

Introducing Happiness to Anxiety, a six week course.

- Who is this for? Anyone who is struggling with anxiety.
- Outcomes: Increased happiness, emotional regulation, confidence, a reduction in anxiety, and an improved level of self-love.
- How long: 2 hours once a week for 6 weeks, a total of 12 hours of animal assisted therapy.
- What can I expect each week?

1st Week. Introduction and induction to farm life, introduction to the animals and their stories. Kai and introduction to one another.

2nd Week. The focus is on relationship building with your chosen animal, the animals care, their environment and the behaviour needed for both you and the animal to feel safe. Kai and discussion.

3rd Week. After reconnecting with your animals you will be able to initiate activities with them to deepen your bonds together. This will develop trust and understanding between you. You can then talk about your dreams, worries and needs with your animal. Kai and discussion

4th Week. The focus will be on being with your animal and its herd in their space. Let the herd observe you wanting nothing from them other than to be with them. Draw, write a poem or a letter to

your animal. Share this creation with your animal. Kai and a discussion about the feelings you noticed while with the herd.

5th Week. You will take your animal into a new environment or introduce something new into their environment. Observe your animal and offer comfort if needed, noting how they best like to be comforted. Groom, pat and spend time with your animal and then return them to their natural environment watching their behaviour as they return. Kai and discussion.

6th Week. The last day is focused on celebration and exploring other animals. We will hunt for fossils and take a nature walk. Kai and discussion will be in the top paddock.



