

## Building their Tomorrows, Today! Sirocco! Comenius Project



<b>TITLE</b>	Equinotherapy
<b>NUMBER OF PARTICIPANTS</b>	About ten students
<b>OBJECTIVES</b>	
<ul style="list-style-type: none"> <li>- To show students how this therapy helps to improve people with motor or mental disabilities</li> </ul>	
<b>COMPETENCES</b>	<ul style="list-style-type: none"> <li>- To empathize</li> <li>- To recognize other people's feelings</li> </ul>
<b>MATERIAL NEEDED</b>	<ul style="list-style-type: none"> <li>- A horse</li> <li>- Specialized people</li> </ul>
<b>DESCRIPTION</b>	<p><b>They will work the following techniques :</b></p> <p><b>1. Hippotherapy:</b> it consists of taking advantage of the therapeutic principles of the horse to treat people with physical disabilities, whether congenital or acquired. It is based on aspects such as the transmission of body heat from the body of the horse, the rhythmic pulse and tridimensional movement. The sessions are conducted by a physiotherapist.</p> <p><b>2. Therapeutic riding:</b> the contact with the horse generates motivation, find solutions to problems of learning and adaptation presented by people affected by disabilities. It also stimulates the emotions, senses and improves attention and concentration</p>
<b>NUMBER OF SESSIONS</b>	2 hours

Therapeutic contact with horses:

