

# **SUNRISE COMMUNITY FARM CENTER, LLC**

## **Pony Immersion Program Description**

### **Dear Parents & Participants,**

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!

### **Pony Immersion Skills we Build**

For children who are at least 6 years old and passionate about ponies, teamwork, and individual responsibility, Pony Immersion offers a unique learning experience. The program goals are to:

Teach partnership with ponies and each other with activities that:

1. Foster independence and individual creative expression.
2. Care for People and Pony Basic Need
3. Improve skills and comfort around horses.
4. Practice individual and group responsibilities (community, social, and creative).
5. Participate in the community of a sustainable community farm.

### ***Teach Partnership with Ponies & Each Other***

Campers will partner with ponies and each other by practicing the CRAFTS of Partnership:

**Communication:** Learn pony and human communication styles and practice recognizing meaningful behaviors.

**Respect:** Understand that ponies respect caring leadership and those who respect their needs.

**Acknowledgement:** Learn how to acknowledge ponies clearly, and understand what it means to respect a pony and a person. Learn the importance of acknowledgement as a way to express generosity and clear communication.

**Friendship:** Develop bonds with ponies through generosity, clear communication, and acknowledgement.

**Trust:** Build trust with ponies through respect, friendship, and consistency and setting good boundaries.

**Setting Good Boundaries:** Learn what is an appropriate boundary and how to set them under the guidance of our Mentors.

# **SUNRISE COMMUNITY FARM CENTER, LLC**

## **Pony Immersion Program Description**

### **Program Elements & Examples**

#### **1) *Foster Independence and Individual Creative Expression***

Participants will learn independence through personal responsibility, friendship, clear communication, and creative expression.

Example Activities: I'm a Star, Barn Scavenger Hunts, Coloring & Crafts, bracelet making, Pony Dress Up, etc.

#### **2) *Care for People and Pony Basic Needs***

Participants will learn about the basic needs of ponies and people (which are very similar!)

Example Activities: Horse care, In-Common Games, Create-your-pony-crafts, friendship bracelets, acknowledgement, etc.

#### **3) *Improve Skill & Comfort in Being Around Ponies, Learn Basic Riding***

Participants will learn pony body language, communication, and basic riding skills.

Example Activities: Horse Games, Balance Games, Grooming, Leading, Arena-based games.

#### **4) *Practice Individual and Group Responsibilities***

Participants will learn to follow rules, take personal responsibility, and care for ponies and the barn.

Example Activities: Simon Says, Space decoration, arts and crafts.

#### **5) *Practice Living in Community on a Sustainable Community Farm***

Participants will engage in farm activities, interact with animals, and participate in group activities.

Examples: Small Animal enrichment, Games and crafts with Rainbows, Trail rides, Fun Friday afternoon activities.

Sincerely,

Sunrise Community Farm Center