



# RESOURCES

AT HOME RESOURCES FOR PARTICIPANTS AND VOLUNTEERS

## Activities

- [Luke Coloring Page](#)
- [Thank You Notes](#)
- [Flynn Puzzles](#)
- [Horse Math](#)
- [Build a Horse](#)
- [Horse Color Crossword](#)
- [Horse Color Memory](#)
- [Buddy and Champ Puzzles](#)
- [Face Markings Info and Worksheet](#)
- [RTT Mares Word Search](#)
- [Memory with the RTT Herd!](#)
- [Orion and Lucky Coloring Page](#)
- [RTT Horse or Mystery Horse?](#)
- [RTT Mares Puzzles](#)

## Horses

- [Flynn](#)
- [What Babe Eats](#)
- [Paxton before RTT](#)
- [Hills with Lilly and Kristin](#)
- [Buddy's Allergy Shots](#)
- [Lilly Says Hi](#)
- [How Horses Play](#)
- [Champ!](#)
- [A Day with Denise!](#)
- [An Update from RTT](#)

## Education

- [Long Lining](#)
- [How Horses are Measured](#)
- [Mounting Block](#)
- [Masterson & Reiki](#)
- [Best Practices for Leading](#)
- [Changes of Direction](#)
- [Haltering and Gates](#)
- [Posting Trot](#)
- [A Horse's Gaits](#)
- [Weighing Horses](#)
- [2-Point and Hills](#)
- [Grooming Part 1 & Part 2](#)
- [Helmet Fit Video and Guide](#)
- [Lateral Exercises with Kristin and Miss B](#)

## Exercises

- [Rider Stretches](#)
- [Posting Exercise](#)
- [Calf Stretches](#)
- [Hip Stretches](#)
- [Core Exercise](#)
- [Lower Body Exercises](#)
- [Cardio and Core](#)
- [Lunges and Planks](#)
- [Wall Sits and Arms](#)
- [Upper Body Exercises](#)