

This camp description is intended to help parents, therapists, and other staff working with children to determine the appropriateness of the camp setting for each child.

Ages: 4-6

Dates: Monday-Thursday, July 27th -30^h, 2020

Time: 9:30am-11:30am

Place: Rocky Mountain Riding Therapy: 66 S Cherryvale Rd, Boulder, CO 80303

A Typical Camp Day:

9:30 - 9:45 Welcome & structured game

9:45 - 10:00 Review of schedule, rules & expectations, names and songs

10:00 - 10:20 Read aloud with horses (identifying horses' emotions)

10:20-11:00 Grooming, leading, feeding & cooperative games with horses

11:00- 11:20 Snack, conversation & games

11:20- 11:30 Wrap-up and parent pick-up

Through interaction with horses, play, stories, & snack this group will work on the following skills:

- Interpreting emotions and body language
- Initiating and maintaining conversation
- Staying on topic or task
- Peer interaction & cooperative play
- Whole body listening skills

Why Horses and Social Skills?

- Horses are naturally very social creatures and model many social behaviors that we see in human interaction, including body language, spatial boundaries, and energy regulation.
- Working with horses requires intentional movement and behavior, supporting positive self-regulation skills.
- Working with horses provides consistent opportunities for turn-taking, initiating and ending communication moments, and generalizing skills to new environments.

*This Program focuses on the interactions between horses and children and does not include any mounted or riding work. This Program uses miniature horses (much smaller than a full-sized horse).

Abilities Needed for Participation in Camp:

- Ability to independently use the restroom.
- Ability to attend to and participate in group activities for 10-15 minutes at a time.
- Ability to walk with a group of people.
- Ability to control behavior and emotions with minimal adult cues and assistance.
- Ability to separate from care giver for the duration of the camp (2 hrs.)
- Preschool &/or school experience
- Ability to stay with the group
- No Allergies to dust and/or horses (OR: allergies that are sufficiently controlled); contact BCH if questions.

Boulder Community Health

**DEPARTMENT OF PEDIATRIC REHABILITATION
SOCIAL SKILLS & HORSES CAMP – SUMMER 2020**

*Please notify camp staff if your child does not meet any of the above criteria so that eligibility for camp can be determined.

Children must wear closed-toe tennis shoes or boots, sunscreen, long pants, and a hat each day. Please bring a water bottle daily. A light snack is provided by the camp.

Our goal is the inclusion and full participation of all children throughout the camp day. Therapists work to adapt the setting and the schedule within the confines of the camp and group abilities. If a child's behavior inhibits his or her ability to participate in the group or if behavior affects group function as a whole, therapists may determine at any time that a child is no longer eligible to continue participation in the camp.

Contact the Pediatric Rehabilitation Department ([303-415-4466](tel:303-415-4466)) with questions or for more information.