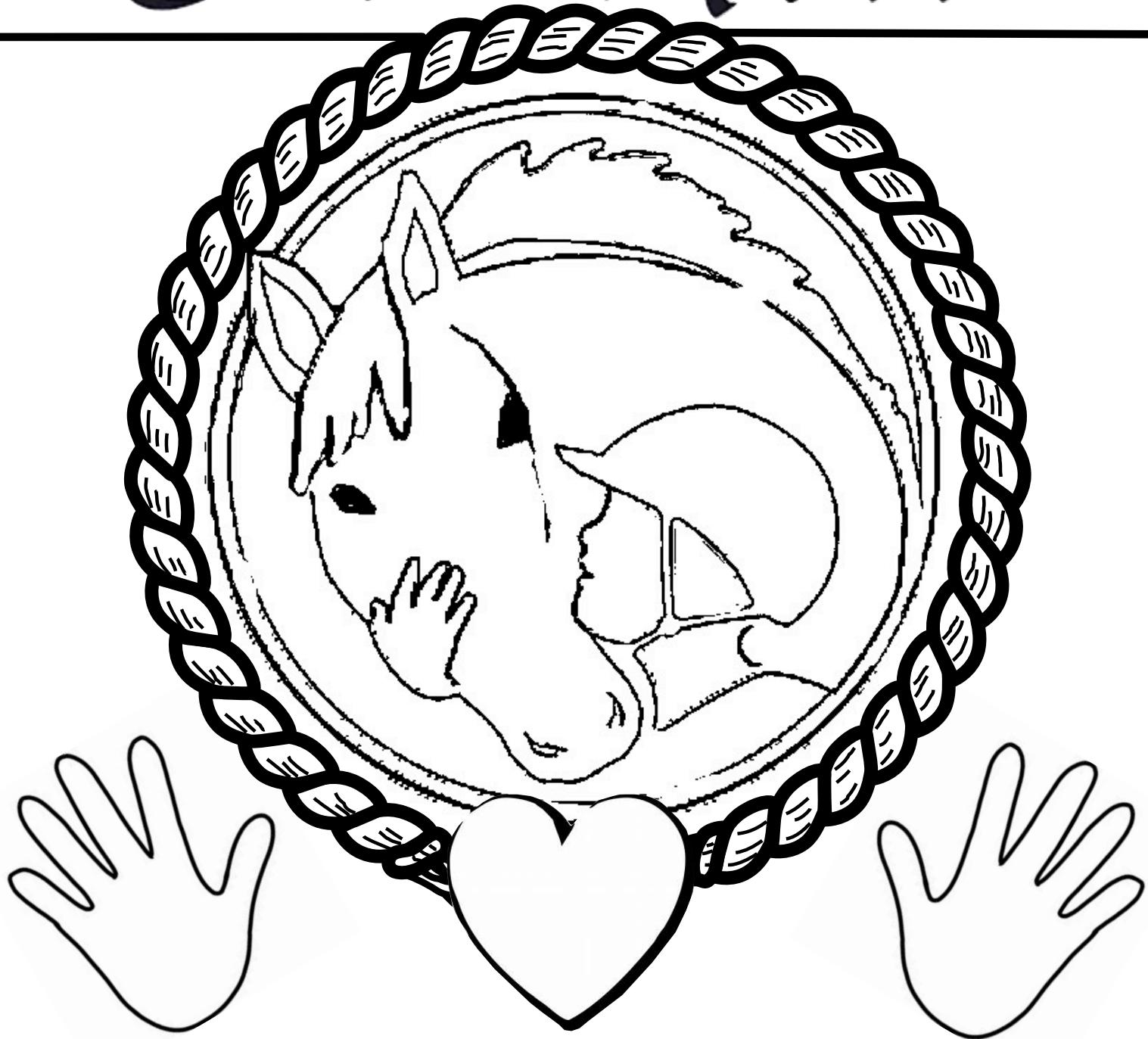


Stable Hands



HANDS on HORSES
ACTIVITY BOOK

Stable Hands

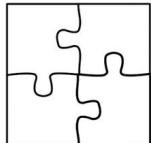
HANDS on HORSES ACTIVITY BOOK

TABLE OF CONTENTS



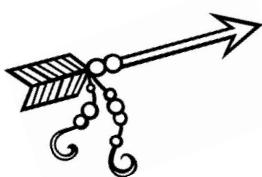
LEARNING ABOUT HORSES

HORSE FACTS
MARKINGS
HOW MANY HANDS
SADDLE UP
FEED
GROOMING



MIND PUZZLES

COLOR BY NUMBER
DOT 2 DOT
WORD SEARCH
CROSSWORD
MAZE
SPOT THE DIFFERENCES



IMAGINATION STATION

COLOR THE HORSE
WRITE A HORSE STORY
MY DREAM HORSE



HANDS ON ACTIVITIES

HOW TO DRAW A HORSE
HORSE CRAFT
ORIGAMI
HORSE COOKIES



HEART ACTIVITIES

WRITE A LETTER
HORSE FUNNIES

THERAPEUTIC RIDING

Hi I'm Gus, a trusted Therapy Horse at Stable Hands. We are a P.A.T.H. accredited Therapeutic Riding Center located in Yreka California. We hope you enjoy the activities in this workbook designed to keep you busy in and out of the saddle! Visit us online at www.stablehands.org to learn more about our program



GROUNDWORK...20 MIN.

RIDING.....10 MIN.

GROOMING.....15 MIN.

CUDDLES.....UNLIMITED

COMMON HORSE TERMS

STALLION - A mature male horse than can reproduce

MARE - A mature female horse over 4 years old

FOAL - A young horse of either gender that is still with its mother

FILLY - A young female horse under 4 years old

COLT - A young male horse under 4 years old

YEARLING - A horse that is officially 1 year old

GELDING - A male horse that has been castrated

PONY - A mature horse of either gender that will never grow taller than 14.2 hands tall

HANDS - The unit of measurement used to determine the height of a horse. A hand is 4" tall.

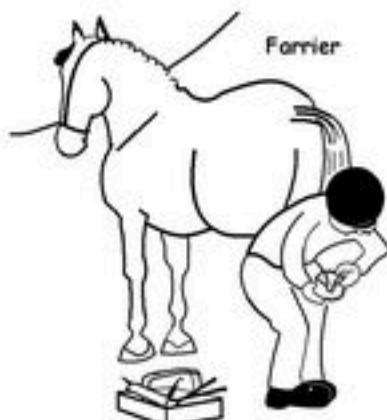
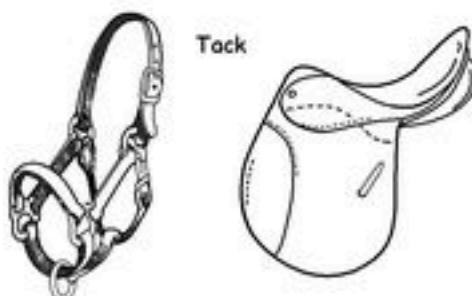
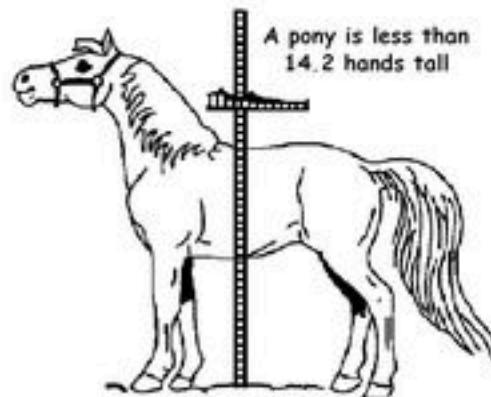
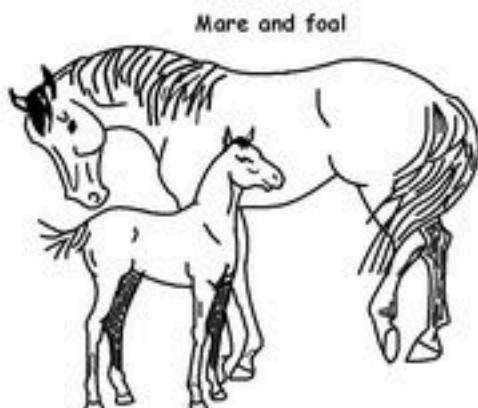
MULE - A cross between a horse and a donkey

TACK - The equipment used when working with horses - halter, saddle, bridle, etc.

GREEN HORSE - An untrained or inexperienced horse

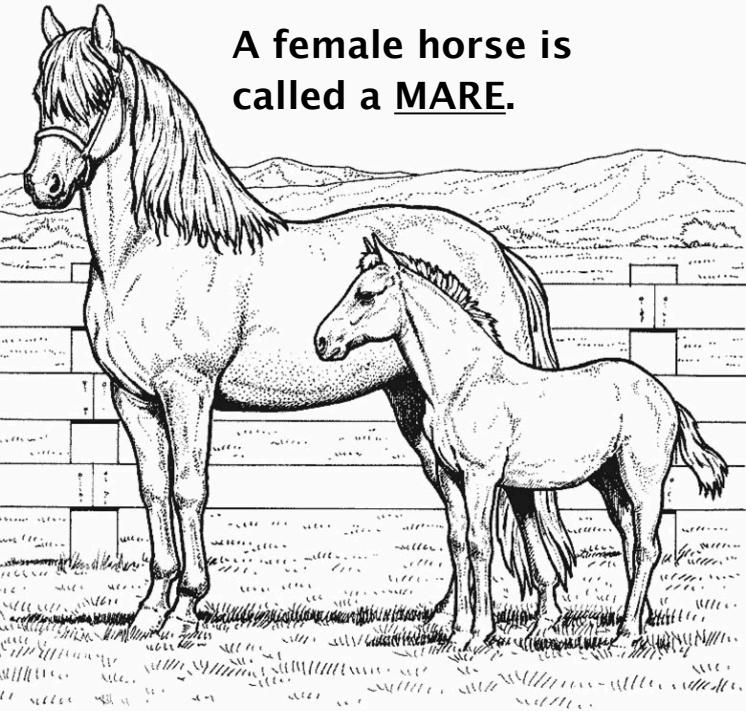
WITHERS - The slight ridge in the horse's backbone, just behind the mane. A horse's height is measured from the tallest point of its withers.

FARRIER - also called a horseshoer, this is a skilled craftsman who trims and shoes horses hooves

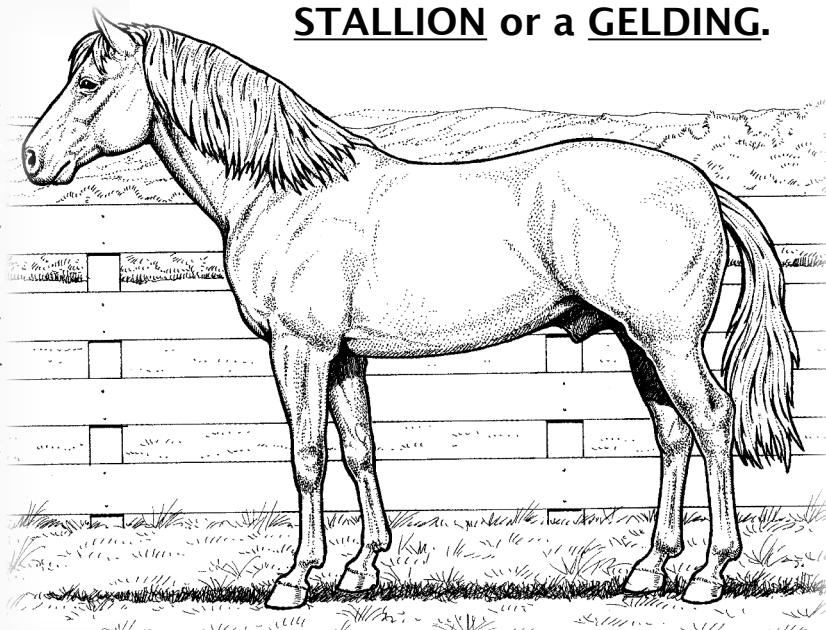


ABOUT HORSES

A female horse is called a MARE.

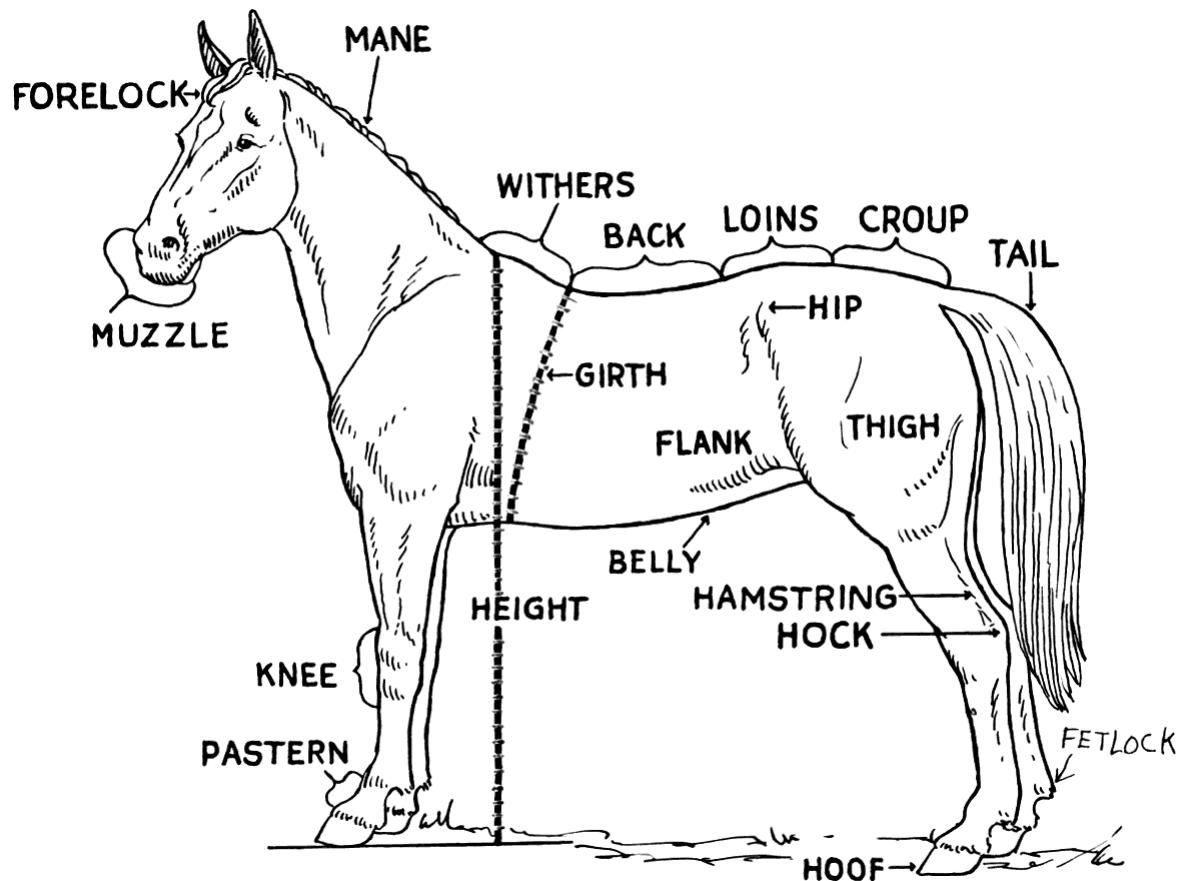


A male horse can be a STALLION or a GELDING.



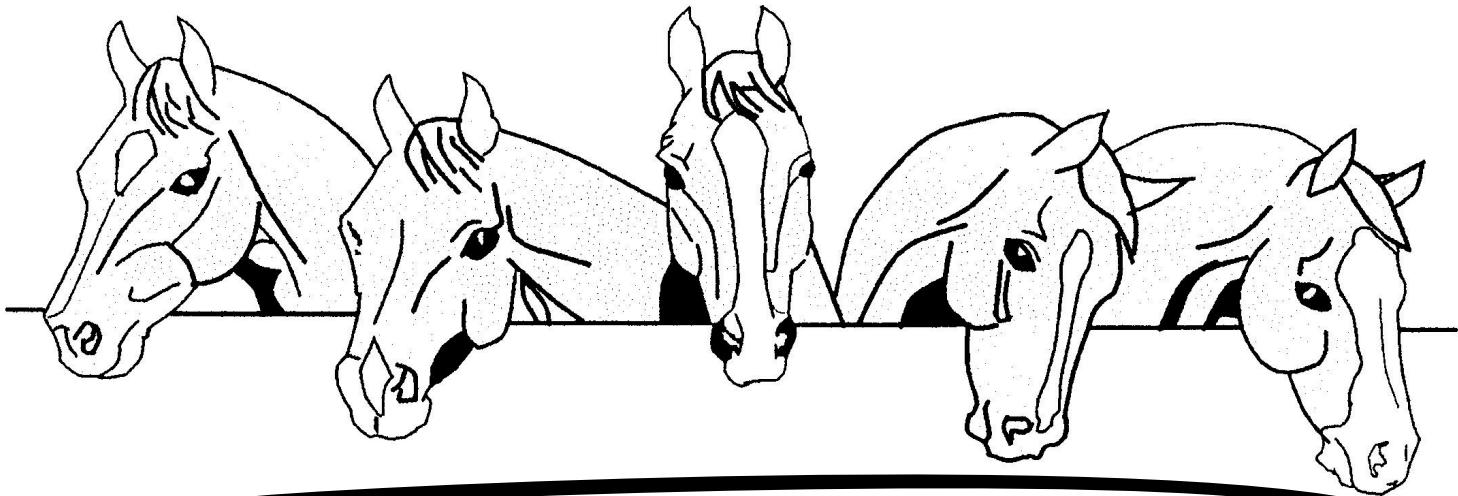
A baby horse is called a FOAL. A COLT if it's a Boy, and a FILLY if it's a girl.

PARTS OF A HORSE



HEAD & FACE MARKINGS

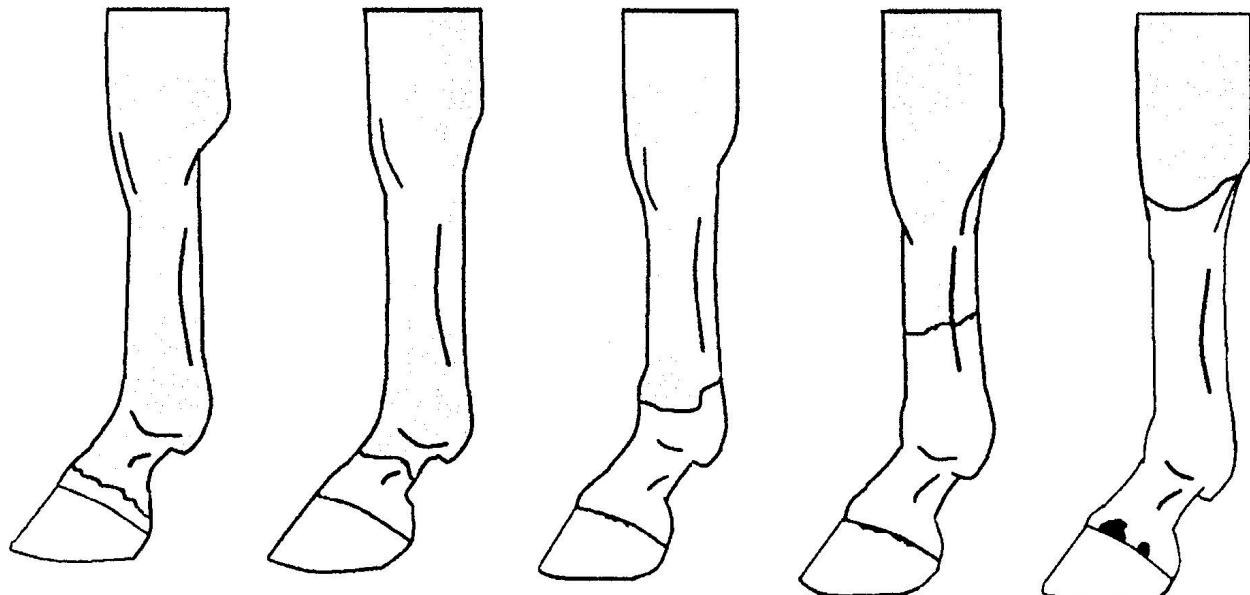
Left to right: star, snip, blaze, strip, and bald face



Markings on horses are usually distinctive white areas on an otherwise dark base coat color. Most horses have some markings, and they help to identify the horse as a unique individual.

LEG MARKINGS

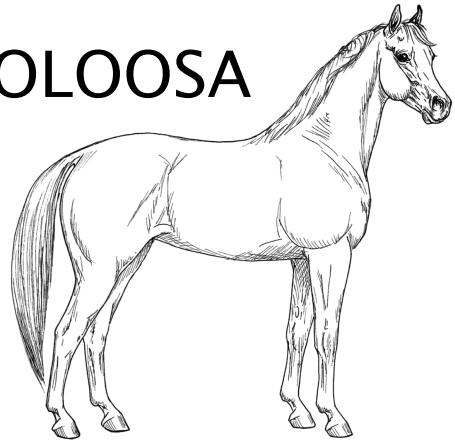
Left to right: Coronet, half-pastern, sock, (white to top of fetlock joint), half-cannon, stocking and ermine spots in stocking.



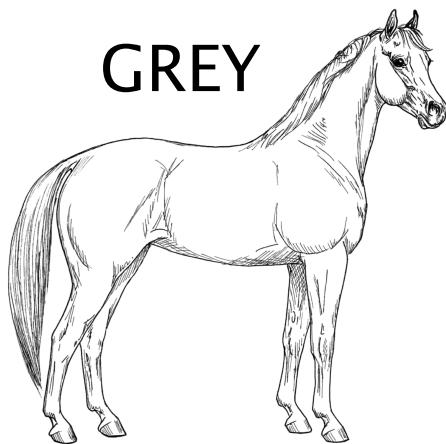
HORSE COLORS

Horses come in a variety of colors with many different markings that can help with the identification of individuals. Knowing the names of those colors and markings not only makes you knowledgeable about horses, it helps you communicate with others in the horse industry. Common colors include black, chestnut, bay and gray. Any of the colors can have white face or leg markings. Look up horses online and color in labeled horses with the correct colors.

