

# EQUINE ASSISTED ACTIVITIES



## Equine Assisted Activities at Dream On Curls Riding Center

**Just a reminder : The Fun Factor ! An atmosphere of FUN facilitates Growth and Learning !**

- Brain research suggests that fun is not just beneficial to learning but, by many reports, required for authentic learning and long-term memory.
- Fun actually seems to promote learning. It increases dopamine, endorphins, and oxygen!
- Fun means engagement, doing and learning what has meaning and purpose, and it means being challenged
- Fun helps people learn even without realizing it !
- Fun leads to a good mood — which in turn opens us up for learning !
- Having fun further promotes learning and growth in ISA goals

Optimal brain activation occurs when subjects are in positive emotional states or when the material holds personal meaning, connects to their interests, is presented with elements of novelty, or evokes wonder. This is why attentiveness is so closely linked to positive emotional cueing and personal meaning. When there is connection to prior knowledge or positive emotional experience, new information passage through the limbic system will be enhanced. The thalamus will then “decide” to pay attention to the information.

The look of confidence, pride and achievement on a rider's face when he or she has successfully completed a task is the most profound measure of its value. To put it simply, Therapeutic Riding works and the benefits are ongoing.

Working with horses gives a person a reason to believe in themselves !

**We can do weekly progress notes to facilitate clinical funding**

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<http://www.dreamoncurls.com>

**All the necessary forms can be downloaded from the web site !**