

What is EAL?

Equine-Assisted Learning (EAL) is an effective approach to human development through horsemanship. Participants engage in team emphasized exercises and find themselves learning valuable skills in a fun and exciting atmosphere while working through the dynamics of horses.

The EAL youth program series was originally designed to facilitate the building of personal development skills, while 'using horse sense'. Since its inception, we have found that participants receive a wide range of individual benefits, especially when enhanced by the followup efforts of other community resources.

Bullying has become a major problem in schools across the country. EAL encourages positive change by specifically targeting self esteem and confidence in both the bully and the bullied.

A PROGRAM OF



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EAL is an effective motivator.

EAL programs provide an exciting and engaging learning environment.

EAL has proven to be effective, powerful, interesting, exciting, positive, educational, and creative. This particular building block style, helps individuals better understand the role they play, their effectiveness and their value, as they participate in exercises designed around the true nature of the horse. We call it, "**Using Horse Sense**."

SUPPORTED BY



Little Oasis Benefit Society

YOUTH PROGRAMS Equine-Assisted Learning

*Exciting, positive,
educational and creative!*

The first nationally recognized certified
Equine-Assisted Learning
Building Block™ Program Series ©

“Horses change lives. They give our young people confidence and self-esteem. They provide peace and tranquility to troubled souls, they give us hope.”

~ Toni Robinson 

Life-Skills Development

We believe in taking a pro-active role along with innovative strategies to better prepare the youth of today. We choose to empower our youth with skills and abilities to conquer the negative influences that surround them. It is our goal to offer each participant the opportunity to work with and learn from the horses...**a dream come true for many!**

This program enhances life-skills by focusing on peer pressure, effective communication, problem solving, conflict resolution and other social needs. It also explores alternatives to choosing negative consequences, activities or behaviours.

Equine-Assisted Learning is a powerful, and effective approach, proven to have a positive impact on individuals of all ages. Our goal is to provide hope and healing to kids (and adults) that suffer from substance abuse, behavioural issues, attention deficit disorder, eating disorders, physical, emotional or sexual abuse, depression, anxiety and relationship problems.

Individual Skills Development

Equine Assisted Learning is a unique equine-assisted program designed to develop customized learning experiences that focus on enhancing specific skills in participants.

Participants are offered the opportunity to work through the program while learning about themselves, their abilities to form relationships, and how to contribute to a team.

The facilitators task is to be present and 'listen' to the horse's non-verbal communication as they help to reveal the child's personality, and help to guide them to become balanced, healthy and emotionally skilled individuals. Personal growth and self-discovery often result in life-altering change as the children complete the program.

There is something about the outside of a horse that seems to make a profound difference to the inside of a child.



Why Horses?

In a horse's world, the rules are clear, easy to understand and consequences are dealt with swiftly. Being prey animals, nature has provided them with astute senses and instincts. Horses can discern the difference between a calm, non-threatening approach versus an anxious, nervous energy or a threatening body posture. Their survival depends upon it!

Horses require strong leadership and are willing to follow, but only after they find respect and trust. If we provide contradictory behaviour, they will question and challenge our authority to lead. Horses respect the stringent outline of the hierarchy. In a horse's world, team work is respected and expected. **Horses respond favorably to positive stimulus and respect FAIR consequences.**

Horses are tough and steadfast dance partners; they don't judge, but they don't forget. They don't let you cheat, and their feedback is honest.