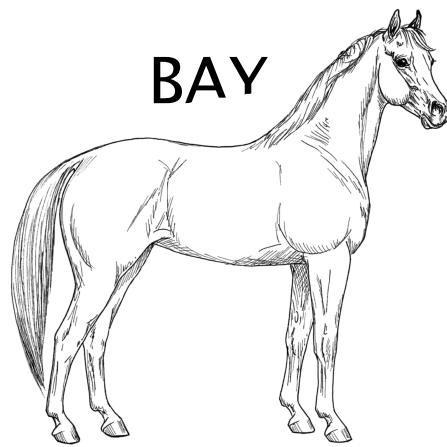
APPOLOOSA



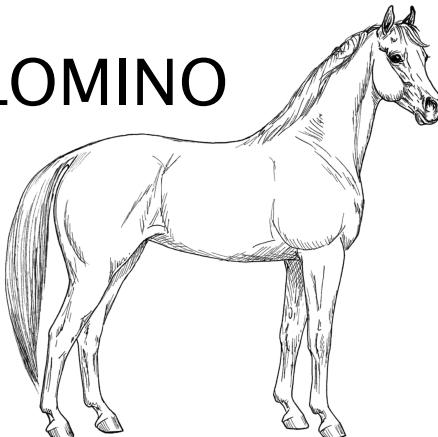
GREY



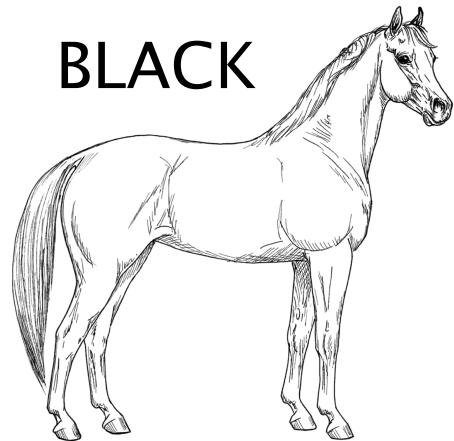
BAY



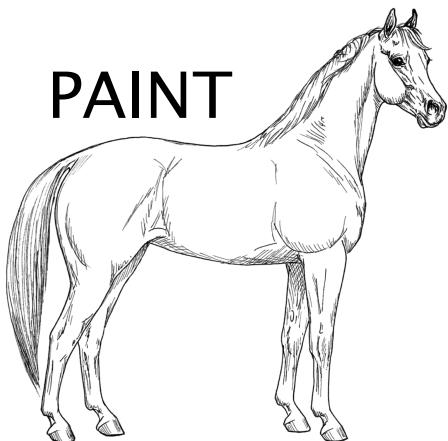
PALOMINO



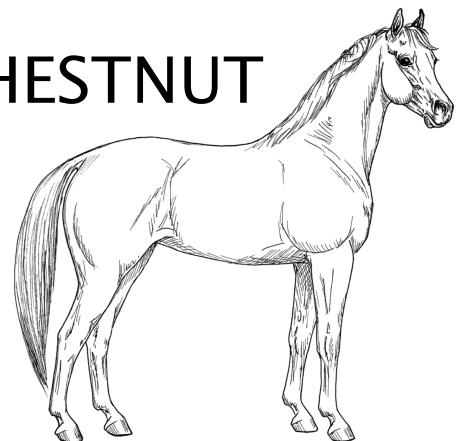
BLACK



PAINT

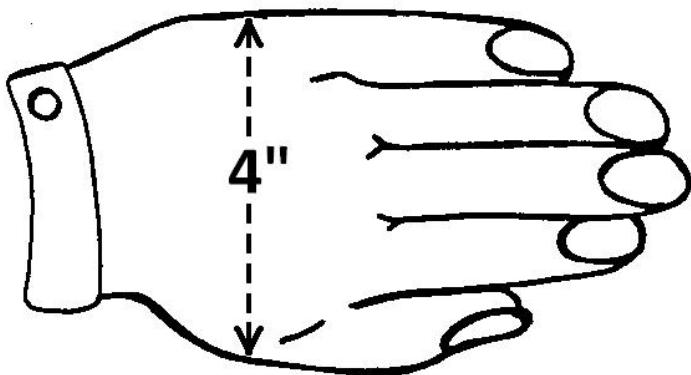


CHESTNUT

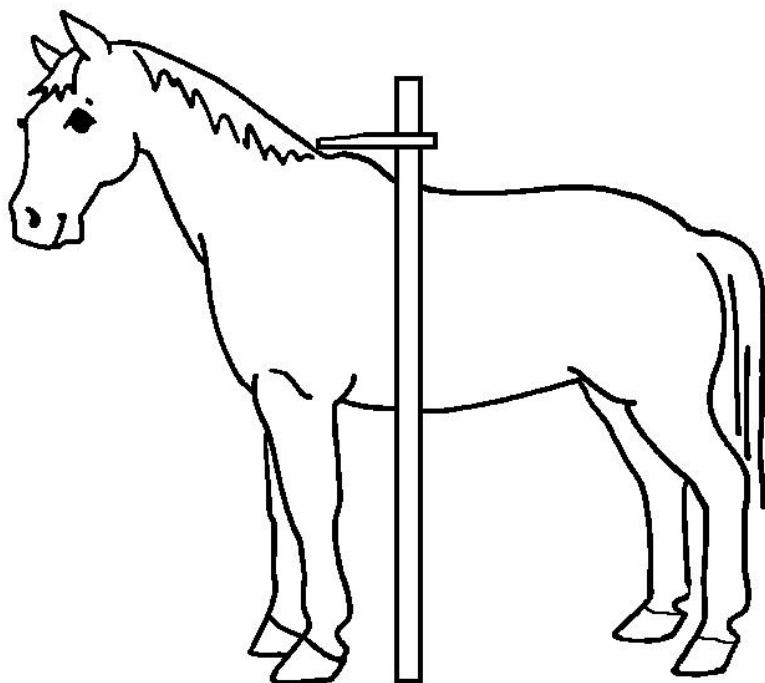


HOW MANY Hands?

SIZE OF HORSE - COLOR THE PAGE

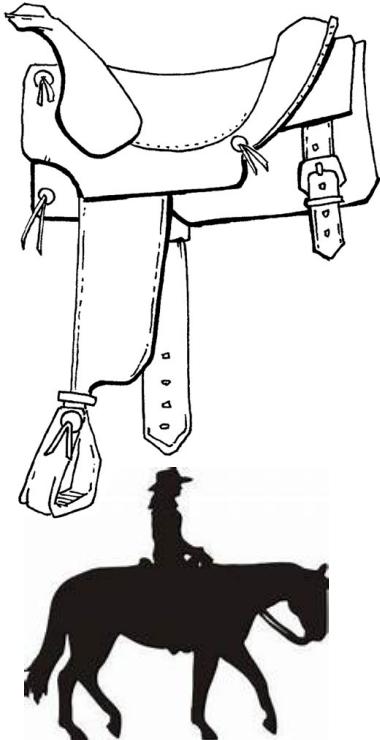


HORSES AND PONIES ARE MEASURED FOR HEIGHT IN HANDS... FROM THE GROUND TO THE TOP OF THEIR WITHERS. A HAND IS 4 INCHES. A HORSE IS OVER 14 HANDS - 2 INCHES. UNDER 14 HANDS - 2 INCHES IS A PONY. WE USE A MEASURING STICK TO MEASURE HEIGHT OF HORSE OR PONY.



Saddle Up

There are two basic types of saddles used today for horseback riding, usually called the English saddle and the American western saddle.



WESTERN RIDING

The Western saddle is designed to be comfortable when ridden in for many hours. Its history and purpose is to be a working tool for a cowboy who spends all day, every day, on horseback. For a beginning rider, the western saddle may give the impression of providing a more secure seat.



CUTTING & REINING



BARREL RACING



The English saddle is used for horse sports like show jumping, dressage, and eventing. It is also used for horse showing. It has less leather and is lighter than most Western saddles. The smaller saddles give riders more flexibility to move when jumping and closer contact with their horses for precision dressage movements.



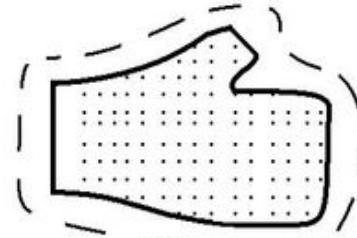
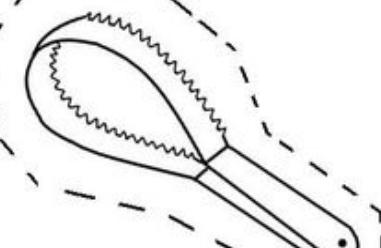
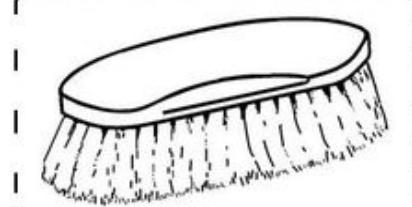
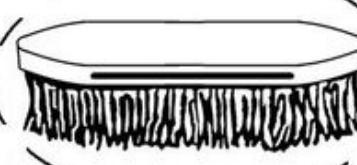
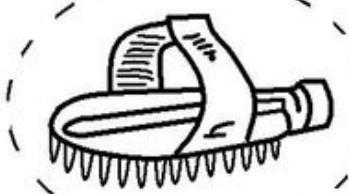
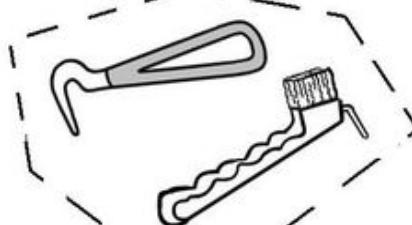
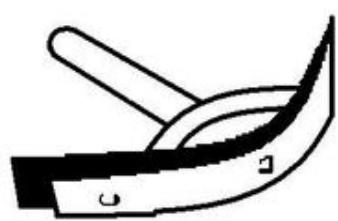
ENGLISH RIDING



JUMPING



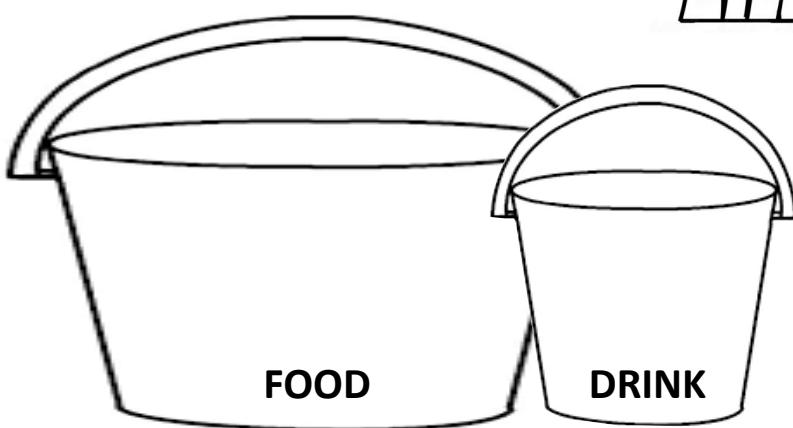
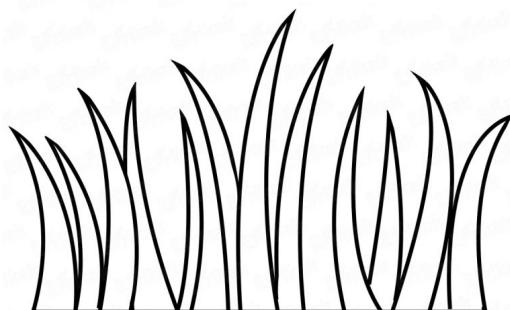
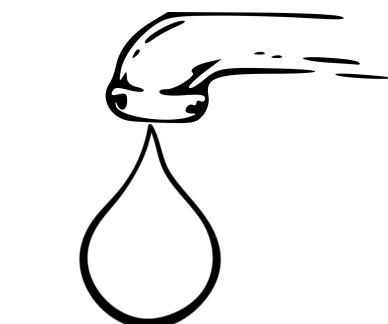
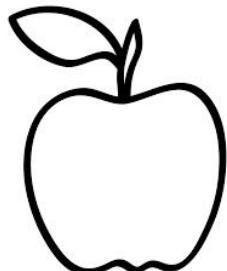
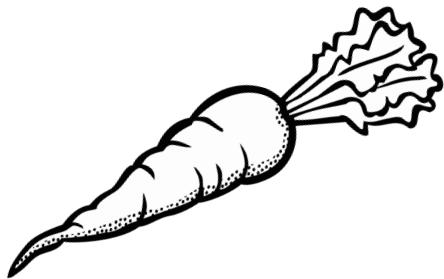
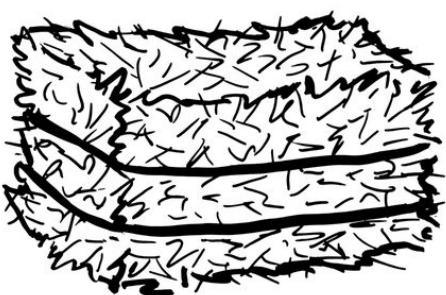
DRESSAGE



LABLE THE GROOMING
TOOLS THAT GO IN THIS TOTE.

FLY SPRAY
RUBBER CURRY COMB
SOFT BRUSH
CLIPPERS
HOOF PICK
GROOMING MITT
SWEAT SCRAPER
MANE & TAIL COMB
SHEDDING BLADE
HARD BRUSH
WASHING SCRUBBER
SHAMPOO

FEED YOUR HORSE

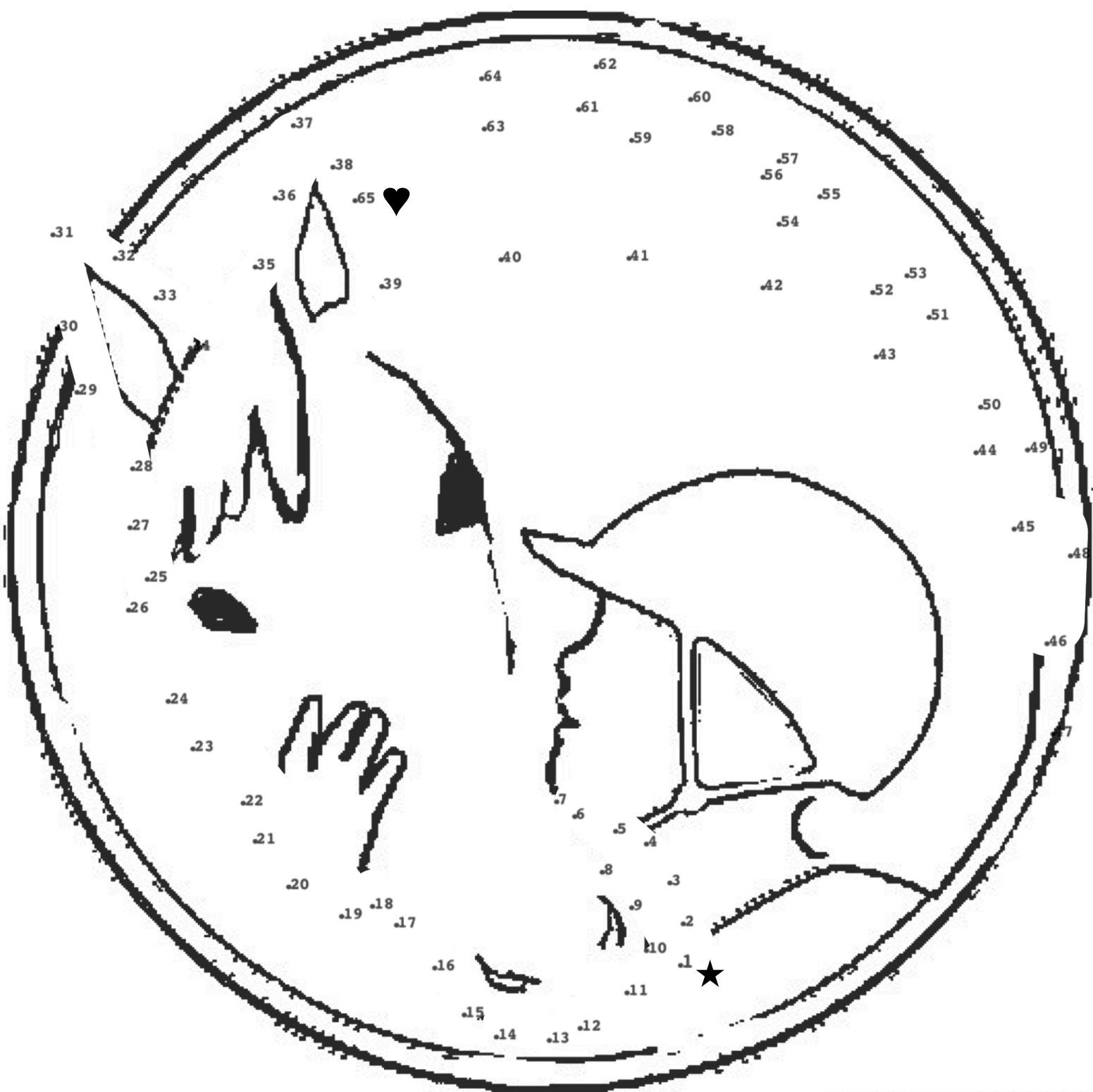


Draw a line to the Buckets with the things a horse needs

What can you eat from the list? _____

Which things would you not feed a horse? _____

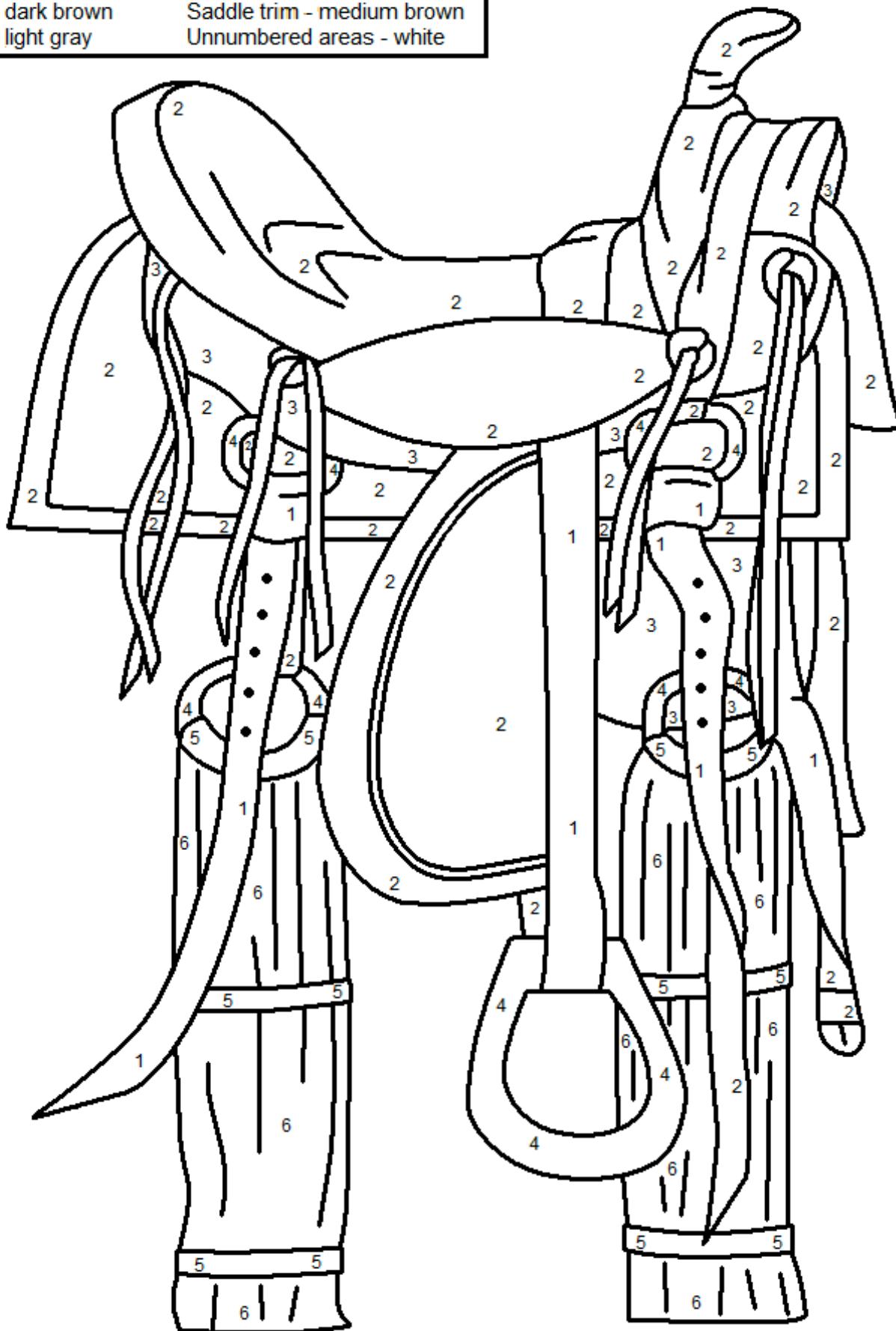
We need your help to complete the Stable Hands Logo



Connect Dots from 1-65 Start at the ★ and end at the ♥

<u>Color Chart:</u>	5 - pink
1 - light brown	6 - olive green
2 - medium brown	Tassles - red
3 - dark brown	Saddle trim - medium brown
4 - light gray	Unnumbered areas - white

COLOR BY NUMBER



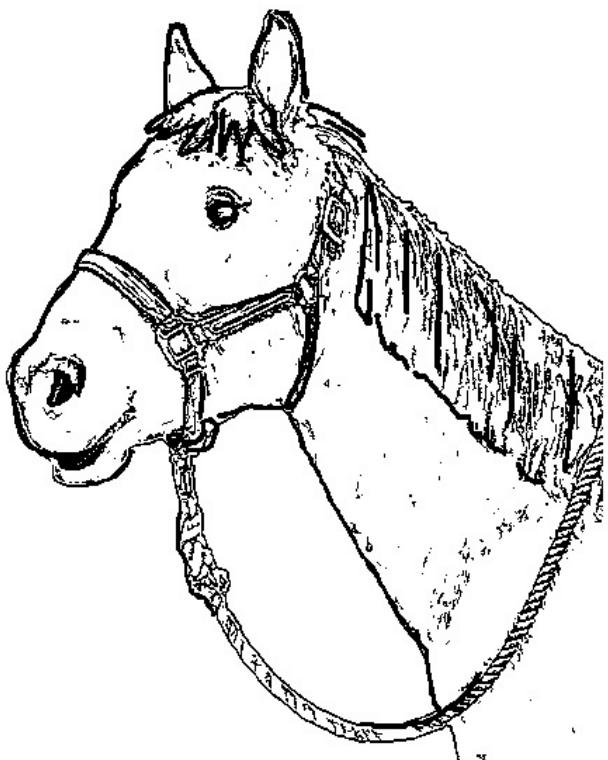
Pretend to clean your saddle while you fill in the colors

