

Objective

By the end of this lesson, Louie will have a better understanding of horse riding basics and will have fun practicing some beginner exercises.

Materials and Prep

- Comfortable clothing
- Helmet
- Closed-toe shoes
- A gentle horse or pony
- Open outdoor space or riding arena

No prior experience or knowledge needed. Just bring your enthusiasm!

Activities

- **Walk and Stop:** Practice walking the horse in a straight line and stopping on command. Remember to use gentle cues.
- **Follow the Leader:** Have the horse follow you around obstacles, teaching them to trust your guidance.
- **Mount and Dismount:** Learn how to mount and dismount the horse safely, with assistance if needed.
- **Basic Turns:** Practice turning the horse left and right using reins and leg cues.
- **Patience and Care:** Learn the importance of patience and care when working with horses.

Talking Points

- Quotation: "Horses are gentle animals that can be our friends. It's important to treat them kindly and with respect."
- Quotation: "When we ride a horse, we need to wear a helmet to keep our heads safe. Safety first!"
- Quotation: "To make a horse walk, we gently squeeze our legs and say 'walk on'. They are smart and will understand us."
- Quotation: "Just like us, horses need breaks too. When we say 'whoa', they know to stop."
- Quotation: "Remember, when we ride a horse, we are a team. We work together to have a fun and safe ride."