

JUNIOR HORSEBACK RIDING BADGE – MEETING 2

Badge Purpose: When girls have earned this badge, they'll know what it takes to be a good rider—from understanding horse body language to controlling the horse's speed while they're riding.

Activity Plan Length: Varies

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> Girls recite the Girl Scout Promise + Law 	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
Varies	Saddle Up! <ul style="list-style-type: none"> Girls will participate in a horseback riding lesson. 	<input type="checkbox"/> Helmets <input type="checkbox"/> Riding gear
15 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends lyrics poster

Note to Adults/Leaders

Girls will need to ride a horse in order to earn this badge. Be sure to make proper arrangements prior to working on this badge. Find a list of Girl Scouts River Valleys' approved stables online at: volunteers.girlscoutsrivervalleys.org/reference/activity-directory/#stables.

Reference [Safety Activity Checkpoints \(Horseback Riding\)](#) to ensure safety and proper planning and participation.

Getting Started

Time: 15 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law.

Activity #1: Saddle Up!

Time: Varies

Badge Connection: Step 3 – Prepare for your ride; Step 4 – Practice your ride; and Step 5 – Go on a ride

Materials Needed: Helmets; riding gear

- It's time to get on the horse! Arrange for girls to participate in horseback riding lessons at camp or a local stable. Be sure to cover the following in your lesson(s):



- Prep:
 - How to lead your horse.
 - How to properly mount and dismount your horse.
 - How to tie a horse after your ride.
 - How to tack up a horse.
- Riding:
 - How to control and steer your horse. Get your horse to start walking, how to stop, turn right and left. Learn how to use your reins and stirrups to control the horse.
 - How to maintain proper riding form.
 - How to ride at different speeds. Practice controlling your horse's speed (when your instructor thinks you're ready, practice: trot, canter, gallop).

Wrapping Up

Time: 15 minutes

Materials Needed: (Optional) Make New Friends song lyrics poster

Close the meeting by singing Make New Friends and doing a friendship circle.

More to Explore

- Field Trip Ideas:
 - Visit a horse stable and learn more about horse care.
 - Visit an equine-assisted therapy facility to see how horses help people with their physical and mental health.
- Speaker Ideas:
 - Invite a large animal veterinarian to come to your meeting to talk about horse care.
 - Invite an older Girl Scout who's experienced in horseback riding to talk about how she developed and practiced her skills.

