

Horse Riding

Horse riding is a great activity that nearly all children and young people can benefit from. Although there is usually a financial cost, riding centres can be found in most urban areas and with several on the outskirts of major towns and cities.

Some of the benefits of horse riding include:

- Character growth including patience, discipline, understanding, empathy, compassion, self-control and dedication
- Balance and coordination
- Core and general strength
- Cardio vascular
- Self-esteem, self-image and confidence
- Sense of achievement
- Companionship
- Responsibility



Sometimes the opportunity can arise to help care for the horses and the equipment. This provides the individual with the opportunity to take on more responsibility and can help with skill development such as planning and organising.



Look online for local facilities or email: info@rda.org.uk for a specialist stables for children with disabilities.

My notes:

