

# SUPPORTING SCHOOLS AND THEIR STUDENTS TO LEARN EMOTIONAL AND SOCIAL SKILLS AND INNER RESILIENCE



**E**quine  
**L**earning  
**E**xperiences  
**A**ustralia

***As educators supporting the growth and development of students in our school system, it is common sense to know that if a student is unable to regulate their emotions or feel in control socially or emotionally, then academic learning is limited.***

At 'Equine Learning Experiences Australia' we call this foundational learning. Without this any growth in a student is limited.

Over the past five years the ELEA schools program has had consistent success in teaching school kids the value of listening to their emotions, regulating their emotions which in turn allows them to feel more competent and capable within themselves which in turn plays out in their relationships with other students, their teachers and parents.

***Who is this program suited to?  
Students who have difficulty....***

- Regulating their emotions.
- Fitting in socially with their peers.
- Are reactive to the pressures at school as opposed to responsive.
- Are impacted by anxiety, low mood or depression.
- Have limited resilience and coping skills.

***ELEA has developed 3 equine assisted learning programs that are customised specifically for your students optimal learning and ability to maximize their inner resilience.***

- 4 Week ELEA experience.
- 10 Week ELEA experience.
- 6 month ELEA experience.



### ***What is covered?***

- The foundation of the program is around learning mindfulness techniques where students can learn how to quieten their mind and reduce the stress they create by their thoughts.
- The middle layer of our programs is based on somatics and learning to listen to the intelligence and wisdom of what your body tells you. The horses read their environment primarily through their bodies intelligence so when students learn these somatic techniques they will get instant feedback from the horses confirming they are on the right path. Once this component of the program is delivered, students have learnt the skills of responding to their world rather than reacting to it and this is very empowering for them.
- The final layer of our programs are around understanding their feelings and emotions and using them as a platform to navigate their world with more clarity and confidence.

### ***Within these three main components of the ELEA programs other techniques are learnt throughout which include:***

- Healthy boundaries.
- Feeling safe within ourselves.
- Leadership.
- Communication.
- Being Authentic.
- Working as a team.
- Problem solving.

### ***Schools in our region who have had students access our programs include:***

Yuille Park Community College - Wendouree.  
Phoenix College - Sebastopol.  
Mt Pleasant Primary School.  
Buninyong Primary School.  
Federation College.

### ***To find out more information about how students at your school can be involved in our ELEA schools program.....***



### **BOOKINGS ESSENTIAL**

Please email or phone Emily to book your place.

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