



# Horse Activity Book A

for



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

Club Name: \_\_\_\_\_

County: \_\_\_\_\_

# Notes for Volunteers

Thank you for helping with the Gloucester County 4-H Horse Cloverbuds! Here are some The NJ 4-H Horse Cloverbud Policy & Safety Guidelines must be followed at all times when using this activity book. Please see <http://nj4h.rutgers.edu/policies/members-cloverbudpolicy-2009-0901.pdf> for a copy of the policy and guidelines.

- ☐ Many sections include a variety of activities. At least one activity per section must be completed.
- ☐ There are (3) 4-H Horse Cloverbud Activity Books. All Cloverbud members in one club or group should complete the same book in the course of one year, regardless of their ages or the length of time they have been members. Ex: This year, all Cloverbud Horse Club members complete Book B. Next year, all members will complete Book C.
- ☐ Currently, this curriculum is available as an electronic publication. Please contact your County 4-H office for printed copies.
- ☐ For additional Cloverbud activities, please refer to the NJ 4-H Cloverbud page located at <http://nj4h.rutgers.edu/cloverbud/>.

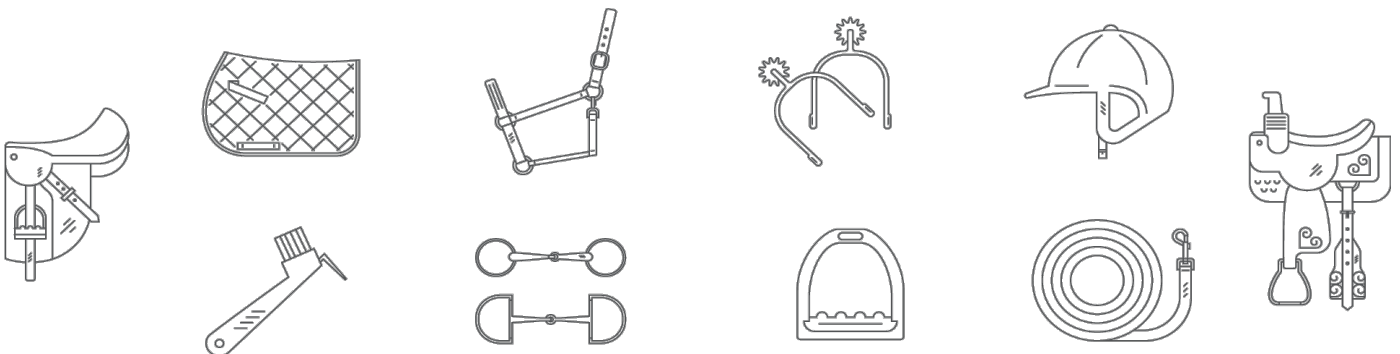
What is the 4-H Cloverbud Program? 4-H can be a valuable experience for youth of many ages. In New Jersey, the earliest 4-H club experience is belonging to a 4-H Cloverbud Club (children in grades K-3).

## Summary of Differences Between the Cloverbud Program and the Traditional 4-H Program

|                     | Cloverbuds        | 4-H Program              |
|---------------------|-------------------|--------------------------|
| Type of Learning    | Activity-centered | Project-centered         |
| Type of Instruction | Leader-directed   | Self-study, Individual   |
| Recognition         | Participation     | Achievement              |
| Recognition Goals   | Participation     | Competition, achievement |
| Learner Resources   | Activity book     | Project record book      |

