



Teaching At-Risk Youth to Lead Themselves to a New Future

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THE YOUNG LEADERS' PROGRAM

- Program Overview
- How it works
- Program Benefits/Challenges
- Starting your own program

The Young Leaders' Program

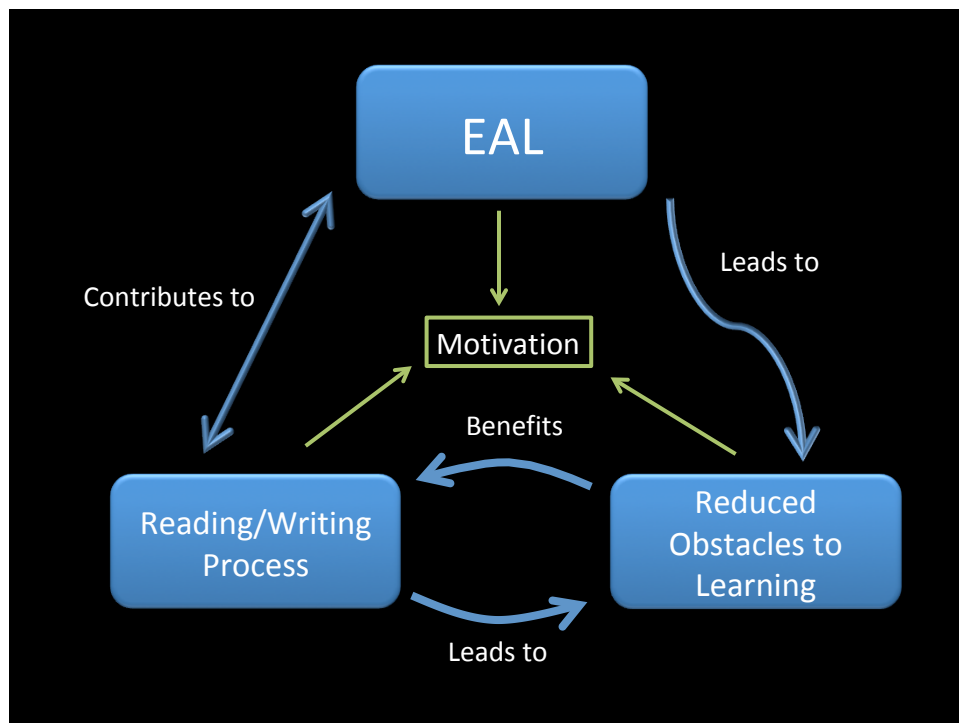


The Young Leaders' Program

- EAL paired with academics (rotate stations)
- Horses transported to central Phoenix site
- Serves 20 “at-risk” children ages 6-13
- Meets 2.5 hours/1 day per week/10 weeks
- Partnerships
 - Phoenix Children’s Hospital Youth Homeless Outreach
 - Ibis Foundation
 - The Bridge UMC
 - Children First Leadership Academy
 - Parents/Guardians

WHY EAL and ACADEMICS

- At-risk children experience many obstacles to the learning process including the ability to:
 - pay attention/focus
 - stay on task
 - plan behavior/impulse control
 - communicate feelings/needs
 - build confidence and self-worth



PHYSICAL ENVIRONMENT

- Low staff/volunteer to student ratios
 - 1:1 in horse area
 - 2:5 in classroom
- Students instructed on horse safety
 - Emotional regulation/preparedness prior to horse interaction
- Students accompanied anywhere on campus
- Multiple double gates

EMOTIONAL ENVIRONMENT

- Consistent/Predictable Routine
 - Staff
 - Horses
 - Activities
- Low-risk classroom
- Training of staff/volunteers
- Provide coping strategies
- Connection between horse program and classroom activities

SAMPLE SCHEDULE

3:30-3:40 SNACK

3:45-4:35 SESSION 1

Groups 1,2 Horses
 Group 3 Classroom
 Group 4 Crafts
 (Groups 3,4 switch ½ way thru)

4:40-5:30 SESSION 2

Groups 3,4 Horses
 Group 1 Classroom
 Group 2 Crafts
 (Groups 1,2 switch ½ way thru)

5:30-6:00 DINNER

SAMPLE SCHEDULE

3:30-3:40 snack, t-shirts, schedule

3:40-4:35 Horse Activities

HORSE INTERACTION PREP

- Horses and herds
- Protection
- Communication
- Horsey breath

SAMPLE SCHEDULE

3:40-4:35 Horse Activities

BECOMING A HERD MATE Building Self-Worth

YOU ARE:

- Worth knowing
- Trustworthy
- Worthy of respect
- Worth being protected

SAMPLE SCHEDULE

3:40-4:35 Horse Activities

LETTING GO AND TAKING HOLD

- GROOMING
 - Horse lingo
 - Letting go
- LEADING
 - Emotion cards
 - Stability and support
- PAINTING
 - Emotional expression
 - Horse can handle it

SAMPLE SCHEDULE

3:40-4:35 Horse Activities

BECOMING A LEADER

- LEARNING TO LEAD
 - Communicating clearly
 - Problem solving
 - Building confidence

SAMPLE SCHEDULE

3:40-4:35 Horse Activities

BECOMING A LEADER

- LEADING as a TEAM
 - Collaboration
 - Confidence
- LEADING w/o a ROPE
 - Culmination of skills
 - Trust
 - Emotional honesty/
awareness
 - Becoming a herd leader

SAMPLE SCHEDULE

4:40-5:05 Classroom: Reading

- Read picture books (no text) to Minis
 - Create story from pictures
 - Practice telling story
 - Share story w/Minis
- Read own writing to Minis

SAMPLE SCHEDULE

4:40-5:05 Classroom: Writing

- Content over Construct
- Use pre-writing template to organize information.
- Write
- Draw
- Dictate

WHY WRITE?

- HORSES/BOOK
 - Situational interest
 - Jumpstart motivation
 - Quick success
 - Intrinsic motivation
 - Confidence
- GIVES STUDENTS A VOICE
 - Sometimes you don't know what you know...
 - Students become the expert
 - I don't want to write → Can I stay and work?

SAMPLE SCHEDULE

5:05-5:30 Classroom: Crafts

- Scheduled-time to relax, create, just be.
- Simple Crafts
 - Beads, paint, drawing, blankets, sun catcher
- Wall tiles

HORSES TO HOME

Remembering the Program

- Horse Hair
- Crafts
- Book
- Lessons I've Learned From My Horse
- Photo album
- Celebration Dinner

PROGRAM CHALLENGES

- Consistent attendance
 - Transportation
 - Groupings changed weekly (age vs. attendance)
 - School philosophy
- Communication with school
 - Basic philosophy differences
 - Changes in school schedule
- City distractions
 - Sirens, helicopters, workers

PROGRAM BENEFITS

- Students have increased ability to:
 - pay attention/focus
 - stay on task
 - plan behavior/impulse control
 - communicate feelings/needs
 - build confidence
 - improve reading/writing skills

GETTING STARTED

Is this program right for my center?

ON-SITE RESOURCES

- Staff
- Horses
- Equipment
- Volunteers

OFF-SITE RESOURCES

- Partners
- Population served
- Locations
- Funding



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