WORD SEARCH

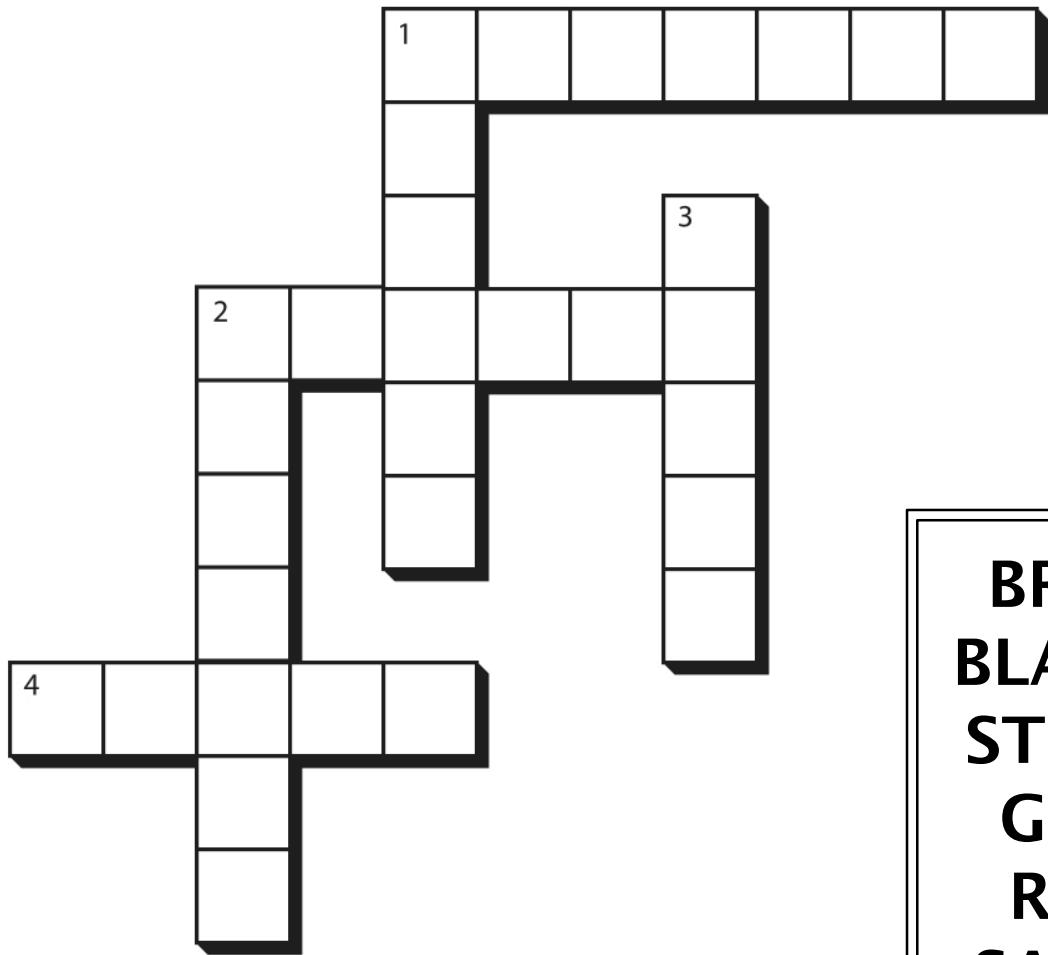
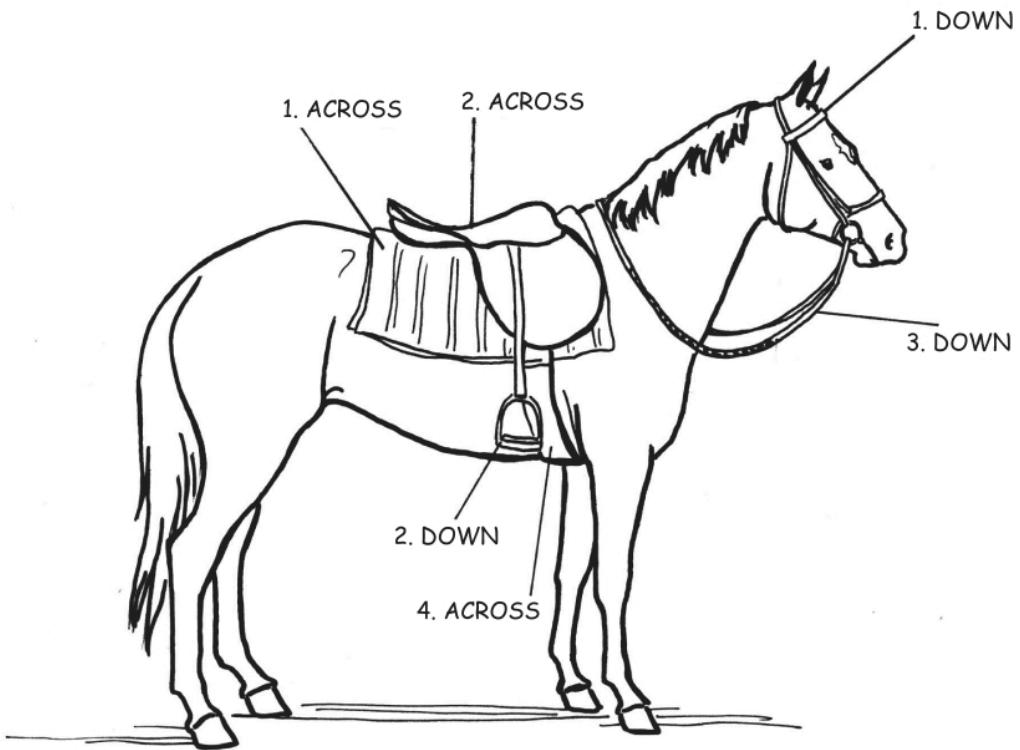
Y K Z V K K N H H R F S P A H Y R U H K
D U P N Q T O N Q R E X K P Q P O S R L
B T M R Y O S E E D A D F Q Y K T A N N
Y S Y I F U T K W A L K A B G K C B G V
N G G P I S L V O L U N T E E R U S U F
A P I G T A G Q C U F I R D L N R U Q D
Z C H P W B R C R P U Y E C N E T S H B
K E N E U W O P U R R I T S X H S C J K
V O D Y A G O S N I E R L S T O N R B S
S I J J S C M J I F T I A Y G A I H O Z
S E F V N P I W Z E M B H E D Y B N C H
R T L M S G N Y E F M J Z P Q S O L J A
D E R D K A G S A D D L E O A S H W E O
Q I D H I B H E W T B K J L S Q A Y P T
B A S I H R B C O M M H W E Z G N C L W
U G B M R E B R N E O E L P I V D E A H
Q E Z Q O H T J D R D B F E P H S D W M
Z K K C T U J X S U F R J M D B Q J M F
V A C W U Q N E Z F B N W M U U S Z G P
W D I E C V G T L E E X V L H W E Y N G

BRIDLE
DISMOUNT
GROOMING
HALTER
HANDS
HOOFPICK
HORSE
HORSELEADER
INSTRUCTOR
LESSON
LOPE
REINS
RIDER
SADDLE
SIDEWALKER
STABLE
STIRRUP
TROT
VOLUNTEER
WALK

Hi I'm GUS
Can you help
me find the
words?



