



Lesson 1: Stable Management

Ages 12-16 | Learn - Research - Apply - Repeat

1. What is stable management?

2. Why is stable management important?

3. List three principles of good stable management.

4. Why should you feed your horse often during the day?

5. Why should your horse have an unlimited supply of fresh water?

6. What are the three principles of a suitable stable?

Well done, EquiPeeps. Don't forget three of the principles of success above: Persistence, Research and Repetition, and the ones below.

If you want to be wealthy and want to be wise, then early to bed and early to rise.

HORSEY HELPERS

Please remember that the Horsey Helper is responsible for the pony's or horse's welfare. These lessons are designed to encourage children to participate actively in caring for their animal's welfare, not to take full responsibility for it.





Lesson 2: Your Horse's Health

Ages 12-16 | Learn - Research - Apply - Repeat

1. What is your horse's heart rate at rest?

2. What should your horse's temperature be?

3. Why is it important to keep a diary on your horse's health?

4. Why is it important to quarantine a new horse?

5. Why is it important to worm your horse regularly?

6. What other regular check-ups should you have to keep your horse healthy and happy?

You train your horse by repetition, you learn a language by repetition, so you will become an educated, knowledgeable person by repetition.

So, what do you need to do now, EquiPeeps?

HORSEY HELPERS

Please remember that the Horsey Helper is responsible for the pony's or horse's welfare. These lessons are designed to encourage children to participate actively in caring for their animal's welfare, not to take full responsibility for it.



Lesson 3: Your Horse's Health Continued

Ages 12-16 | Learn - Research - Apply - Repeat



1. Explain why a shod horse needs regular farrier appointments.

2. Explain why some horses wear shoes.

3. List three reasons why a horse might be kept barefoot.

4. If your horse has dry, crumbly feet, which nutrients might they be lacking?

5. Explain why movement is good for your horse's feet.

6. Name four parts of your horse's feet.

Now look at your answers and see where you can articulate them.

Then repeat, repeat and repeat again. Good job, EquiPeeps - you're getting the point.

Remember, EquiPeeps: "Whatever the mind can conceive and believe, it can achieve."

HORSEY HELPERS

Please remember that the Horsey Helper is responsible for the pony's or horse's welfare. These lessons are designed to encourage children to participate actively in caring for their animal's welfare, not to take full responsibility for it.



Lesson 4: Your Horse's Health Continued

Ages 12-16 | Learn - Research - Apply - Repeat



1. What is a physio, and why do we use them for our horses?

2. How often should you use a physio on your horse?

3. Why should you have a physio on your horse before they need it?

4. What is an osteopath?

5. How often should you use an osteopath?

6. What is the benefit of regular aftercare?

If you want your horse to be fit, healthy and strong, implement all the things you have learnt above. So, my question to you, EquiPeeps, is: "Do you look after your health like you look after your horse's?"

Think of ways you can improve your physical health and start today. Do not procrastinate - look after you!

Remember: "The body achieves what the mind believes."

HORSEY HELPERS

Please remember that the Horsey Helper is responsible for the pony's or horse's welfare. These lessons are designed to encourage children to participate actively in caring for their animal's welfare, not to take full responsibility for it.





Lesson 5: Your Horse's Feet

Ages 12-16 | Learn - Research - Apply - Repeat

1. Draw your horse's foot and list all six parts of their foot.

2. Why is it important to communicate with your farrier?

3. Name three nutritional supplements your horse needs for a good, strong foot.

4. Why should you have your horse trimmed regularly?

5. What is a poultice used for?

6. If you do not have a poultice, what could you use?

Now write a one-page essay on the horse's foot.

Include all the elements of the questions and answers from all five lessons.

This is a form of repetition to help your mind log all the information you have learned.

Remember, repetition is programming your subconscious mind, which creates the unwavering habit of persistence. Great job, EquiPeeps.

HORSEY HELPERS

Please remember that the Horsey Helper is responsible for the pony's or horse's welfare. These lessons are designed to encourage children to participate actively in caring for their animal's welfare, not to take full responsibility for it.





Lesson 6: Your Horse's Feet and Health

Ages 12-16 | Learn - Research - Apply - Repeat

1. Why is the practice of good stable management so important?

2. What is your horse's heart rate at rest?

3. What is your horse's temperature range?

4. What are the six parts of your horse's foot?

5. Why is regular hoof care so important?

6. Why is learning all the above so important?

Well done, EquiPeeps, for completing the first level and starting your journey to gaining knowledge. Use all the learning techniques of repetition in everyday life; this will help you become the person you want to be. Remember, your brain remembers everything you put into it, so fill it with positive, constructive information to help you obtain your dreams.

HORSEY HELPERS

Please remember that the Horsey Helper is responsible for the pony's or horse's welfare. These lessons are designed to encourage children to participate actively in caring for their animal's welfare, not to take full responsibility for it.



● ● ●

Include all the elements of the questions and answers from all five lessons.