



# YOUTH 'LEGENDS'

## 12 WEEK CURRICULUM

### 2023

*Connecting Youth to Their Full Potential!*

## Introduction

Welcome to our 12 week Youth 'LEGENDS' Curriculum, where Youth connect to their strengths, heal from adversity and learn to move forward through growth and positive change. As you know, this is no ordinary program and we have a style that's all our own! We've outlined all of the details here so that you are completely informed and ready to go forward with this transformational experience that is changing the futures of children and youth. Thank you for joining us, we are excited to become a positive influence in the lives of kids who need it!

## Schedule Overview

Youth participants will attend sessions at Confident Kids Canada

Duration of each session will be 2 hours

The majority of each session will be spent participating in our Equine Assisted Learning Curriculum followed up by Growth Mindset activities to reinforce that day's learning objective.

## Planned Approach

Participants will work through a ™Building Block© Curriculum starting with basic 'learning to learn' (with horses) and self-evaluation, moving into strong development of relationships and communication skills, through to finding change and behavioral modification.

We will begin by addressing safety and horse behaviour to ensure that participants are confident and have a basic understanding of working alongside a horse. Throughout the Curriculum we escalate the activities and the skills required to perform them, ending in a completely self-driven exercise developed by the participants.

Each session includes open talk and activities that reinforce the learning objectives and teach personalized skills to help manage stress and adversity. Topics such as healthy relationships, self talk, facing fear, asking for help and other useful tools for success will be instilled and emphasized on an ongoing basis.



## Planned Approach Cont'd

Facilitators will share their life experiences as they pertain to connecting and providing a guiding, positive influence to the Youth we serve – this is how our human team can genuinely connect with your Youth.

For graduation, we will travel to your school, place of business or host 'in house' to do a meaningful presentation of graduation certificates and celebration of each Youth. Each organization does their graduation ceremony a little different, some are assemblies others just in a small classroom or the place of business. We will chat with you about your graduation preferences and provide you with a completely personalized grad package with all of the details, prior to Program completion.

## Schedule Details

**Arrival at the Farm** – Please park in main yard, at white fence with 'Parking' signs and wait for staff. Staff will take everyone through to the arena where all activities take place.

**Introductions & Briefing**- Run through basic safety practices, farm rules and the objective of the planned exercise (approx. 10 min)

**Arena Exercises** - Exercises are laid out in the arena with simple instructions at each one. Participants are put into teams and choose a horse to work with (horses are waiting in arena.) Teams work through the exercises at their own pace and facilitators ensure safety, creative thinking and parallel the learning to real life situations.

**Debrief** – Talk about the completed exercise to reflect and communicate what was learned, draw conclusions, relate them to everyday situations, and briefly journal the experience (approx. 15 min)

**Follow Up** – Growth Mindset activities that reinforce the learning objectives and provide extra personal skills for success (approx. 15 min)

**End Time** - Participants head home



## LEGENDS™ Building Block© Curriculum Outline & Objectives

- 1) **Stepping Stones**..... **"Starting the Journey"**  
*Orientation, Introduction to Horse Handling & Safety, Emotional Awareness, Generate Excitement*
- 2) **If at First You Don't Succeed**..... **"Circuit Training"**  
*Recognizing personal strengths & limitations, processing fear/uncertainty, relationship development, emotional management*
- 3) **At the End of Your Rope**..... **"Who's Leading Who"**  
*Recognizing boundaries, valuing others, choices/consequences, problem solving, emotional management, asking for help*
- 4) **You've Got the Power**..... **"Who's The Brain"**  
*Setting Intention, Developing Active Listening Skills, How Anticipation Harms Communication, Collaboration, Flexibility*
- 5) **Power of Persuasion**..... **"Silent Communication"**  
*Power of Body Language, Appropriate Assertiveness, Active Listening, Emotional Management, Plan Development*
- 6) **Keep Your Eyes Peeled**..... **"Blindman's Adventure"**  
*Tuning Into Our Senses, Accountability, Trust & Respect, Visualization, Leadership*
- 7) **It's All About Active Listening**..... **"Catch That Horse"**  
*Realizing the Act of Appropriate Assertiveness Begins With Personal/Self Evaluation, Developing Observation Skills, Awareness of Outside Influences on Your Situation*
- 8) **It's a Puzzling Situation**..... **"Match That Horse"**  
*Reinforcing Team Efforts, Plan Development, Interactive Negotiations, Sequencing/Memory Development, Collaboration*
- 9) **Horse Sense, It's a Choice**..... **"Common Sense"**  
*Understanding Common Sense, Creative Thinking, Independence, Safety, Respect, Leadership*
- 10) **A Brand New Choice**..... **"It's All Up To You"**  
*Accountability, choices & consequences, motivating self & others, the value of difficult choices, emotional management, personal integrity*
- 11) **It Takes a Team**..... **"Build With Confidence"**  
*Building Teams Through Individual Contribution, Plan Development, Developing Strong Leaders, Value of Support*

*Confident*  
KIDS CANADA

## 12 Week 'LEGENDS' Curriculum Cont'd

### 12) Strength in Numbers..... **"Horse in the Pocket"**

*Appreciating Individual Strengths While Understanding Limitations, Emotional Control, Appropriate Assertiveness, Observation, Trust, Collaboration, Leadership, Support*