CROSSWORD PUZZLE

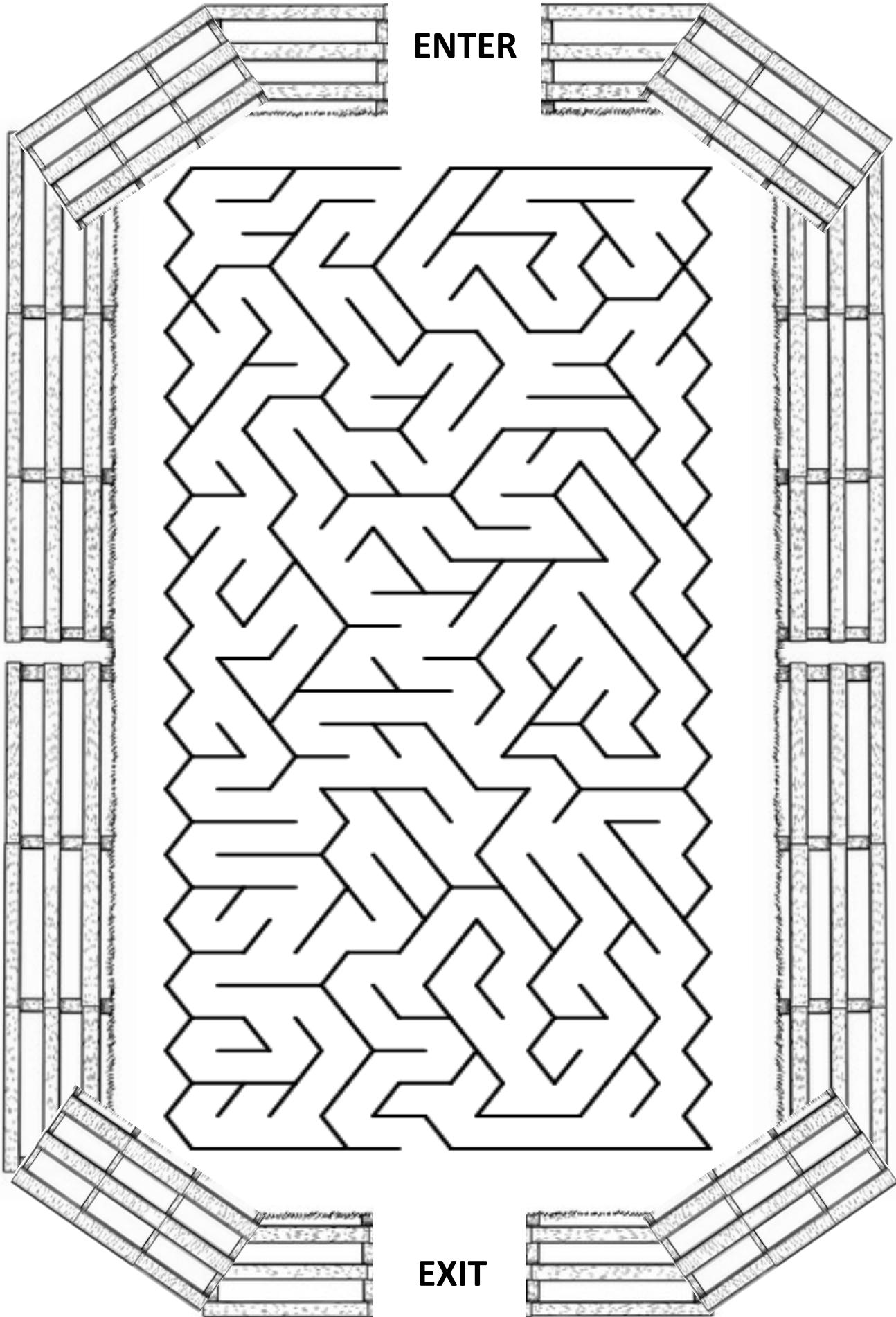


**BRIDLE
BLANKET
STIRRUP
GIRTH
REINS
SADDLE**

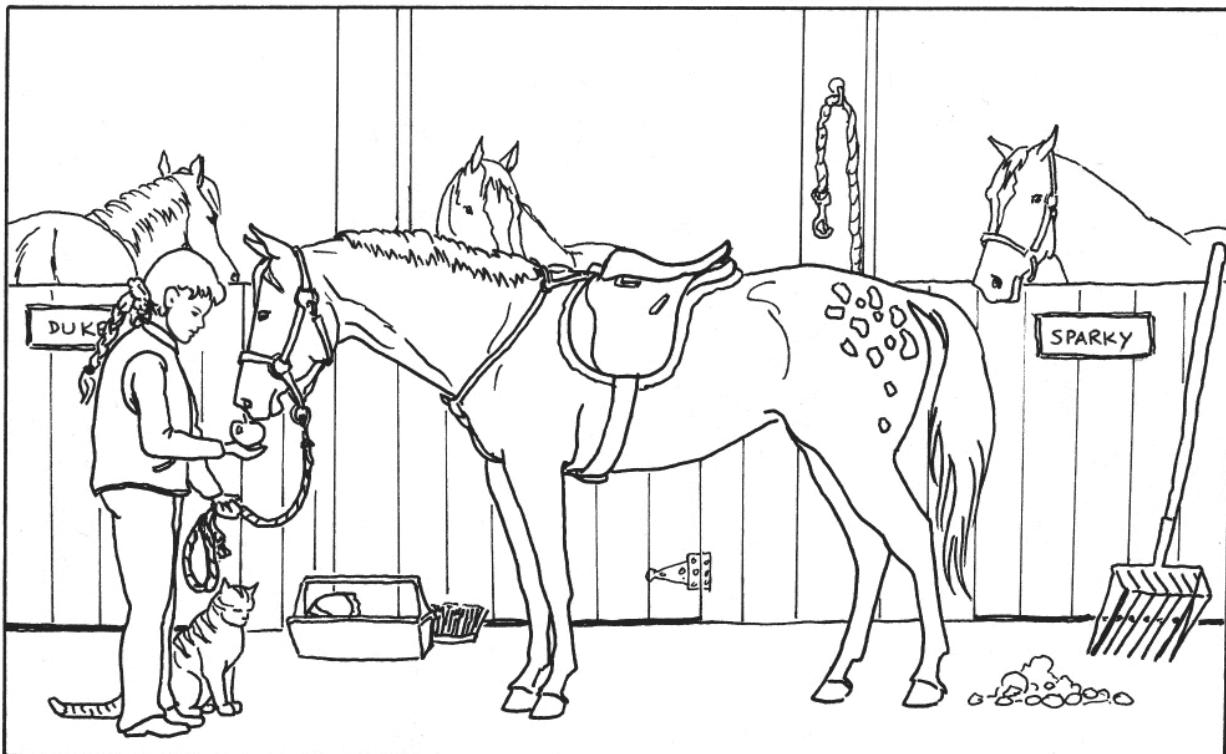
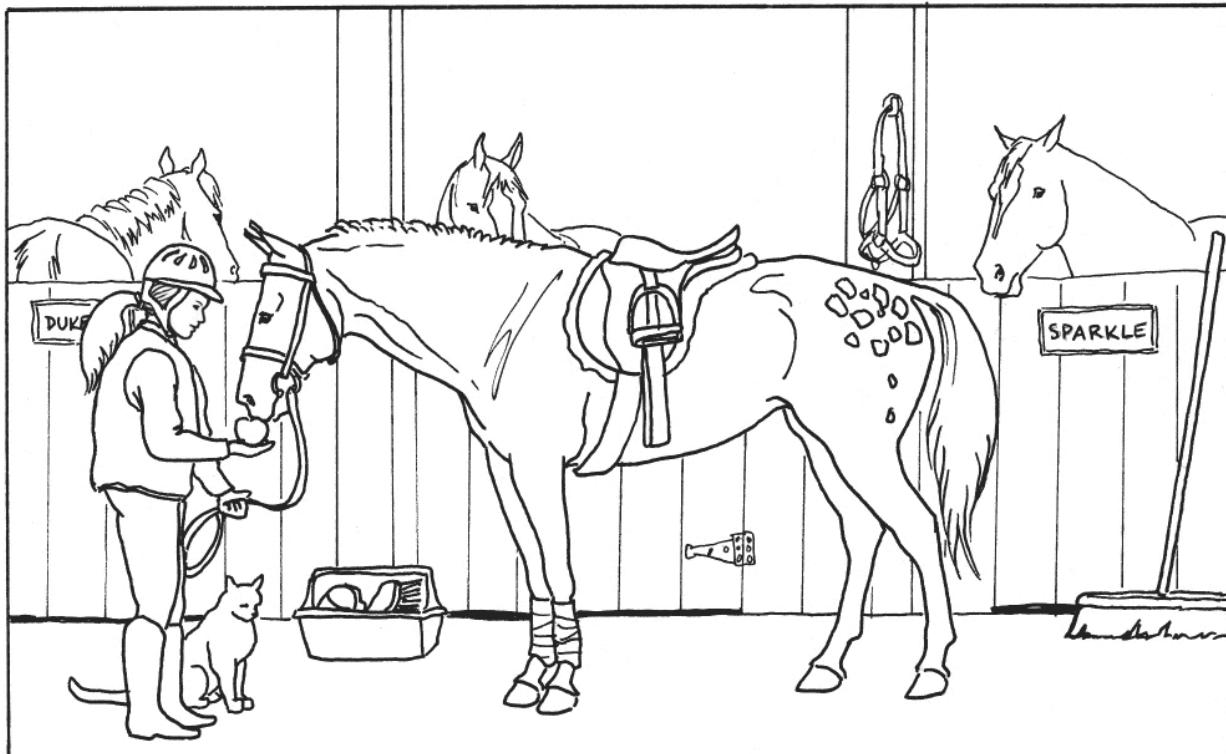
Have fun in the Arena as you find your way out of the Maze

ENTER

EXIT

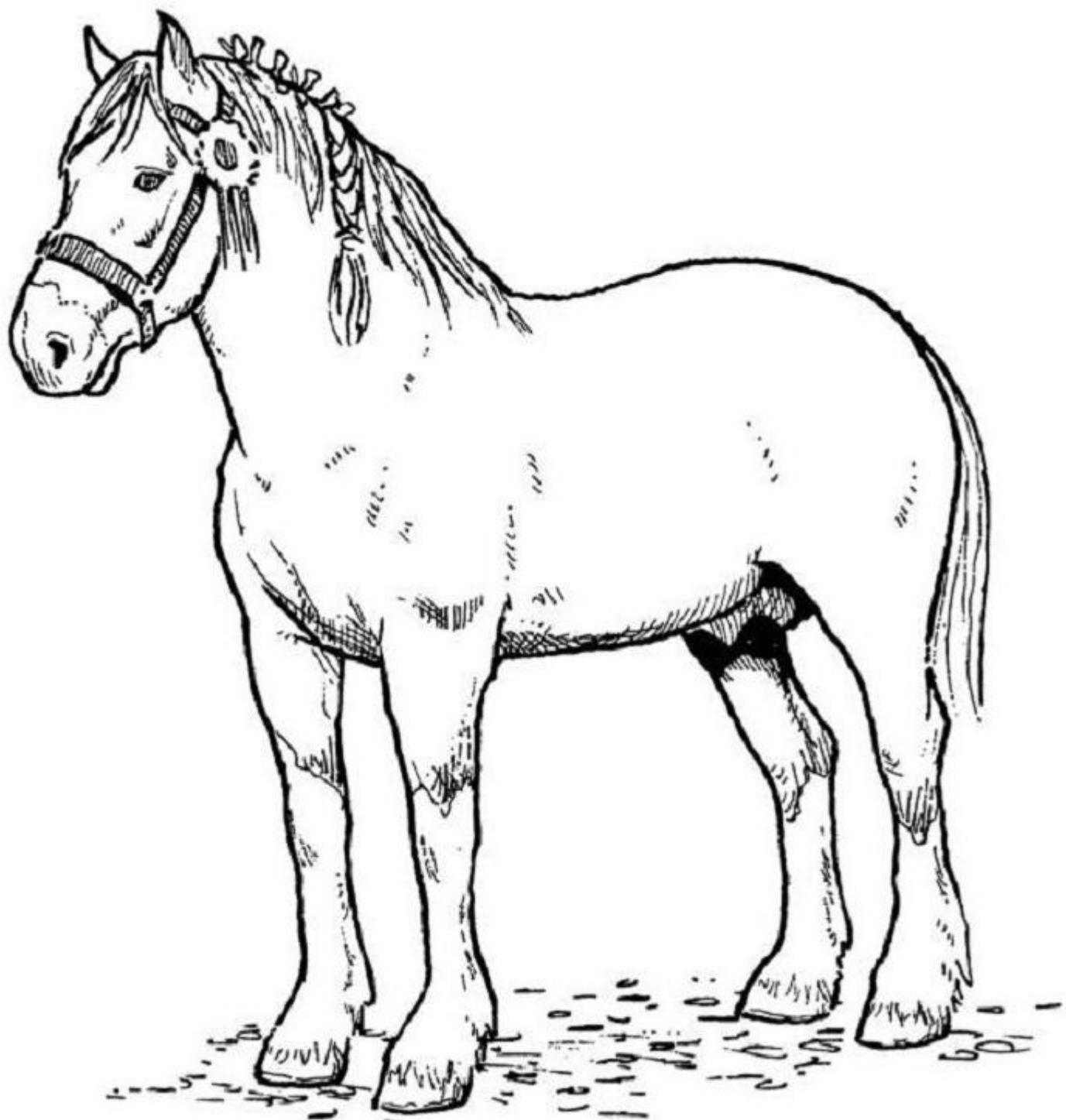


Can you spot 15 things that are different in these 2 pictures



Answers: 1. Horse's bridle, 2. missing stirrup, 3. hanging halter & brush out of box, 4. eat stripes, 5. polo wraps on horse's legs, 6. pithfork & broom, 7. girl's hair, 8. helmet, 9. horse in stall wearing halter, 10. breastplate on horse, 11. horse's mane, 12. manure, 13. tall name sign, 14. horse's mane, 15. girl's boots

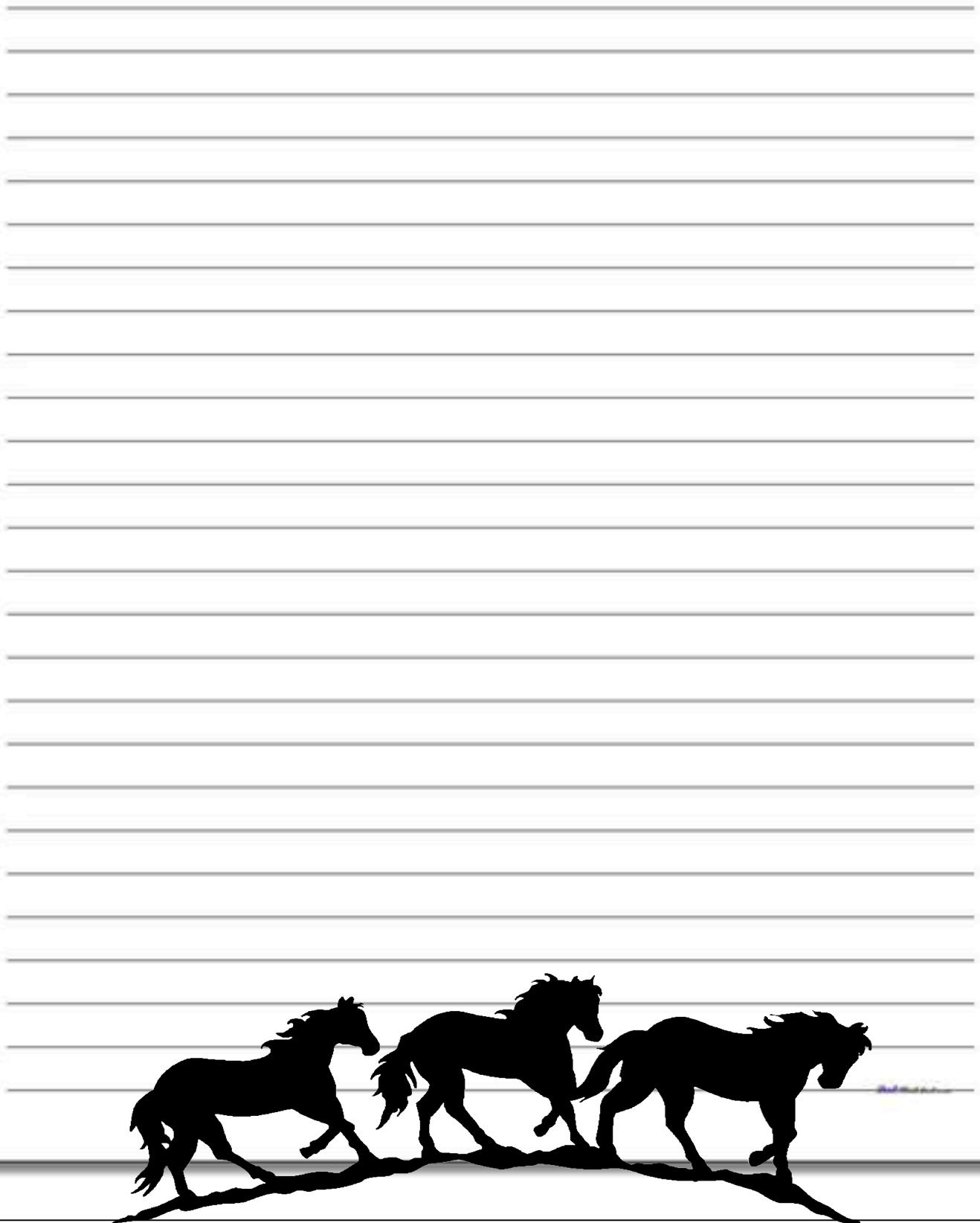
Color The Horse



Imagine where this Horse lives. Draw a Pasture, Barn,
Trees & Sky to complete the picture.

Write a Horse Story

Once upon a time there were three horses...



Hints: What do the horses look like? What are their names? Where are they?
What did they do? And what else did they do? And then...?
Why were they doing that? Who else came along? How does the story end?

YOUR DREAM HORSE

Can you Imagine the Horse of your Dreams?

HORSE NAME_____

BREED:_____ MARE GELDING

AGE:_____ HANDS:_____ DOB:_____

BODY COLOR:_____

MANE/TAIL COLOR:_____

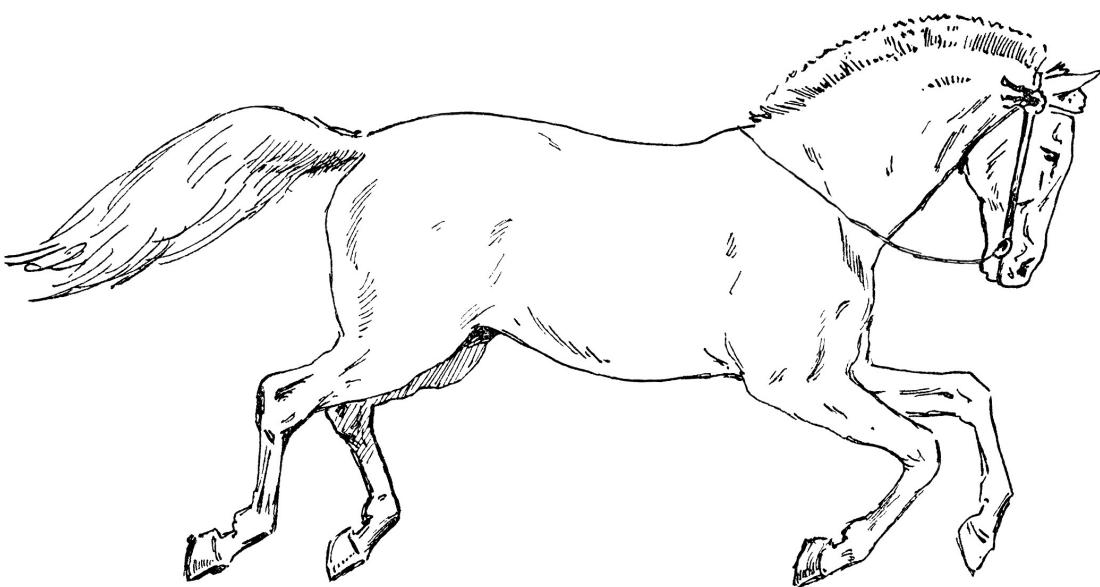
LEGS:_____ FACE:_____

HISTORY:_____

SKILLS:_____

FAVORITE FOOD:_____

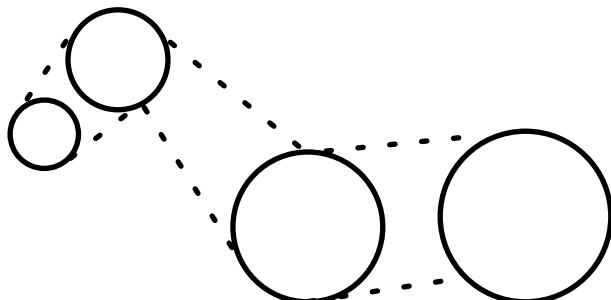
PLACES WE RIDE:_____



Just imagine...

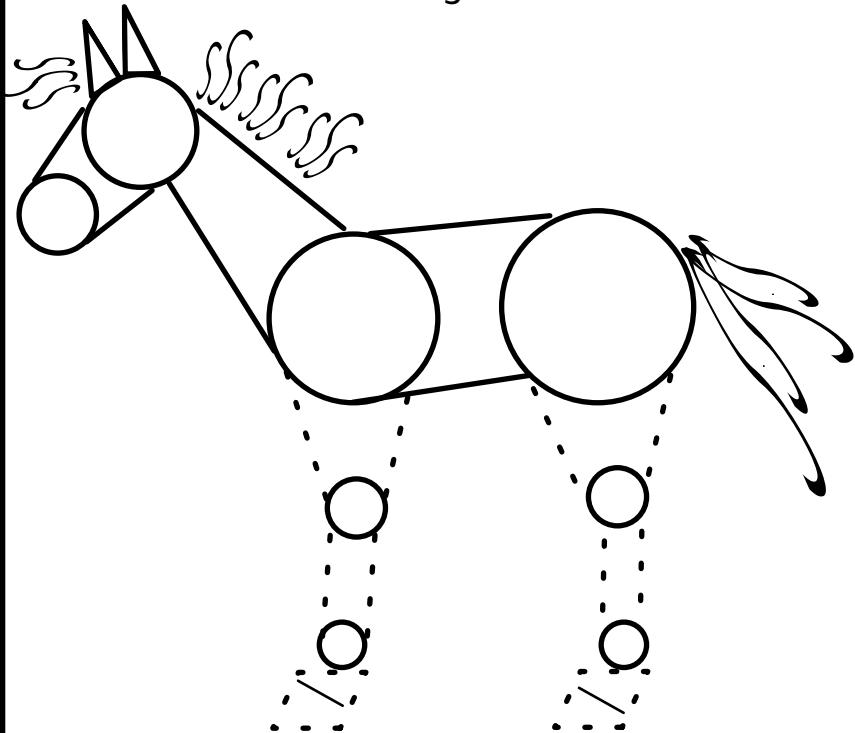
Can you Draw a Horse?

Step 1. Start by drawing the overall lines in a horse's figure: two circles for the head and two circles for the body. Then, we connect all of the circles with lines.

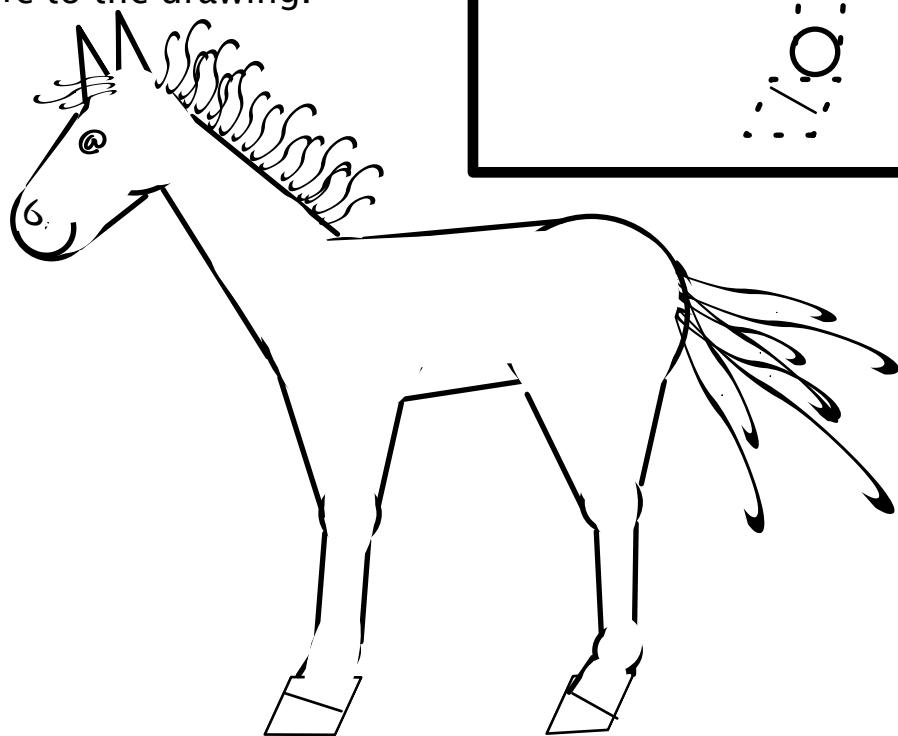


Horses can be drawn by using circles.

Step 2. Add the legs, ears and tail by drawing two circles for each joint on the legs and connect them with lines. Draw in the hooves. Use triangles for ears and some flowing lines for the tail.



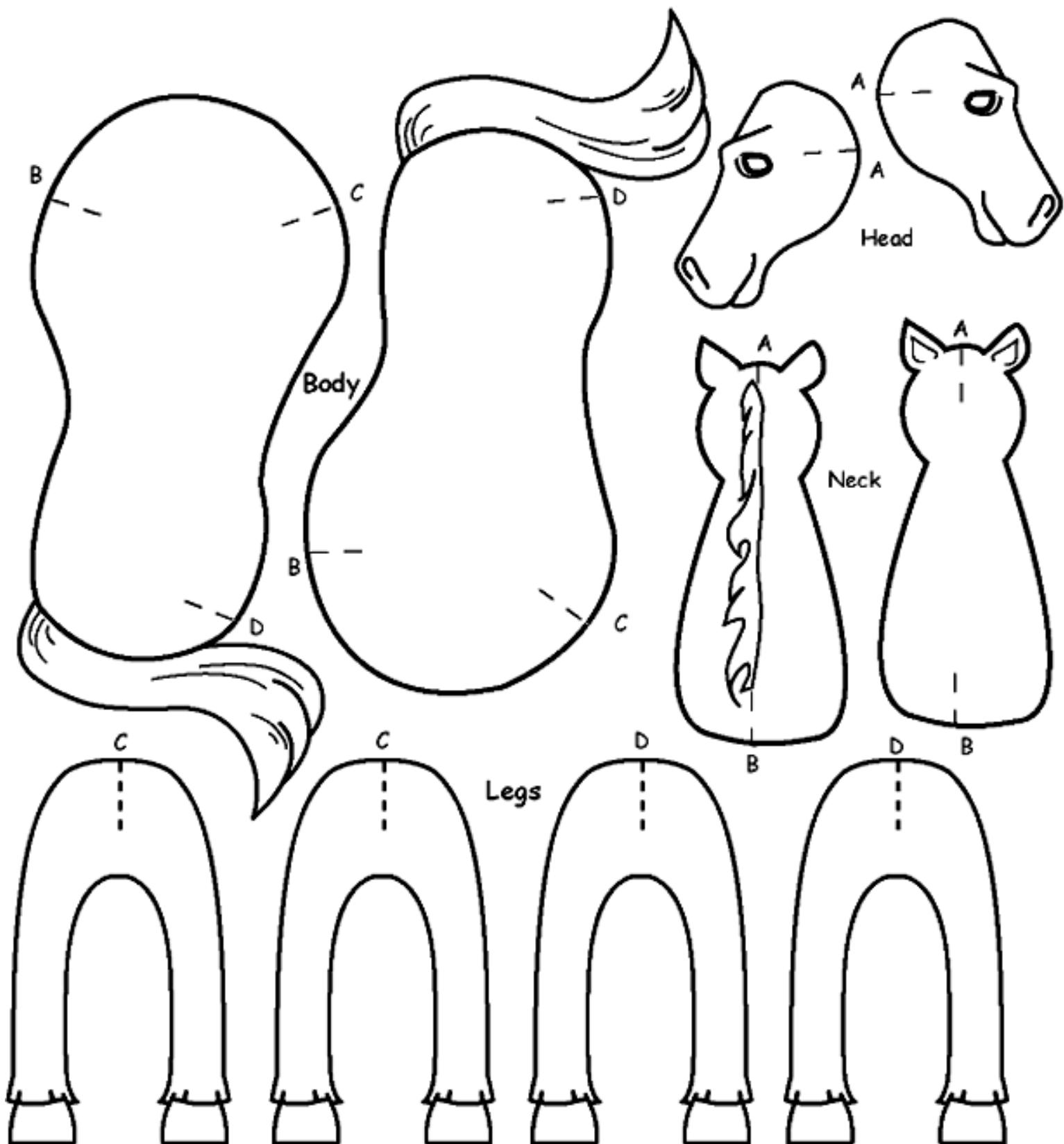
Step 3. Erase the inner lines and add some details to your horse. Draw in the eye and nostril. Add some light shading and soft lines to bring life to the drawing.