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# My 4-H Club



My Name: \_\_\_\_\_

4-H Club Name: \_\_\_\_\_

My Project Helper's Name: \_\_\_\_\_

4-H Leader's Name: \_\_\_\_\_

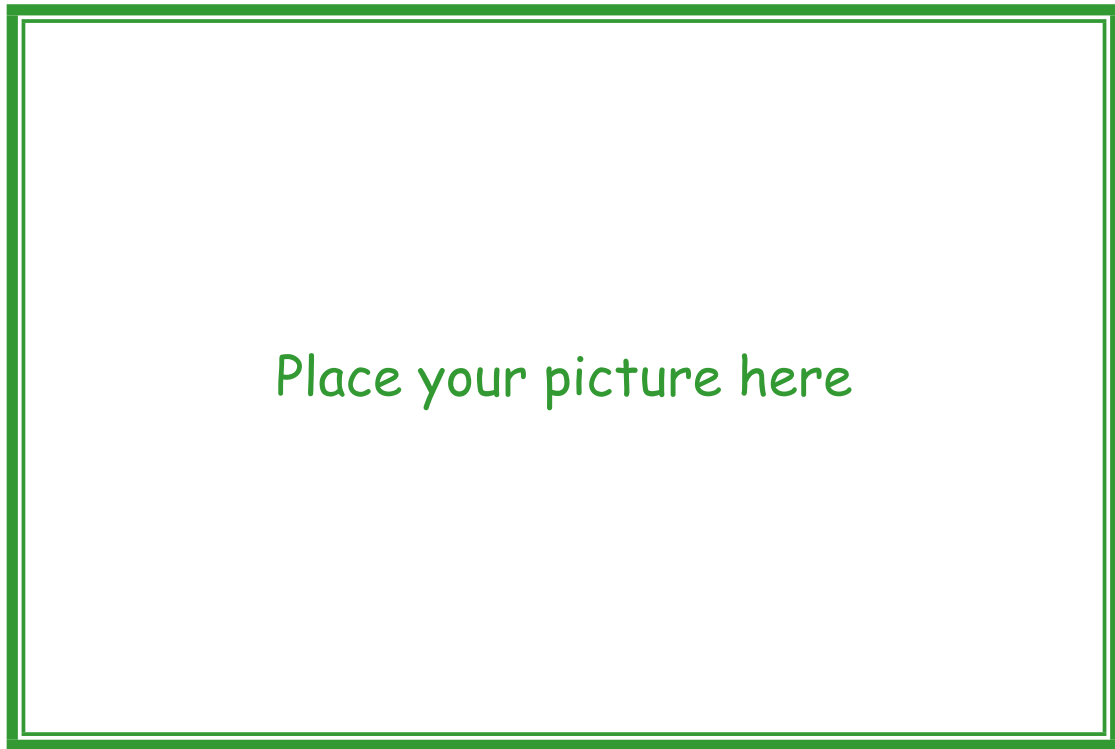
My Leader's Phone Number: \_\_\_\_\_

Other Club Members: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# A Little Bit About Me



Name: \_\_\_\_\_ Age: \_\_\_\_\_

My Family Members: \_\_\_\_\_

\_\_\_\_\_

My Favorite Activities: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# About 4-H

## 4-H Emblem

The four leaf clover with the letter “H” on each leaf, which stands for head, heart, hands and health. The colors of the emblem are green and white.

*Can you color the clover to make it a 4-H clover?*



## 4-H Motto

**“TO MAKE THE BEST BETTER”**

This motto challenges everyone involved in 4-H to do the very best job they can.

## 4-H Slogan

**“LEARNING BY DOING”**

# The 4-H Pledge

## 4-H Pledge

I pledge

My Head to clearer thinking,  
*(right hand points to forehead)*

My Heart to greater loyalty,  
*(right hand over heart)*

My Hands to larger service, and  
*(arms slightly bent, palms up)*

My Health to better living,  
*(arms at sides)*

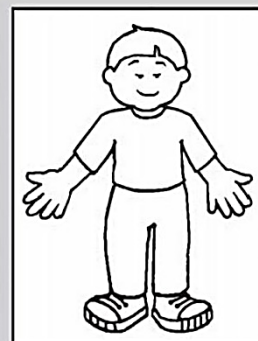
For My Club, My Community,  
My Country, and My World.



Head



Heart



Hands



Health



18 U.S.C. 707

**RUTGERS**

New Jersey Agricultural  
Experiment Station

# My Club & County Activities and Events

Event

Date

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# A Little Bit About My Project Horse

Tell us about a horse you ride or learn about here.



