

Horseback Riding with Heidi and Melissa at Briggs Stable



Horseback riding is so much fun.



We begin by getting on the horse. There are helpers to help me when I am getting on and I am riding.



I can get on by walking up 3 steps on the blue block,



or get on from the wheelchair ramp.



When I get on Heidi or Melissa will help me. I will have a calm body, hands, and voice.



The horse will move when I say walk. There will be people beside me to help me. I will feel the horse move.



I can tell the horse to walk, go, stop, whoa or halt.
The horse will listen to me. I will do my best to tell
the horse what I want to do.



After I get used to how the horse moves and listens to me, I will do some stretching. I am warming up my muscles.



After I do some stretches I can play games, go for a walk in the woods, or walk out in the big field. The horses like to do all of these fun activities.



Heidi and Melissa will ask me if I want to trot. When the horse trots it is a little faster than the walk. I can trot if I want.



My instructor will give me high fives, hugs and lots of smiles. Riding is fun.



I love horseback riding and my new friends.

