

Our Herd

Life Skills for Youth



Teamwork Focus Trust Leadership Choices
 Common Sense Communication Body Language

Did you know horses can teach our youth all of these skills?

Horses are perfect teachers for kids because they communicate with their body language, they live in the moment and they are so much fun!

At Our Herd each session focuses on a particular life skill, we experiment with ways we can bring out this skill in our horses and then we look at ways we can bring that skill back into our everyday lives. We follow the internationally famous Building Block Curriculum which is backed by a five year university study.

The BuildingBlock™ Curriculum
 Building skills to take with you.



STARTING THE JOURNEY - BUILDING RELATIONSHIPS

CIRCUIT TRAINING - PRESSURE & RELEASE
 Building Relationships

PUSH ME PULL YOU - COMMUNICATION
 Pressure & Release
 Building Relationships

WHO'S THE BRAIN - ARTICULATION
 Communication
 Building Relationships
 Pressure & Release

COMMON SENSE - PROBLEM SOLVING
 Articulation
 Communication
 Pressure & Release
 Building Relationships

RED LITE GREEN LITE - FOCUS
 Problem Solving
 Articulation
 Communication
 Pressure & Release
 Building Relationships

MATCH THAT HORSE - NEGOTIATION
 Focus
 Problem Solving
 Articulation
 Communication
 Pressure & Release
 Building Relationships

BLINDMAN'S ADVENTURE - TRUST
 Negotiation
 Focus
 Problem Solving
 Articulation
 Communication
 Pressure & Release
 Building Relationships

IT'S ALL UP TO YOU - CHOICES
 Trust
 Negotiation
 Focus
 Problem Solving
 Articulation
 Communication
 Pressure & Release
 Building Relationships

HORSE IN THE POCKET - LEADERSHIP
 Choices
 Trust
 Negotiation
 Focus
 Problem Solving
 Articulation
 Communication
 Pressure & Release
 Building Relationships

SILENT COMMUNICATION - BODY LANGUAGE
 Leadership
 Choices
 Trust
 Negotiation
 Focus
 Problem Solving
 Articulation
 Communication
 Pressure & Release
 Building Relationships

BUILD YOUR OWN COURSE - LEADERSHIP & TEAM BUILDING
 Body Language
 Leadership
 Choices
 Trust
 Negotiation
 Focus
 Problem Solving
 Articulation
 Communication
 Pressure & Release
 Building Relationships

For more info. go to www.our-herd.com.au or call us on 0431 011 350.

Our Programs Include...

Skills for Life - Weekly Curriculum Program

Our Curriculum Programs run in accordance with each school term.

Sessions run for both kids (ages 8 - 12) and teens (ages 13 - 17).

Each group has a maximum of 4 participants.



After school sessions: Weekdays 4 - 5 pm

1 hour sessions \$45/week.

Daytime sessions for homeschooled youth

Includes homework worksheets and a light morning tea. 2 hour sessions \$70/week.

\$30

Leader's Day

Leader's Days are a by kids, for kids day. They were designed to offer free ongoing support and leadership practise to our program graduates (the Leader's). Our Leader's run these days and help 'horse beginners' to be safe and have fun with our horses.

We invite all kids aged 8 - 17 who want a fun time with horses to attend.

The cost for a 1.5 hour session is **only \$30**. These events run in each school holidays.



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Ask to get our monthly newsletter emailed to you!