| | |
|---|---|
| **DH Ranch:** | Empowering our Youth through the Spirit of the Horse and Tsuut'ina Values |
| **Program:** | Curriculum Outline - 13 Sessions (includes a Graduation/Demonstration/Catered Luncheon) |
| **Prepared:** | for Schools |
| **Locations:** | Spring/Summer/Fall - DH Ranch, Cattle Dip Road |
| | Winter - HDMA Agriplex (Also, weather conditions will move indoors to the Agriplex) |
| **Start Date:** | On Availability |
| **Sessions:** | 1.5 Hours |
| **Students:** | Min. 6 and Max. 10 |

| | |
|---|---|
| **Session 1** | **Session 1: Starting the Journey >>>>>>>>>>>>>>>>** |
| | **Objective: Introduction to Developing Relationships** |
| | * Opening Prayer & Smudge with Elder |
| | * Tsuut'ina Values - Humility, Bravery, Wisdom, Honesty, Strength, Kindness, Sharing |
| | * Program Overview |
| | * Introduction of EAL |
| | * Orientation & Ice Breaker |
| | * Generate excitement |
| | * Stress Safety |
| | * Team Interaction |
| | * Humor/fun |
| | * Creating a positive environment |
| | * Value of work & play |
| | * Initial evaluation of each horse |
| | * Introduction to horse & human parallels |
| | * Spirit Walk - students may take a spirit walk with a horse |
| | * Debriefing & Sharing Circle - facilitator debriefs with the students the Session of the day |
| | **Intended Outcome: Value associated with starting teams/relationships, positive first impressions** |
| | |
| **Session 2** | **Session 2: Circuit Training >>>>>>>>>>>>>>>>** |
| | **Objective: Introduction to Basic Skills Development** |
| | * Opening prayer and smudge |
| | * Tsuut'ina Values - Humility, Bravery, Wisdom, Honesty, Strength, Kindness, Sharing |
| | * Spirit of the Horse teachings |
| | * Basic learning: pressure/release movement, forward, backward, stop, side pass, ground tie, and |
| | tie rope |
| | * Reinforcing value associated with developing positive relationships |
| | * Aptitude and sequencing |
| | * Team building and leadership |
| | * Active participation |
| | * Knowledge, thinking and practice |
| | * Spirit Walk - students may take a spirit walk with a horse |
| | * Debriefing & Sharing Circle - facilitator debriefs with the students the Session of the day |
| | **Intended Outcome: Understand the necessity of skills needed** |
| | |
| **Session 3** | **Session 3: Self-Discovery & Teamwork >>>>>>>>>>>>>>>>** |
| | **Objective: Introduction to learning about "self" as part of an effective team/relationship** |
| | * Opening prayer and smudge |
| | * Tsuut'ina Values - Humility, Bravery, Wisdom, Honesty, Strength, Kindness, Sharing |
| | * Introduction to developing strong teams and leaders |
| | * Introduction to supporting other team members |
| | * Introduction to understanding choices and consequences |
| | * Significance to understanding that the horse is part of their team |
| | * Encourage conversation, discussion, and negotiation |
| | * Building character |
| | * Spirit Walk - students may take a spirit walk with a horse |
| | * Debriefing & Sharing Circle - facilitator debriefs with the students the Session of the day |
| | **Intended Outcome: Introducing how individuals impact teams/relationships.** |
| | |
| **Session 4** | **Session 4: Match that Horse >>>>>>>>>>>>>>>>** |
| | **Objective: Developing interactive negotiation skills, and thinking through the process** |
| | * Opening prayer and smudge |
| | * Tsuut'ina Values - Humility, Bravery, Wisdom, Honesty, Strength, Kindness, Sharing |
| | * Reinforcing team efforts, plan, and development |
| | * Decision making and problem solving skills |
| | * Sequencing and memory development |
| | * Motivate positive responses while appreciating humour in work and play |
| | * Creating a positive environment |
| | * Building confidence and character development |
| | * Building team interactive skills |
| | * Understanding that negotiation is not manipulation |
| | * Spirit Walk - students may take a spirit walk with a horse |
| | * Debriefing & Sharing Circle - facilitator debriefs with the students the Session of the day |
| | **Intended Outcome: Understand the negotiation process and working toward finding Win/Win solutions.** |
| | |

| | |
|---|---|
| **Session 5** | **Session 5: Common Sense >>>>>>>>>>>>>>>>** |
| | **Objective: Encourage common sense** |
| | * Opening prayer and smudge |
| | * Tsuut'ina Values - Humility, Bravery, Wisdom, Honesty, Strength, Kindness, Sharing |