Place a picture of your horse here

Name of Horse: \_\_\_\_\_

Breed: \_\_\_\_\_

Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Color: \_\_\_\_\_

Where is the horse kept? \_\_\_\_\_

Who helps care for the horse? \_\_\_\_\_

# Horse Safety

## Are You Prepared?

### Are you in the right mood?

We all get very excited and sometimes very grumpy, but it is important to remember that when you work around horses, you need to act responsibly! So if you need to yell, scream, and jump with joy – don't do it around the horses. You don't want to frighten them!

### What are you wearing?

Your clothing should be comfortable and fitted. Clothes should not be so tight that you cannot freely move



your arms or legs and should not be so loose that your shirt or pants get caught on the saddle. If you are planning to ride, be sure you are wearing long pants to avoid pinching from the saddle.



### Do you have your helmet on?

A properly fitted helmet is essential when working with horses. Your brain controls your entire body so your head is the most important thing to keep safe. See the helmet page in this book for information on proper fit of a helmet.



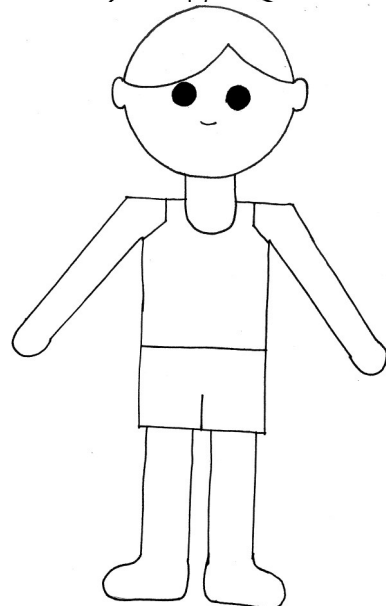
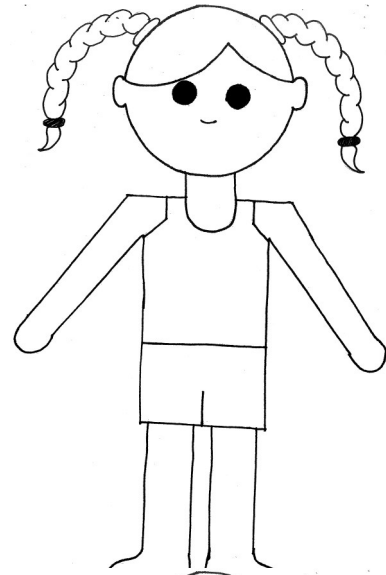
### Are you wearing boots or hard riding sneakers?

The right footwear will protect your feet in case a horse accidentally steps on you. Never work around a horse in sandals, flip flops, bare feet or even soft sneakers. If you plan to ride, make sure your boots have a heel to prevent your feet from slipping through the stirrup.



## Safety Activities

Help these kids get prepared! Draw their "horse ready" attire! Don't forget their faces!



# Ready? Set? Let's Check the Horse!

## Does your horse know you are there?

Always speak in a soft voice and walk towards him when you approach a horse. Whether he is looking at you or away from you, your voice will let him know you are coming to see him. Never run towards a horse. It could scare him.

## Is your horse facing you?

If you have to approach your horse from behind, always walk towards him from an angle, never from directly behind him. Check out the image to the right to see where a horse can and cannot see.

## Can you move safely around a horse?

Walking around a horse can be as dangerous as riding a horse. Make sure you always walk in a calm manner out of the horse's kicking range. No swinging the lead rope or playing with your friends.

