Western Winds Equine Education

# The following is what the participants experienced today in the arena. Reinforcing the lesson when they return is important in finding success. ·

**Exercise: Horse in the Pocket**

**Objective: Team building *I* creativity / thinking outside the box**

This exercise is about working together as a team using leadership skills, plan formulation and communication. The participants observe as the horses are all turned loose. The teams are either sent out one by one, pairs or the whole group. They were told which horse they need to move into which pocket. Before they begin they must pick a consequence for the team and if any rules are broken they will do the consequence immediately together as a team. Aids were available on a table if the participants wanted to use one. Though once an aid was used or “time” was called, the aid was out of play and could not be used again. The horse would have to stay in the pocket for 5 seconds, then the team continued on to get the next horse in the next pocket.

The teams are encouraged to think outside the box and watch the big picture. What are the horses saying; are they watching the horse’s body language? Did they make the right choice? Was there too much pressure put on the horses and how did they react? Did they have to change their plan?

The participants have the opportunity to work on their communication skills (verbal, non verbal, the subtle use of body language, and pressure and release). How did they really communicate with each other? How did they feel when they approached the horses? How did they encourage and help their team members? Did the aids work? How did they feel when with the team consequence that they chose? When did the team change and start to find success?

Team building is working together, getting along, communicating, being able to negotiate, thinking outside the box, co-operating, listening, leadership skills, being able to change and having fun. Solving problems together to get the job done. That's Teamwork.

**A Unique Approach to Learning**

**and Powerful Journey of Understanding**