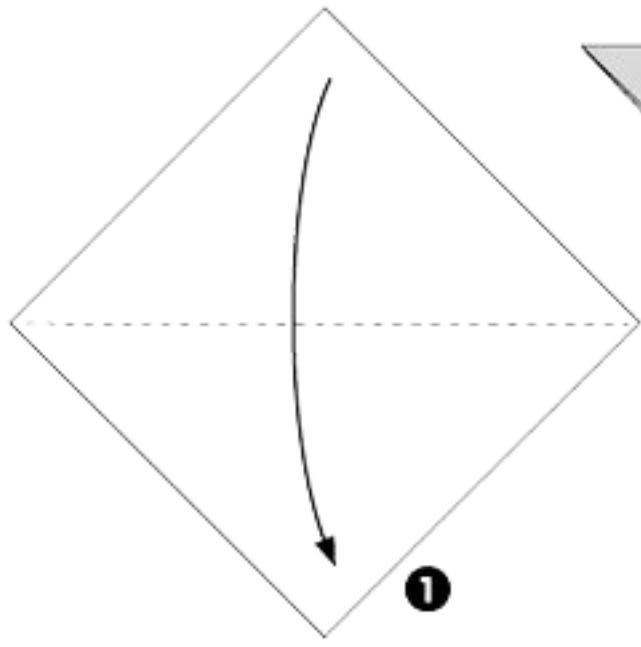


STAND-UP HORSE

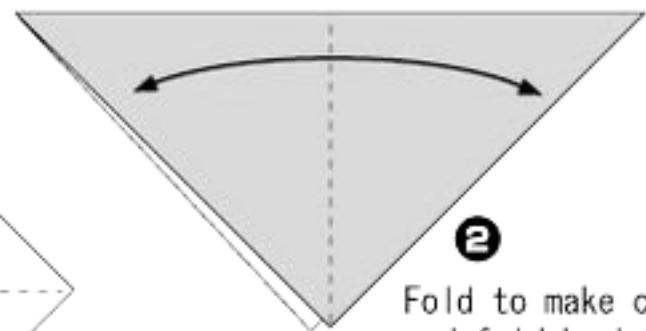
Directions:

1. Print out this page and color with Crayola crayons or markers. Glue page to a thin piece of cardboard, such as a recycled cereal box or manila folder.
2. After the glue dries, cut out the cardboard shapes, remember where the letters are. Glue the matching shapes together, back to back.
3. Cut a slit on each dotted line. Fit the pieces together by matching the letters and sliding the slots into each other.

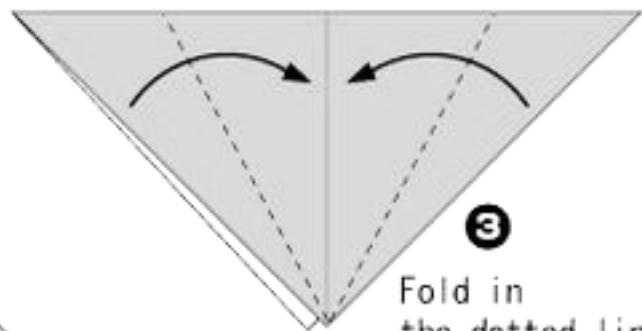




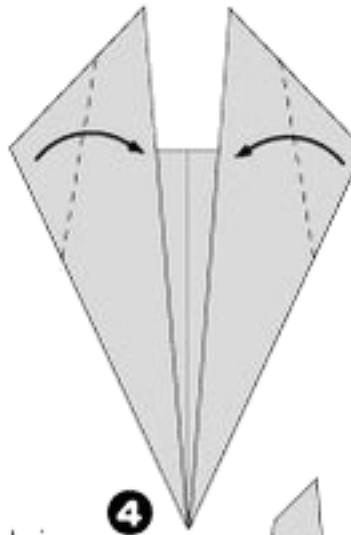
1
Fold in half



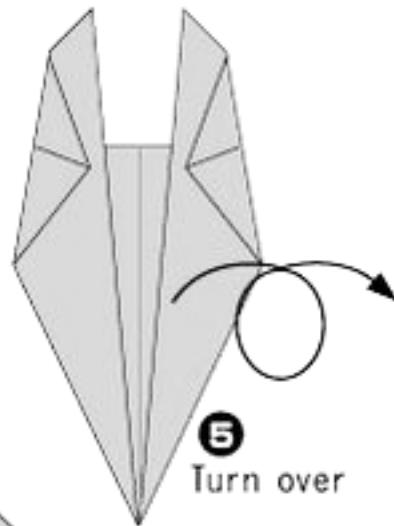
2
Fold to make crease
and fold back



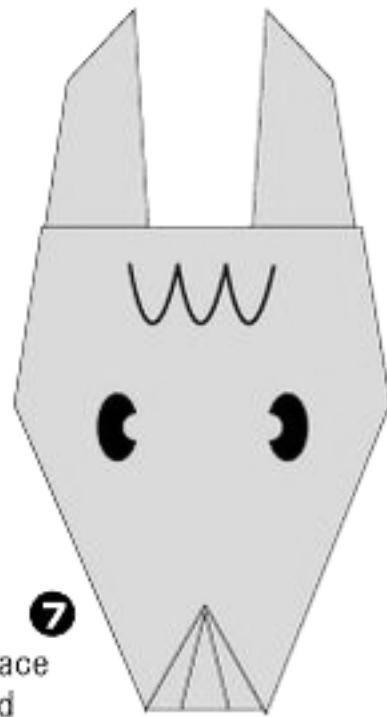
3
Fold in
the dotted line



4
Fold in
the dotted line



5
Turn over



6
Fold in
the dotted line

7

Stick the face
and finished

Origami Horse

Suggestions: Embellish your horse with Yarn for Hair or make a Bridle from String. Use a Marker to draw eyes & Nose

Carrot Oat Applesauce Treats

Have an Adult help you make these quick and easy four-ingredient treats that dogs and horses will love to eat.

Ingredients

1/2 cup oats

1/2 cup unsweetened applesauce

1/2 cup carrot finely grated

1/2 cup all-purpose flour

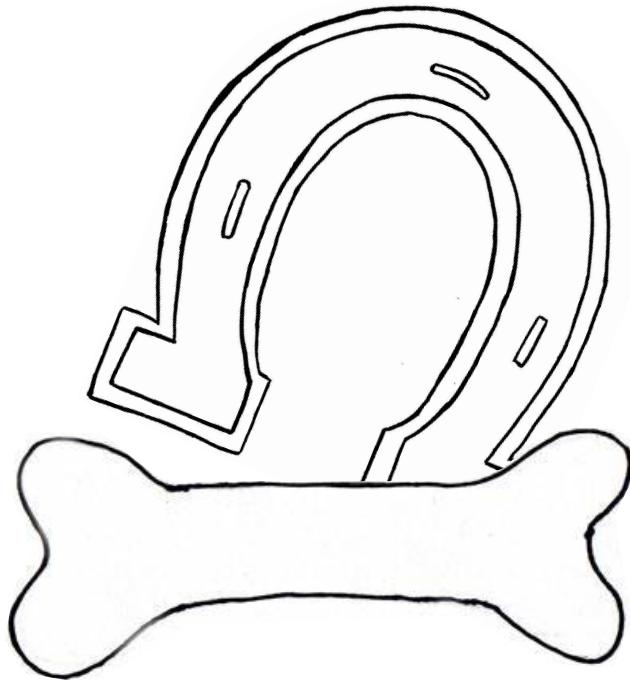
Instructions:

Preheat the oven to 350 degrees and cover a baking tray with parchment paper or a silicone baking mat. Mix all four ingredients in a medium bowl. Use a tablespoon to drop clumps of the mixture on to the baking tray. Shape if you wish.* Bake for 18-20 minutes, until treats are set.

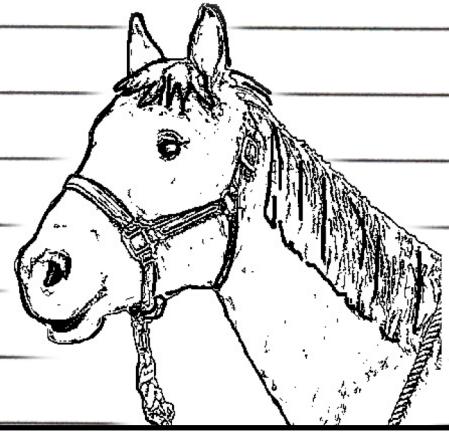
These keep in the
fridge for 5-7 days.

"You've done so much for
me - what have I done for you?"
asked the boy.

"You've been a friend" said
the horse. "That is a wonderful
thing!"



Dear GUS:



If you miss the horses while
you're away... write Gus a letter to
share with all the Stable Hands
Horses... They miss you too!

FROM:

USE THIS SPACE TO PASTE A PICTURE

DRAW A PICTURE HERE:

FROM: _____

TO: GUS
Stable Hands
PO BOX 1852
Yreka, CA 96097

DRAW A PICTURE HERE:

Horses Funnies



Q: What disease was the horse scared of getting?

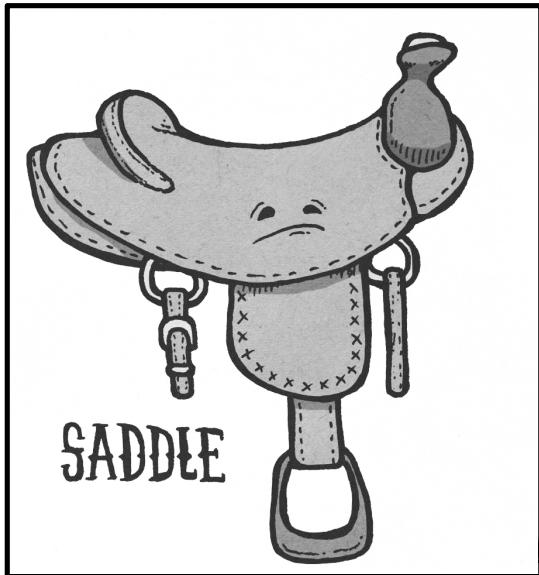
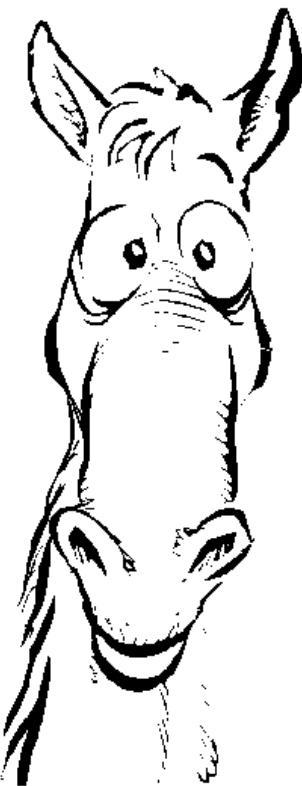
Q. WHAT DOES IT MEAN IF YOU FIND A HORSESHOE?

A: Hay fever!

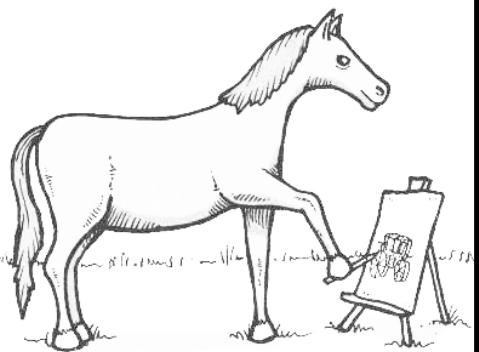
A. SOME POOR HORSE IS WALKING AROUND IN HIS SOCKS.

Q: What do you call a horse that lives next door?

A: A neigh-bor!



Horse-Drawn Carriage



What did the horse say when it fell down?

"Help, I've fallen, and I can't giddy up!"

What's a horse's favorite sport?
Stable tennis.

Q: WHEN DOES A HORSE TALK?
A: WHINNEY WANTS TO!

WHAT DO
RACEHORSES
EAT?

FAST FOOD.

What kind of bread does a racehorse eat?
Thoroughbred.



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Professional Association of Therapeutic
Horsemanship International

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