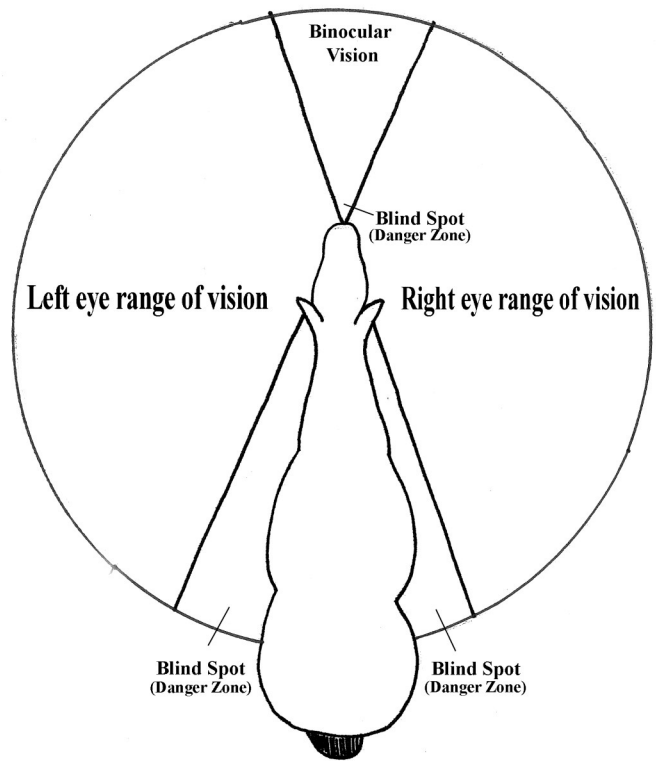
When a horse is tied, never step over the lead rope or sneak under the rope or horse's neck. If you absolutely have to walk behind your horse, place your hand on the horse's hip and continue to touch him as you walk around his hind quarters. Be sure to talk to him, so he knows you are behind him.



The safe way to hold your lead rope.



Do NOT hold your lead rope like this!



## Can you safely lead a horse?

When you lead a horse, walk on the left side of his body near his throatlatch. The left side of a horse is called the "NEAR SIDE".

When walking your horse, be sure to keep an arm's distance away from him so the horse doesn't accidentally step on you. When turning a horse, always turn the horse AWAY from you. Never pull a horse towards you.

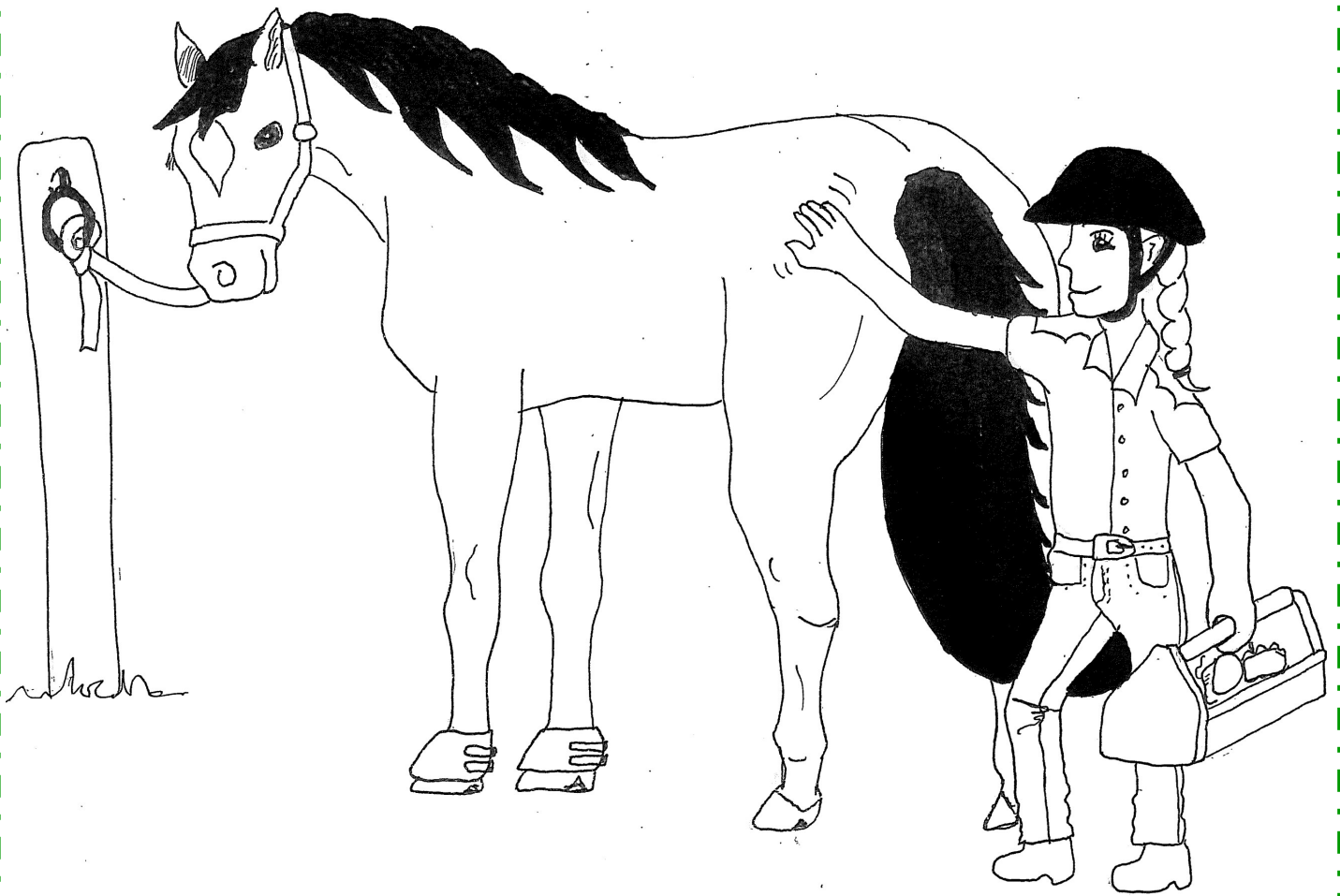
Never wrap your lead rope around your hand or any other part of your body. Fold your lead rope in flat loops, never a circle.

