

Learning Centre CIC

Equine Assisted Learning and Equine Interaction for Children and Young People with Autism, Social or Communication difficulties and issues related to Trauma.

Research has shown that activities with horses have the potential to benefit children on the autism spectrum in many areas including verbal and non-verbal communication, social interaction and motivation. Equine activities can also improve motor skills, assist sensory integration, increase confidence and have a calming effect, as well as being a healthy outdoor leisure pursuit.



As an approved **EAQ®** centre we offer **Equine Assisted Learning** sessions that are suitable for young people who find formal learning environments challenging. (See www.equineassistedqualifications.com).

These **experiential learning** sessions are based around activities with the horses on the ground. We also work with a selection of small animals and in the natural environment using our garden, fields, a woodland area and local disused canal which is a site of special scientific interest.

Learners can use the sessions to help them manage challenges and issues in their lives and/or work towards gaining certificates from the National Open College Network in areas such as self-awareness, group communication and teamwork, dealing with conflict or animal care. Individual, paired or group sessions are available. **No experience of horses is necessary.**



Equine Interaction sessions for families focus on interaction and communication through meeting the horses in the field, sensory exploration, grooming, feeding and leading as well as in games and activities when riding.

With younger children we often use familiar action songs, and made-up 'commentary songs' about what the child is doing or looking at. These provide repeated, structured language and help to focus and engage the child. Some children prefer to experience the movement and rhythm of riding without additional input.



The principles and strategies we use for all sessions are derived from

- training and activities provided by EAQ®,
- the Horse Boy Method™ (<https://horseboyworld.com/horse-boy-method>),
- various published research papers,
- over 12 years' experience of teaching children on the autism spectrum'
- training in Integrative Child Counselling at the Institute for Arts in Therapy and Education (<https://artspsychotherapy.org/>)



For more information visit our website at www.rainbowhorses.co.uk

or ring Sue Coombes, Director and Facilitator, on 07960 031312

Rainbow Horses Learning Centre is based in the vale of Belvoir near the Nottinghamshire/Leicestershire/Lincolnshire border

We are not a riding school and although sessions may involve riding we do not teach riding techniques.