

Did You Know

- You can make your horse relax within 3 seconds by scratching their mummy spot! (spot where the highest concentration of nerves on their entire body is).
- Horses prefer quiet rather than constant chatter.

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Imagination is the highest kite you can fly.

Lauren Bacall

I'm with Lauren Bacall in the heights a good imagination can take you. Just ask Steven Spielberg if you want a new view from above on how high his good imagination took him!

A symbol of power and freedom. A teacher of non predatory power and freedom through relationship. Those open and adventurous enough to the ways of horses can't help but become more

confident, balanced and peaceful, more open to the beauty and sacredness of life.

Long before first being hunted as food, cave drawings depicting horse's magnificence have been recorded around the world. No matter the country or culture of those peoples ironically the horse did the capturing - the imaginations and desires of those people to partner with the horse.

So began 6,000 years ago the journey of the horse's impact on our lives. From knights and chariots to the horse racing centerpiece for our entertainment that horses remain today.

Rather than pigeon hole your horse relationship into a category such as show jumping, stressage, pony club or tent pegging, share other experiences with your horse and broaden your relationship and understanding **of them, with them.**

with Compliments

Odes to the Horse

This strong but timid creature
That responds so abruptly to fear
Made me gentle and taught me to listen
And never let anger appear.

Horses have tested my mettle.
Made me control my emotional state.
Put aside frustration and anger,
And learn to communicate.

From horses I've learned about people,
For we are but beasts, don't you see?

They've helped me learn my own species,
And best, to understand me.



Dr Robert M Miller After Thirty Year, 1986

	Things to Do	Inspiration	Comment/Warnings
Hanging Out Together			
1	Paddock Time - just chill'n		Grab a book, sit near by and enjoy the sunshine and listening to their happy breathing and eating sounds. Enjoy the sounds of the outdoors - birds and wind. Perhaps interrupt their grazing for a hug.
2	Bedtime snack		At the end of a big day, eaten dinner and now laying down to rest will they stay down and let you sit with them, a carrot snack as encouragement to stay down perhaps!
3	Laying down, enjoying the sunshine together.		Just spend time together, see how close you can get. How close will they allow you to be? How much do they trust you and feel comfortable?
4	Brushing time can be a joint family time.		Some horses enjoy human company more than others. So if your horse likes to be the centre of attention why not indulge them as often as you can?

101 Things to Do With Your Horses

5	Don't be surprised if they want to come and be closer to you whilst you sit near them.		Horses are inquisitive by nature, its part of their survival instinct, investigating - "what is that?" Remember to not behave too scary or out of character if they come to be close to you.
6	Any time is hug time.		Good ponies such as Boogie the miniature horse, is quite happy to eat grass in the back yard and have this young girl as his new best friend - literally hanging all over him.
7	Relax together		Take the time to just enjoy the moment. On this occasion it was the horse and rider having a break from competing at their local gymkhana. Both getting some needed shut eye for a 10 minute power nap between events.

Fun with Foals

Reminder: Foals haven't learnt 'manners' yet, so can be unpredictable and thus quite dangerous.

8	Watch a foal be born		Good mummy and oh ek - how do they ever walk within a few hours on those wobbly stilts we call legs?
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101 Things to Do With Your Horse



9	Watch a foal learn to operate their legs and take their first steps.		Within 2hrs of birth up and walking – or up and wobbling at least. Incredible to watch the amazing transition from birth to up and mobile – in such a short time. Horses are unique in their ability to do this so quickly – survival instinct.
10	Be the one who helps weigh the foal each day.		Yes this takes strength but whilst the new born foal is under 50kilos (non Shire horse foals that is) many people could have this wonderful experience. Or be there each day and help with the 'weigh in' to monitor the foal's growth.
11	Celebrate new life.		For horses as with humans the birth process is a challenging one. No all equine pregnancies result in healthy live foals. Celebrate the healthy new life.
12	Hug a foal		The new born coat, mane and tail is sooooo soft. Bury your nose in their skin and inhale deeply. A great memory to have.
13	Introduce a foal to water		Be mindful of course that their mum may be a water baby and just looooooooooove to splash!

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14	Enjoy it whilst they still have no teeth!		Mutual grooming is a great thing - the foal loves it and so does her owner, especially when the foals like a potty calf, yeah, no teeth yet. Hmm, how do you explain though to your work colleagues who gave you that hickie on your neck! Oops!
15	Foal Speak		They don't speak like this for long - the foal speak period of opening and closing their mouths showing vulnerability lasts till they're approximately 6-9 months old. Find a foal and watch them communicate. This is a dramatic and special period of a horse's growth - try and experience it.
16	Help with building up the foal's confidence to be lead out on a trail with its mum for the first time.		Magical moments for sure when you ride with a foal at liberty beside its dam. It doesn't stay beside for long! Start the process on the lead; help them learn to respond to voice commands and to give to pressure of the lead rope. A huge learning curve time of the foal's life.

Riding Time

17	Ride together		Yes it does help to have a mate called Monty, Shire horse, 17 1 hh and 857kg's so his three mates easily fit. Find a friend and horse that is ok with it and experience dinking. Riding together is a great way to share the riding experience.
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101 Things to Do With Your Horse



18	Fun with mirrors		Mirrors are brilliant to help check you and your horse's posture and position but also to experience their reaction to seeing themselves in a reflection. They don't know what they look like - a wonderful experience to share with them.
19	Watch your horse run freely - the dirt spray, the speed and athleticism.		So you think you can ride - hmm, could you ride what you just watched? Would they still be as free with their movement with you on them - why, why not?
20	Feedback Time Have someone take photos of you and video so you can REALLY see how you ride. Get someone more experienced to critique the still shots.		Oops, breaking connection at the wrist is the naughty way of shortening the reins & give's Max a mixed message at the bit. Shortening reins is a <u>whole arm/elbow experience</u> - think wheels of a stream train, keep your connection. Max asks for A Constant Conversation please, don't leave him or expect him to know what you Really mean.
21	Learn to do it in-hand first.		Watch your horse do the moves in-hand, get it right, and then feel them better when you're astride - and you can relate to the foot falls better because you saw how they happened. Also it helps you remember the horse has 4 legs to co-ordinate - help not upset their balance by riding with correct posture.

101 Things to Do With Your Horses

- 22 Have someone on the ground helping support you and the horse's technique development.



Correct application of a tap with the long whip at the right locations on the horse leg or body is a great support to correct technique correction and development. It's a must do. Feel how your ride changes immediately with such support.

Learn new things

- 23 Movie Magic



Could your horse or you be the next horsey movie star? Find some experienced people who do this work near you and ask if you can look and learn, take a lesson or two.

- 24 Carriage Driving



You don't have to own a magnificent Friesian and have a friend to help you learn carriage driving to find a place to have lessons and give this wonderful horse and driver partnership a whirl.

Hmm, how good is your communication with your horse - you're a long way from the horse when you're in a carriage!

- 25 Trust & Partnership



Would your horse stay relaxed and not move if you stood on his hip.

Show Time

- 26 Royal Fun



See how good you really are - go to the regional show, the royal show or bigger competition.

Enjoy the just being there, look, listen and learn. Soak up the meeting new and wonderful people.



101 Things to Do With Your Horse



27	It's called ribbon collecting		Does it really matter what color the ribbon is, as long as you and the horse/s enjoy the event?
28	Make a goal and go for it. Limits are often those that you set for yourself. What is your real potential?	 From this  To this, in only 6 months. Horse of the Year	You don't have to have the well bred expensive horse/pony. Be inspired by Blaze here. He lived in country NSW till we met him and within 6 months he went to Horse of the Year and came second. He was called in first but his rider had a moment of memory lapse and forgot the workout. No worries, we were just so incredibly happy he took us there - a long way from the red dirt of his previous life. And he'd never done this before. He was only 5. Only you limit your equine dreams that can become a reality.
29	Any excuse to SHOW off your talents.		It doesn't matter if your talent is taking what's in the dress up cupboard putting it on the horse so it doesn't look to tragic! Show Time is any excuse to go out and collect ribbons and have fun with your horsey or non horsey friends.
Because You Can! Think of what you'd love to do with a horse - make that wish a reality.			
30	Run away to the circus		With an abseiling harness helping you get the new routine solid - time to learn how to do stand on your horse partners back whilst they're moving - how about a canter? What about a 10 out of 10 dismount? Look mum - I can fly!

31	Dress up at home		You don't have to have an event to go to to get dressed up and take some pictures of yourselves to remind you how good together you look and are.
32	Put on a show for your family and friends		There doesn't have to be hundreds of people watching for it to be a show! Prepare a routine or teach your furry friends a trick or two then add some music and voila! A show!
33	Do common things in an uncommon way.		Sit backwards to brush your horse's rump! Redefine the word "normal".
34	Be Safe Be Seen		Who cares if you're the only one in your area that has a fluoro yellow, that special mega bright "don't run me over" safety color on your tailgate? Guess who'll be seen by all the other drivers now? Your horses will say thank you.

So you think you have a good partnership with your horse!

35	Help your horse learn things and increase in confidence - all while you're <u>not</u> with them.		Is your horse confident? By understanding your horse you can help them by changing their environment to support what they need - such as hanging foam pool twisters from the doorway so they get comfortable with things touching them as they go in and out. Food in the stable is a great motivation for them to go in and out - brave the scary but soft move in the breeze things.
36	Meet Angelina, the arena scarecrow. How REAL is your riding environment?		Would you and your horse be able to ride past a scarecrow - meet Angelina! Make sure your riding environment is 'real' - flappy things, colourful things, noisy things. Life and 'shit happens' things that help you build a solid partnership. Best to train these at home rather than out next to the traffic where not getting it right could be potentially tragic for you and your horse. <u>Remember</u> - you can't ask a bird not to fly out of a tree or that piece of rubbish not to rustle and flap in the breeze!
37	Can you interpret your horse's behaviour correctly?		What for this highly agitated mare, giving the signals of "get lost, I hate you, I want to be alone, I'm going to foal soon" and yet this young horseman still confidently groomed her and offered his shoulder for her to groom him - soon enough she softened and participated in mutual grooming.

101 Things to Do With Your Horses

Group things to do with a horse/s

38	Find someone who has a horse carriage and see if you can go for a picnic.		Often they can be rented or someone that you know will know someone who has a horse and carriage that they wouldn't mind sharing some fun times with you and your family or friends. Brilliant fun to do with friends.
39	Who said Santa only had reindeers deliver him to locations?		How about a white pony reindeer to deliver Santa to the kindergarden for pre Christmas fun? One pony or horse can light up the hearts and make great memories for multiples - let your mind create the idea, then just make it happen.
40	How many kids does it take to wash a miniature horse?		Lots - the more the merrier. More memory collecting for all.
41	Party in the stables - dance		Get your dancing shows on and celebrate great friendships. Everyone bonds well over a dance and certainly fun to see the horse's expressions at you showing off your moves.
42	Dinner in the stables		Trestle tables down the breezeway, leave the horses in the stables, watch as the horses lean in for a share of the Christmas pudding or Guinness. Unusual location for a dinner party but certainly brilliant fun for all, including the horses. They get more attention on this evening than ever before!



101 Things to Do With Your Horse



43	Celebrate ribbon collecting - regardless of the colors.		Share with friends that don't ride/compete but who enjoy going with you to competitions. Hop in a big chair/lounge and just cover yourselves with the ribbons collected that day - or your entire collection to date. Celebrate!
44	Give your horse a big hug.. uniquely!		Do you behave as old as you are? Or as old as you feel?
45	Teach your horse tricks.. like standing still and calm enough for you to roll off his back..	 	Have you ever dreamed of doing the somersault off your horse's rump? Have a friend spot for you; fill the stable deep with straw and away you go.
46	Practice your gymnastics routine with your horse.	 	Or how about the lovely dismount after walking along the larger than the regular balance beam sized object - aka your wonderful calm horses rump. Yes, that was a 10/10 for the dismount.

Splish Splash

47	Dams aren't just meant for yabbies, koi or other fish - horses and humans love them.		Some breeds of horses, especially the Friesian are more excited about water than others. Regardless of whether your horse has the confidence to swim or just stand knee deep - share the experience with them. Great way to learn more about them.
48	Kids gaining confidence		Imagine never having done something before, it is certainly a bit scary but that child trust you, and your horse, and yi ha, next thing they're swimming for the first time in their life. How good is that?
49	Can that smile get any bigger?		Don't forget as a horsy person things you take for granted - like having a horse in your life, for someone else who doesn't have that when they get to share more time with a horse and do something special like swim with your horse - you just about can't wipe the smile off their face - they'll never forget that special occasion.
50	Bombing off horses bottoms is almost compulsory - regardless of how old you are.		Standing on a horse's rump, if you're a correct weight match for that horse, is not painful for the horse. Care should be taken to ensure that they emotionally can cope. Brilliant fun to have with horses.
51	Watch this dismount!		Some horses like this Friesian Aarjen don't need to be held. He is more than happy to stand there and be centre stage for all his young mates' entertainment and diving or bombing pleasure. What a wonderful horse is he!



