

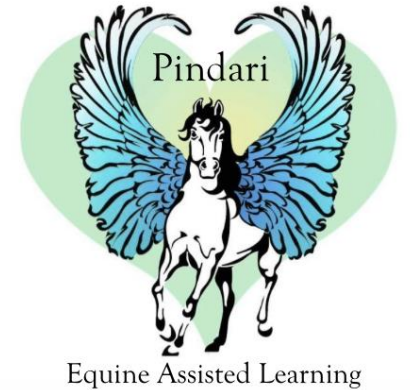
Where Horses help Humans of all ages learn about themselves and life skills in a safe, supportive, inclusive environment.

# After School Program

- Primary school group (4) Tuesday 3.30-4.30 (min 2)
- High school group (4) Thursday 4.30-5.30 (min2)

With a different activity each week of term, building life skills over 10 weeks.

- Week 1 – Being calm and regulating, horse knowledge and safety.
- Week 2 – Being present and aware of ourselves and others
- Week 3 - Boundaries, what feels safe and right for us
- Week 4 - Healthy relationships
- Week 5 – Communication
- Week 6 – Feelings and self esteem
- Week 7 - Facing challenges and obstacles.
- Week 8 - Leadership and trust
- Week 9 – Diversity and inclusion
- Week 10 – Pony fun tying it all together



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