

# **SUNRISE COMMUNITY FARM CENTER, LLC**

## **Horse Immersion Program Description**

### **Mission & Vision**

At Sunrise Community Farm Center our mission is to empower all ages through sustainable, inclusive community farming. We foster a sense of belonging where every individual feels valued and discovers their unique contribution to a thriving community. By embracing the primary elements of partnership, we cultivate essential life skills and inspire meaningful engagement with the world around us.

In summer camps, our program aims to build skills for life using the farm as a model environment!

### **Program Goals**

Participants wishing to attend Horse Immersion camp are required to have mastered a basic level of horsemanship (Horse Immersion Skills) with the goal of improving their ability to:

- successfully partner with horses and each other, and
- care for their horse's health, and
- improve their independent skill in riding horses, and
- practice self-leadership and leadership skills, and
- practice living in the community of a sustainable community farm.

At Sunrise, we model a sustainable community farm by practicing

### **Partner with Horses & Each Other**

Campers partner with their horses and each other by practicing the CRAFTS of Partnership...

*Communication: Participants will already know some horse communication styles and practice recognizing behavioral nuances and understanding their meaning.*

*Respect: Horses are also powerful, respect leadership and respect those who respect them.*

*Acknowledgement: Horses appreciate generosity and clear communication about when they are appreciated.*

*Friendship: Horses form deep bonds with those who are generous with their time, communicate clearly, and acknowledge them in ways they understand and appreciate. Make friends with a horse and you are friends for life.*

*Trust: Friendship with horses is based on trust, respect, acknowledgement, and friendship, which develop over time, persistence, and consistency. To earn the trust of a horse, we must consistently pay into the trust bank account using the skills above.*

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## Horse Immersion Program Description

*Setting Good Boundaries: Because of the power of these amazing creatures, participants **must** set good boundaries and lead their horses according to those boundaries, otherwise trust is broken, communication is confusing, and horses lose respect. Setting good boundaries protects and supports the horse and the participant, which builds the capability of each using the idea that in a team, Together Everyone Accomplishes More.*

Participants partner with horses through the week to learn the lessons of that horse. Participants partner together as a team to accomplish tasks that would be daunting alone (such as maintaining a barn) but are easily manageable together when everyone is responsible for a portion.

### Care for Horse's Health

Participants in our programs practice caring for their horse's health through:

- grooming
- exercising with groundwork or riding
- games and activities designed to teach about horse's needs.

Learning to care for the health of our horses is the beginning of practicing quality leadership. A leader begins by acknowledging their own value and individuality. Next, a leader values other individuals at a basic level and supports them as well as encouraging them to support themselves. A good leader endeavors to understand (using the listening portion of communication) the "horsonality" of the individual horse, and the personalities of people. A great leader uses this understanding to support their horse in the direction that they wish to go, so that the leader and horse are truly working together as a team.

### Improve Riding Skill

Participants work to improve their riding skills according to the Beginner/Intermediate/Advanced qualifications at the barn. To view the riding qualifications, [click here](#).

### Practice Leadership & Learn Leadership Skills

Participants in Horse Immersion practice leadership skills *with their horses* by guiding their horses through riding and ground work.

Horse Immersion participants practice leadership skills *with others* by guiding other participants or each other through horse activities such as first time rides, grooming, tacking, and leading.

### Practice Living in Community on a Sustainable Community Farm

Participants in Horse Immersion practice living as community members on a sustainable community farm through:

- assisting other farm participants in riding activities,
- assisting in the maintenance of the farm through gathering compost materials

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- participating in activities and games with other campers in or outside of the horse barn including nature walks/plant ID walks with horses, making horse treats in Farm to Table, crafting, social games and activities, and more!
- making reparations to relationships with other camp members when trust or relationships have been broken.