

Therapeutic Riding Session 1 Update




Session 1 was a very soggy 9 weeks....

Despite the rain, we were able to do lots of fun lessons in the barn! We started with a goal setting activity for the New Year. Our riders were able to identify riding skills they want to work on, as well as some of the subsequent skills needed to achieve their goals. The activity included learning more about the specific horse they ride and drawing a fun picture.

Mission Statement
Helen Woodward Animal Center's passionate belief that animals help people and people help animals through trust, unconditional love, and respect, creates a legacy of caring. Sharing this philosophy with others, the Center inspires and teaches, locally and globally, the importance of the animal-human bond.

My Name: _____
My Horse's Name: *Dishes*
My Horse's Age: *15*
My Horse's Color: *chestnut*
My Horse's Gender: *Girl-mare*

Draw A Picture of Your Horse:



What I like to do with my horse: *Walk and turn*

What are my goals with my horse: *ride by my self*

What should I practice to reach my goals with my horse:
steer my horse better

The sun eventually came out and we did a little riding! But then the rain returned and took us back to barn lessons and learning about

horsemanship, tack & equipment, and horse anatomy. These pictures are of Lucky. She is trying out for a spot on our Therapy Horse Team. She is showing off the tack parts activity and our Valentine's Day game: 'Hearts on the Parts'. So far, she is very patient and doesn't mind our shenanigans.



On rainy days we will also use our friend 'Boss' the mechanical horse. He helps some of our riders learn to mount/dismount, ride in a new saddle, work on body control, practice holding reins, and get the stretch and movement of a real horse without having to ride in the rain or mud. He is a wonderful member of our team (and doesn't eat much)!



Due to the unseasonably wet weather, the horses find themselves having to spend a bit more time inside than usual. Here we see Halif and Dante enjoying some enrichment activities. We're not sure who is most entertained by these toys.... them or us?

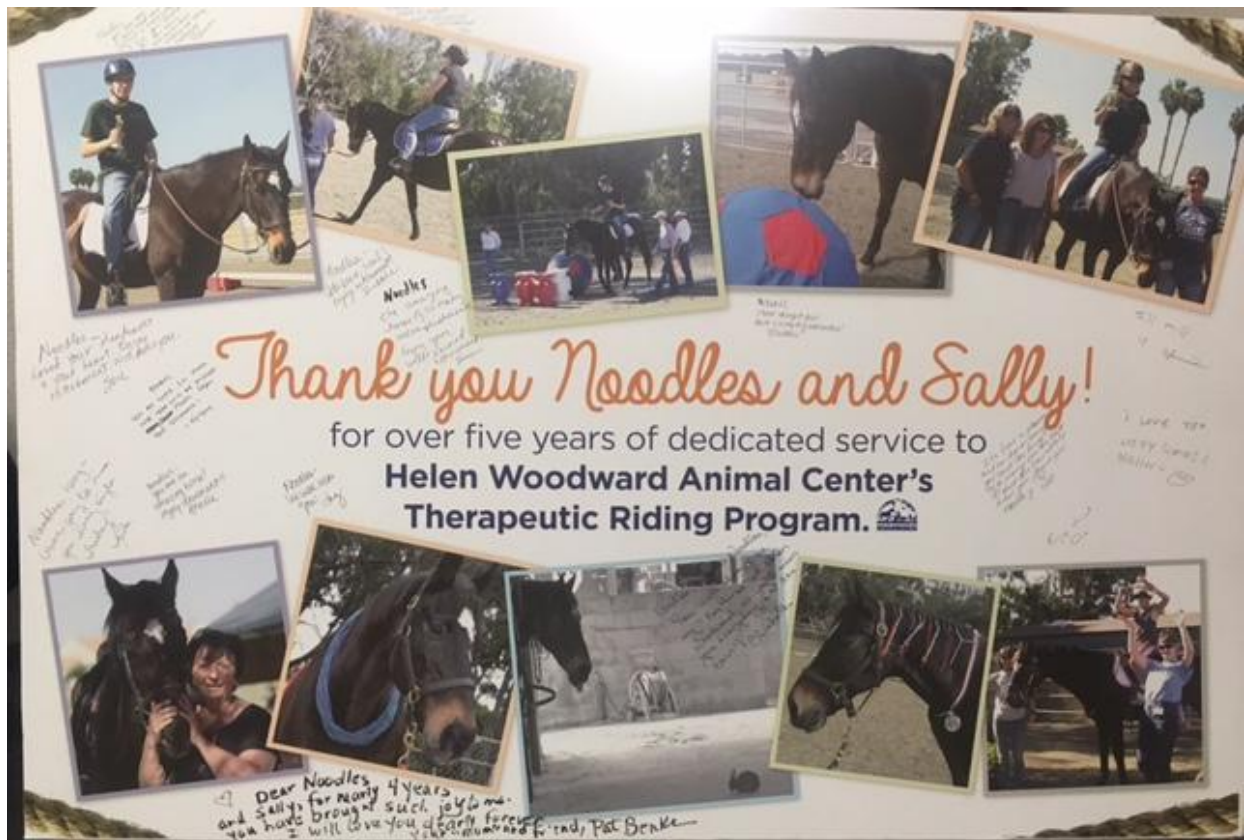


Our volunteers do a wonderful job of helping us groom and hand walk the horses everyday so that everybody gets to stretch their legs and get lots of loving. Here we have a well groomed Mikey, fresh from a ride in the sunshine!



Our final bit of news for Session 1 is on a bittersweet note. After many years of service to lots of riders in San Diego and over 5 years here at Helen Woodward Animal Center, We say: **Happy Retirement Noodles!**

Noodles has been a wonderful friend to so many of our riders, volunteers and staff. We will miss him, but know he will enjoy his new life of leisure in Rainbow with two of Sally's other retired steeds!



One last thing.....

THANK YOU to all of our Horse Sponsors!! We can't do this without you!