

**HorsePlay** provides an experiential learning platform, whereby participants interact with horses of various personalities, moods and “natures.” Guided by a seasoned facilitator, clients are supported in reading the horses’ responses and understanding their own social / emotional strengths and styles. Real-time opportunities abound for awareness, accountability and achievement.

Participant Name

D.O.B.

Tel:

**Place an S beside participant’s strengths.**

**Circle up to 4 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

Asking for help

Perseverance

Friendships with peers

Tolerance

Other:

Resilience

Communication

Trust of others

Articulating

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