10 by the client at different stages throughout the sessions.

This offers a visual representation and allows the client to see the progress they are making, even when it can sometimes doesn't feel like they aren't progressing at all.



Get in Touch

CONTACT US

Let's talk



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