



Cincinnati Therapeutic Riding
and Horsemanship

“Mini”-mize S.W.E.A.T.

(Stress, Worry, Emotions, Anxiety & Tension)

Equine-Based Workshops for children - Grades 3-6

Changes in our society have put new stresses on today’s children. This “over-stressed” generation must deal with issues such as:

- Faster child development
- Academic pressures and high stakes testing
- Overstuffed schedules
- Fewer healthy outlets
- Media saturation and exposure to adult issues (i.e. terrifying news stories!)
- Lack of sleep (A vicious cycle - Stress causes sleep problems and lack of sleep causes stress)
- Family disruption (separation, divorce, remarriage of parent, loss of a family member, unemployment, etc)
- Environmental dangers (crime, community violence, school shootings, terrorism, etc)
- Family issues highly competitive sports
- School Factors (peer pressure, grades, isolation, learning challenges, homework, bullying, teasing, etc)



The amount of stress that children today are faced with can seem overwhelming and can threaten a child’s social-emotional well-being. However there is an upside to all of this. Children can learn skills so that they will be better equipped to handle stress and pressure.

This fall, Cincinnati Therapeutic Riding and Horsemanship (CTRH) is offering a variety of equine-assisted learning workshops purposefully designed to develop, promote and strengthen critical social-emotional skills for children in grades 3-6.

The participants ***WILL NOT*** be riding during the workshops.~

- **TAKE THE LEAD Workshop - Oct. 6, 2018**
 - Participants will learn about themselves and use this self-awareness to better understand others, take the perspective of others and interpret social behavior so they can develop and maintain healthy relationships.
- **PART OF THE HERD Workshop - Nov. 3, 2018**

Participants will learn about their place in the “herd” (social arena) and how they can effectively understand, respond to and interact with others as a leader, follower and herd mate whether in times of stress or calm.

➤ **DON'T GET STALLED Workshop - Dec. 1, 2018**

Participants will learn to make constructive choices about personal behavior and social interactions by identifying problems, analyzing options, implementing a solution, and reflecting on choices.

Cost: \$60.00 per workshop

Time: 12:30 pm - 3:30 pm

Where: CTRH
1342 US Highway 50
Milford, OH 45140
(513) 831 - 7050

What to wear: Close-toed shoes, long pants (NO CROCS)

What to bring: A snack and drink