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Horses Visiting Your School-Workshops

Building Relationships to Inspire Learning

Our 'Horses Visiting Your School Workshops' are perfect for schools who would like to offer a short, but highly effective workshop to larger groups of students, over the course of a day.

These sessions are highly engaging and focus on giving students a basic understanding of our brain states, and how to change them, as needed, so we can feel calm, in order to learn.

They include meeting, grooming, leading and playing games with horses; and cover:

- The different zones of the brain, and how to recognise which zones they are using when they are calm, when they are having big feelings, and when they can learn
- How to actively use creative techniques to manage and regulate their feelings, thoughts, and behaviours, so they are better able to learn
- To develop empathy for others, and trust in others, including people and horses
- To gain confidence in their ability to impact positively on the people and horses around them



Sessions: Over the course of a whole school day, we can work with up to 4 groups of children, with a maximum of 8 students per group. Each session lasts around an hour and 15 minutes. Appropriate levels of staffing are required to stay with the group, and join activities, at all times.

Cost: The cost per day is £495 plus travel expenses.

Age: The programme is suitable for all children aged between 5-16. It is tailored to meet the specific needs of each group.

Measuring: In a time of tight budgets we know that impact needs to be measured. This programme is measured by the use of an evaluation following the session.

This programme is designed and run by Debbie Woolfe. She is a qualified teacher with over 10 years experience teaching in mainstream, special schools and PRUs. She works in partnership with Telford Equestrian Centre, a BHS registered riding school. Their work with Stable Relationships has been featured in numerous national publications such as TES online, The Times, The Mirror and Channel 5 News. Fully enhanced DBS certificates, all appropriate insurance and qualifications are in place.

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