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: It's All Up To You**

**Objective: Choices *I* Personal Growth**

We discussed choices and what that means in everyday life. The participants were put into teams and then chose a horse to put through the obstacles. In this exercise, at each obstacle the participants get to choose how they would like to complete the task:

1. The literal version on the card
2. Blindfolded
3. Silent Communication
4. Without a Halter

The participants were challenged to step out of their comfort zone. As teams they had to discuss and negotiate what obstacles they wanted to do and how they would do it. They would also have to think about how their horse might feel.' After completing the obstacles, they would take a colored clip to put on their helmets to show which way each team chose to do it. The participants could choose to redo any obstacles if they had time and try them in a different way. Is there another way?

In the debriefing we go over the choices the teams made. How did the teams communicate throughout the exercise? Did they have to change their plans? How did the horses handle the different choices the teams made? Was there trust and respect for the teammates? Which way did the teams find the most difficult to do the obstacles? How well did the teams work together?

Everyday in life we face choices, we face temptations, we face possibilities and it is up to us to make the right choices. Choices and consequences are a part of everyday life and you have the power to choose right or wrong. However, you must accept the consequences of your actions.

**A Unique Approach to Learning**

**and Powerful Journey of Understanding**

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