101 Things to Do With Your Horse

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52	What about this dismount!		A brilliant sunny day allows for hours of fun together.
53	Time to ride at the beach.		A major step in the confidence building bucket ocean where you actually have some surf and white fluffy water that moves in and out is a big learning and trust experience for you and your horse.
54	Hmm, look, the girls go in and the boy horse stands on the sand!		Be prepared you may learn your horse isn't as bold and confident as you thought - he may prefer the sand rather than the moving water!

Holiday - Turnout Time

55	Lost in the Long Grass		Be the one to let them loose, the edge of their holiday pasture. Don't be offended when you let them loose that they don't turn to say goodbye - lush grass and holiday here we come!
56	Welcome back		Bringing them back home is the fun bit! Does he come galloping back up to you? Has he had a great holiday or is he extra keen to get back home?

101 Things to Do With Your Horses

The Powers of Observation

You'll be amazed at how much you learn about horses by just watching them

57	Give me that grass back		No, you can't have it. You wonder how fast a horse can swim - well watch one horse find some reeds worth eating and see how fast the other food manic horse swims after them. Meet Aarjen - The equine Thorpedo! And his niece Saqqara.
58	Just watching often has you get to capture some interesting moments.		Look where the dam decided to rest her head. We've heard of alpha females and protective mares but this is extra protective!
59	Make yourself comfortable. Stay and watch for a while.		Be it chair, bean bag, grass or dirt - any way to relax and just watch and learn is encouraged. You don't really know horses until you've spent time observing them, learning what comes naturally to them without humans interfering. See them at rest and their version of play. You'll be amazed what you learn.
60	Is this normal or not?		What a clever miniature horse mare. Isn't the survival instinct of eating when you can a motivating force? Nothing wrong with what the little mare is doing, as long as she's not taking skin off her knees or eating food she should be.



61	Will a stallion chomp a foal?		Not necessarily. Various breeds have very different temperaments. However their fundamental instincts are all the same - regardless of the breed. Horses are still horses. Note this Friesian stallion isn't being aggressive to this pony foal.
62	Seek out horses to look at - different breeds, colors, shapes and sizes. Step out of your safety zone, the horses that you know and are comfortable with.		Watch gallop races, trotting, different horse sports. Look at different breeds; discover why has that breed evolved to look like that? Eg: Arabs - why the high tail carriage - because their country of origin, Arabia, is very very hot - high tail helps keep their body cooler. Friesians, why black? Black attracts the heat and where they come from is quite cold.
Size DOESN'T matter - if you're horsemanship skills are as big as they need to be for what it is you're doing.			
63	Size DOES matter If.....		The size of your horsemanship skills certainly does matter. Then the size of the horse doesn't. If you're behaving small (aka potential lawn dart) and your horse is behaving big then most certainly SIZE does matter. This 11 year old horsewoman rode this horse, Monty, a pure Shire, 850kg, in the Sydney Royal - how big can she behave!

101 Things to Do With Your Horses

64	How about jumping nearly your own height (at the wither)		Never be surprised what good training and preparation can achieve. A confident horse bought along correctly and a confident rider can jump higher than you may think possible.
65	20kg Vs 850kg		How confident in the horse and the practised language of the junior handler must parents be to leave the reins of Monty the Shire horse with Sarah Miss 5 who already announced herself as Sarah, Horse Trainer? Monty certainly knew what <i>whoa</i> or <i>back up</i> meant when Sarah asked him to listen to her.