### 13) A Blizzard of Activity..... **"Graduation"**

*Celebration, Awards & Fun for Youth and Their Families/Friends*

## Your Investment & What's Included

| Length Of Program  | Costs*         | Notes   |
|--------------------|----------------|---|
| 12 week Curriculum | \$899.00/youth | *Cost is equivalent to \$75.00 per 2 hour session |

\*\* Minimum of 2 participants & maximum of 6 participants per session \*\*

All fees are applicable to GST. A non refundable deposit of 50% is due at time of booking, balance to be paid prior to start date

\* Payment plans are an option that can be arranged at time of booking; please inquire by calling 403-507-9619 and speaking with Shana

Payment can be made via cheque made out to **Confident Kids Canada Inc.**

Also via e-transfer to [shana@confidentkidsCanada.ca](mailto:shana@confidentkidsCanada.ca)

or through the website at <https://www.confidentkidsCanada.ca/book-online> (credit card fees of 3% apply to all online transactions)



## Your Investment & What's Included Cont'd

### Your Investment Includes:

- ✓ Take Home Course Handouts & Resources
- ✓ Automatic Ambassador Benefits
- ✓ Ongoing participation in regular Empowerment Events
- ✓ All event design & planning
- ✓ Internationally Certified facilitators throughout the duration of the event
- ✓ All activity materials, horses, and event consumables
- ✓ Full liability insurance
- ✓ Refreshments & snacks
- ✓ Exercise briefing & debriefing plus follow-up activities

Your investment does not include: Transportation or Accommodation

### Follow Up

It is recommended that each Youth return within a year after graduation from this Curriculum, for a full day (minimum) Refreshment Program. This consists of working through two EAL exercise, a one hour Mindset check-in plus lunch with the team so that we can reconnect and ensure that Youth are staying on track to success.

Automatic enrollment in our MindCrafters Meet Up group - a 'group chat' meeting space for the kids who've gone through the curriculum at Confident Kids Canada. The goal is to provide follow up of the skills they've learned and mentorship for ongoing, positive growth.



## Next Steps

Your program director is Shana Nicholls. Please contact Shana if you have questions or require more information. Shana is happy to discuss your objectives and requirements in detail in order to fine tune the planning for this event.

Further information about Confident Kids Canada can be found at <https://www.confidentkidsCanada.ca/>

Thank you for your interest in growing great kids, we look forward to working with you!



Sincerely,

Shana Nicholls

Executive Director/Facilitator  
Confident Kids Canada  
Phone (403) 507-9619  
[shana@confidentkidsCanada.ca](mailto:shana@confidentkidsCanada.ca)



<https://www.facebook.com/confidentkidsCanada>



<https://www.instagram.com/confidentkidsCanada/>

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# Participant Registration Form

## Youth 'LEGENDS' Curriculum

Participants Name: \_\_\_\_\_

Participants Age and Birth Date: \_\_\_\_\_

Parent/Guardians Name(s): \_\_\_\_\_  
\_\_\_\_\_

Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

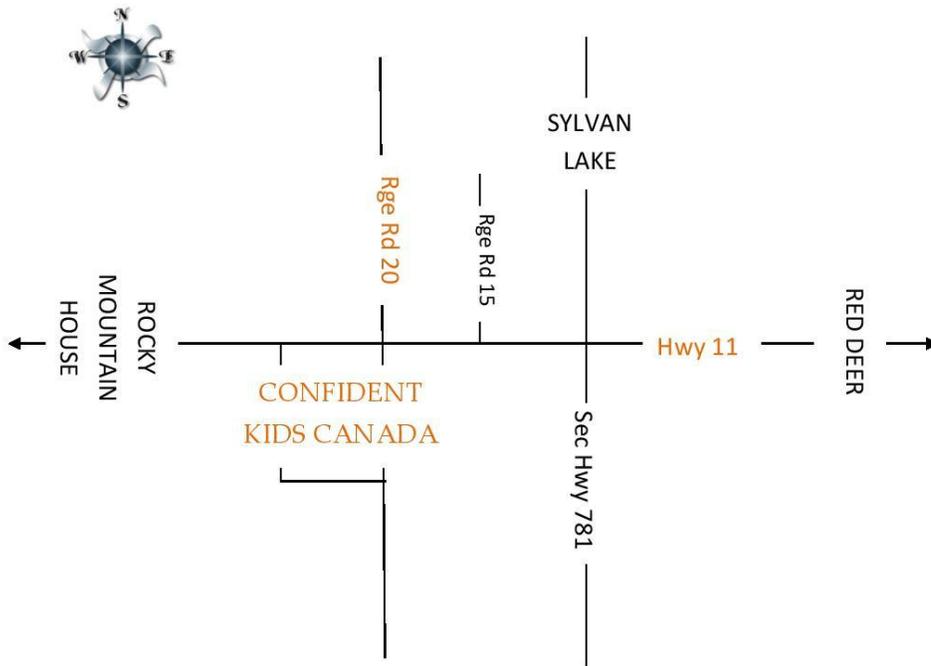
Alternative Contact:  
\_\_\_\_\_

Alternative Phone Number: \_\_\_\_\_

Briefly tell us what you hope to gain from this program? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Please fill out and return to Confident Kids Canada at time of registration, thank you!**





Highway 11 & Rge Rd 20  
 Approx 2 miles West of Sylvan Lk  
 R.R. 20 South – First Driveway on Right

38344 Range Rd 20  
 Red Deer County, AB  
 (403) 507-9619