

**HorsePlay** provides a unique and powerful platform where children and youth can learn and practice social and emotional skills by interacting with horses alongside our certified and seasoned facilitators.



Classes are structured for both individuals, families and groups.  
Choose from a one-time workshop or class series: March - December.

Participant Name

D.O.B.

Tel:

**Place a \* beside your child's strengths. Circle challenges. Highlight up to 3 priority goals.**

Self awareness	Conflict resolution	Managing feelings	Congruency
Awareness of surroundings	Social inclusion	Planning	Honesty
Awareness of others	Accountability	Problem solving	Authenticity
Self regulation	Responsibility	Decision making	Commitment
Self-expression	Empathy	Determination	Engagement
Academic achievement	Leadership	Grit	Mindfulness
Self esteem	Mentoring another	Character	Playfulness
Self perception	Empowerment	Respect for others	Giving Direction
Civic engagement	Coping	Respect for authority	Listening
Self efficacy	Physical Wellbeing	Assertiveness	Courtesy/Manners
Self-care	Creativity	Accuracy	Following direction
Motivation	Self-direction	Punctuality	Confidence
Focus	Leadership	Patience	Other:
Perseverance	Friendships with peers	Tolerance	
Resilience	Communication	Trust of others	
		Articulating	