Making Memories Last

66	The horse you have or share will not always be as healthy and happy. Capture the image as you see it now.		Often people say "I wish I'd had a professional shot taken or an artist do a portrait of my beloved horse" but of course it's too late when an injury or accident means their beloved is no longer present or unable to move around as fluently anymore.
67	First time shots		Remember to record your personal magical moments, such as Boogie's first time harnessed to the sulky.
68	Don't you love water jumps or water obstacles for great photo opportunities?		Keep your camera handy - it's not just the 'when we look good shots' that are such special memories. It is also the oops, 'remind me again how that happened' moments.



101 Things to Do With Your Horse



69	Dining in the Stables is a must		Even impromptu events, the spontaneous get together, the excuse to just sit and enjoy catching up with friends still should have some happy snap memories recorded. The small occasions all add up to a happy life.
70	Sleep over night in the stables.		Listen to the sounds, feel what it's like to be more in the environment of your horse/s. Yes, a little indulgence of watching horsey dvd's with a TV in the stable is allowed! Yes, Thrills and Spills dvd - hmm, sort of like watching Jaws when you're at a beach sleepover!
71	Foals aren't foals for to long.		Offer different sorts of stimuli to foals, different experiences to help increase their confidence and set up a solid foundation for their life ahead. Have the camera ready - they may surprise you with their antics! Welcome Aragon, the better than Beckham soccer ball kicking Friesian foal.
72	Share your horse with strangers.		Take the time to let others who aren't horsy or don't have the chance to have a horse soak up some magic moments with your horse. Also great time for you to reflect on how lucky you are to have such a horse.

101 Things to Do With Your Horses

73 Think outside the square - put your horse's names on your float or truck!



Of all the things we've done this one certainly got a huge amount of attention.

At every event often we were requested to allow people to have a closer look at the names on the float door, and more about each of the horses listed.

Celebrate your horses in whatever way you think possible. This was very cheap and great fun.

Let them help you

74 Never evented before?



Let an experienced eventer show you how it's done.

Riding an experienced horse in a competition at your level is a brilliant way to increase your learning and have an enjoyable experience.

75 Cleaning Tack



Look at how professionals turn out their horses and gear to be inspired by what you can do.

Celebrate the Circle of Life

76 Have you seen horses mating?



The mating experience between horses helps you understand them even more. Is there courtship? How long does the mating last? What does the stallion do afterwards, what does the mare do? Increase your horsemanship.

101 Things to Do With Your Horse

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77	Be present during the birth of a foal.		Watching the pre birth ritual of a mare and then the birth process and hopefully the happier ever after result of a healthy foal being born is part of the recommended things to do - certainly watching and learning helps increase your horsemanship.
78	Life isn't always a happy ever after ending.		Having your horse be 'put down', given the 'green dream' doesn't have to be an extra horrid experience. Celebrate the good times. If possible how about digging a suitable plot, filling it with a super indulgence of straw, veritable equine feather bed, and having your mate lay to rest right there. Stay with them for a while, share stories of shared fun times with friends who've been with you and your horse through this special day. Celebrate the life that was shared, all the positive memories, with the box of Lindt chocolates and champagne!
Be careful what you ask of them!			
79	Would you like to come sit in my chair with me?		Well yeah, dah! I'll do what I'm asked.
80	Would you like to come inside?		For sure, especially when there is bread with sugar on it!

81	How many kids can fit on a horse at one time?		How's six? Monty's limit ended up as 14 - with the littlest one holding onto his forelock. What a generous gentle giant.
82	Can horses fly?		Melbourne 3DE, leap from a bank, over brush to a landing 6.5 ft below. Yes they can be our wings and help us to fly.

Next edition of - Things to Do With Your Horse - out soon.

If you'd like to add to these, please send in your suggestions to

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101 Things to Do With Your Horse

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**PHOTOGRAPHS**

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We hope that you have enjoyed the special *Things to Do with Your Horse* that we've selected for your potential equine relationship adventure.

These things help show the versatility and impact of the horse on our lives and how easily they can integrate with us.

The spirit of mateship and audacity has been a great source of equine adventure inspiration for many over many years.



If you have tried quite a few of these suggested things we imagine that like us, you have experienced somewhat of an emotional rollercoaster.

To **PLAY** with your horse, just have unstructured fun, ad lib playtime hanging out together or sharing time with friends, including your horse, its one of the simple and often most rewarding, pleasures possible in your horse-human relationship.

If you have any special adventures that you feel should be included in our *101 Things to Do with Your Horse* please let us know.

May the Horse Be With You.



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