| | * Understanding choices and consequences |
| | * Impacting others lives through choice |
| | * Understanding and respecting the nature of the horse = natural consequences |
| | * Ethical standards |
| | * Self discipline |
| | * Personal worth and integrity |
| | * Supportive |
| | * Spirit Walk - students may take a spirit walk with a horse |
| | * Debriefing & Sharing Circle - facilitator debriefs with the students the Session of the day |
| | **Intended Outcome: Understanding how common sense influences change.** |
| | |
| **Session 6** | **Session 6: Silent Communication >>>>>>>>>>>>>>>>** |
| | **Objective: Power of understanding communication through body language.** |
| | * Opening prayer and smudge |
| | * Tsuut'ina Values - Humility, Bravery, Wisdom, Honesty, Strength, Kindness, Sharing |
| | * Developing observation skills and effective "listening" |
| | * Developing non-verbal communication skills |
| | * Recognizing the subtleties |
| | * Recognizing conflict (through frustration) in a healthy manner |
| | * Caring for other team members |
| | * Personal empowerment and building confidence |
| | * Understanding how we impact others |
| | * Understanding our physical limitations |
| | * Self awareness |
| | * Spirit Walk - students may take a spirit walk with a horse |
| | * Debriefing & Sharing Circle - facilitator debriefs with the students the Session of the day |
| | **Intended Outcome: Respecting the power of body language.** |
| | |
| **Session 7** | **Session 7: Unsighted Adventure >>>>>>>>>>>>>>>>** |
| | **Objective: Empowerment through trust and respect** |
| | * Opening prayer and smudge |
| | * Tsuut'ina Values - Humility, Bravery, Wisdom, Honesty, Strength, Kindness, Sharing |
| | * Importance of articulation, clarifying thought and intent |
| | * Appreciation of the "role of the leader" |
| | * Clarification through visualization |
| | * Addressing attitudes toward making change |
| | * Responsibility associated with trust/trusting |
| | * Self awareness, hearing and listening |
| | * Mindful of others abilities and achievements |
| | * Caring and supportive team member |
| | * Spirit Walk - students may take a spirit walk with a horse |
| | * Debriefing & Sharing Circle - facilitator debriefs with the students the Session of the day |
| | **Intended Outcome: Recognizing that trust is earned through behaviour and building respect.** |
| | |
| **Session 8** | **Session 8: Catch that Horse >>>>>>>>>>>>>>>>** |
| | **Objective: Working on observation and appropriate assertive skills** |
| | * Opening prayer and smudge |
| | * Tsuut'ina Values - Humility, Bravery, Wisdom, Honesty, Strength, Kindness, Sharing |
| | * Awareness of our surroundings and the impact we have on others |
| | * Positive example, and positively influencing others on the team |
| | * Team building and problem solving |
| | * Recognizing the importance of social order |
| | * Understanding the nature of the horse |
| | * Developing healthy relationships, and interpersonal relationships |
| | * Developing confidence |
| | * Responsibility and recognizing immediate consequences |
| | * Spirit Walk - students may take a spirit walk with a horse |
| | * Debriefing & Sharing Circle - facilitator debriefs with the students the Session of the day |
| | **Intended Outcome: Appropriate assertiveness begins with self evaluation and leadership is earned.** |
| | |
| **Session 9** | **Session 9: Being One >>>>>>>>>>>>>>>>** |
| | **Objective: Importance and power of articulating thought and intent** |
| | * Opening prayer and smudge |
| | * Tsuut'ina Values - Humility, Bravery, Wisdom, Honesty, Strength, Kindness, Sharing |
| | * Listening vs. hearing as skill |
| | * The act of anticipation impeding the communication process |
| | * Understanding communication as a skill |
| | * Team building and becoming a supportive team member |
| | * Plan development |
| | * Individual empowerment |
| | * Building self esteem and confidence |
| | * Spirit Walk - students may take a spirit walk with a horse |
| | * Debriefing & Sharing Circle - facilitator debriefs with the students the Session of the day |
| | **Intended Outcome: Understanding the importance of articulate clear communication** |
| | |

| | |
|---|---|
| **Session 10** | **Session 10: It's All Up To You >>>>>>>>>>>>>>>>** |
| | **Objective: Having choices and making decisions** |
| | * Opening prayer and smudge |
| | * Tsuut'ina Values - Humility, Bravery, Wisdom, Honesty, Strength, Kindness, Sharing |
| | * Motivate teams |
| | * Responsibility and accountability |
| | * Personal assessment |
| | * Mutual respect and trust |
| | * Individual attitudes and moods |
| | * Moral value and personal integrity |
| | * Fair minded team members |
| | * Understanding team dynamics |
| | * Supportive, encouraging, and being mindful of others |
| | * Building confidence and personal self esteem |
| | * Spirit Walk - students may take a spirit walk with a horse |
| | * Debriefing & Sharing Circle - facilitator debriefs with the students the Session of the day |
| | **Intended Outcome: Encourage discussion and recognizing the value in motivating team mates** |
| | **to make difficult choices.** |
| | |
| **Session 11** | **Session 11: Build with Confidence >>>>>>>>>>>>>>>>** |
| | **Objective: Plan development, team development, and project development** |
| | * Opening prayer and smudge |
| | * Tsuut'ina Values - Humility, Bravery, Wisdom, Honesty, Strength, Kindness, Sharing |
| | * Building teams through individual contributions |
| | * Assisting others, and developing a strong supportive team |
| | * Recognizing individual strengths and responsibilities |
| | * Moving performance forward through effective conversation |
| | * Learning to be creative and innovative while working as a team player |
| | * Understand others, environment and outside influences |
| | * Spirit Walk - students may take a spirit walk with a horse |
| | * Debriefing & Sharing Circle - facilitator debriefs with the students the Session of the day |
| | **Intended Outcome: Discovering how to influence others while improving communication skills.** |
| | |
| **Session 12** | **Session 12: Horse in the Pocket >>>>>>>>>>>>>>>** |
| | **Objective: Team building, creativity and thinking outside the box** |
| | * Opening prayer and smudge |
| | * Tsuut'ina Values - Humility, Bravery, Wisdom, Honesty, Strength, Kindness, Sharing |
| | * Understanding of ethical leadership and associated values |
| | * Value the strength in every team member by understanding their weaknesses |
| | * Ability to engage and generate passion in others |
| | * Understanding team dynamics and ability to create an environment that embraces successful change |
| | * Influence teams to participate in culminating ideas to find successful solutions |
| | * Inspire creativity to respond to other team members needs, therefore helping to create better leaders |
| | * Spirit Walk - students may take a spirit walk with a horse |
| | * Debriefing & Sharing Circle - facilitator debriefs with the students the Session of the day |
| | **Intended Outcome: Effectively working together within a group structure "I have your back".** |
| | |
| **Session 13** | **Graduation Ceremony >>>>>>>>>>>>>>>>** |
| | **Objective: Demonstration, acknowledgement and appreciation** |
| | * Opening prayer, smudge and smudge by Elder/Facilitator |
| | * Welcome participants and invited guests. |
| | * Explanation of EAL and what guests will be observing. |
| | * Participants perform demonstration of some of the EAL exercises explaining the task and objective. |
| | * Certificate of Participation/Completion & gift presentations |
| | * Guest speakers from the DH Ranch, education center and First Nation leadership |
| | * Luncheon Catered |
| | **Intended Outcome: Demonstrate participants abilities; acknowledge participants achievements; and show appreciation for their attendance** |
| ***Note:*** | |
| **** Prior to the start of each Session, a prayer and smudge will be lit to help guide the Session & students,*** | |
| ***and at the end of the Session each student may take a spirit walk with the horse to share with the*** | |
| ***horse something they have never told anyone else. This is a guided session and it is at the student's discretion.*** | |
| **** Healthy snacks will be provided during a short break during each Session.*** | |
| **** Helmets and proper attire required. Helmets provided by DH Ranch and boots if needed for student use.*** | |
| **** The Graduation ceremony will be held on one day at a date & time to be determined.*** | |
| **** Schedule may be subject to change due to inclement weather or unforseen circumstances.*** | |