When leading a horse, use both body and voice commands. For example-  
Walk: Tell your horse to walk as you take a step forward.

Halt: Say whoa and stop moving forward.

## Safety Activities

Color this picture of a Cloverbud moving safely around the horse.





# use your head

## DO THE FIVE-POINT SAFETY CHECK when selecting your riding helmet.

### 1. FRONT

The helmet should sit firmly in place about an inch above the eyebrows.

More than 1" = too small.  
Less than 1" = too big.

### 2. SIDE

The straps on the side should meet just below and in front of your earlobes.

### 3. BACK

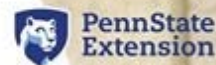
A snug-fitting helmet is best. The harness on the back should prevent the helmet from moving forward. Avoid using your hair to create a proper fit.

### 4. THROAT

The strap under your chin should be snug but not tight. Tilt your chin up and down to ensure a proper fit.

### 5. TEST

Grasp the helmet with two hands and rock it back and forth. The skin and eyebrows should move with the helmet.



Always choose to wear  
a certified riding helmet.



No helmet can protect against every head injury. However, studies show a dramatic reduction in the severity of injuries when a properly fitted helmet is worn every time you ride a horse. Replace your helmet every five years or immediately after a direct impact from a fall.

[extension.psu.edu/4-H](http://extension.psu.edu/4-H)

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# Horse Identification

## Colors of Horses

Horses and ponies come in many different colors. They have different colors of hair, just like your hair is a different color than the color of some of your friends' hair.

Some common colors of horses for you to learn are:



### **Black:**

The coat is pure black, making horses look almost blue in the sunlight. The mane and tail are black, and they almost always have black eyes, hooves, and skin.



### **Chestnut:**

A chestnut horse is a brownish-red to dark red color, with the same-colored mane and tail.



### **Brown:**

Brown horses sometimes look black. Brown horses will have dark manes and tails, and brown hair around their muzzles or flanks.

Some brown horses are lighter than others.



### **Gray:**

Gray horses have black skin with white or gray hair. Sometimes they have dapples, which are circular patterns of different shades of gray.



### **Bay:**

A bay horse is brown in color, ranging from golden red to reddish brown to mahogany. Bay horses will always have a black mane, tail, and legs below the knees and hocks.



### **Pinto:**

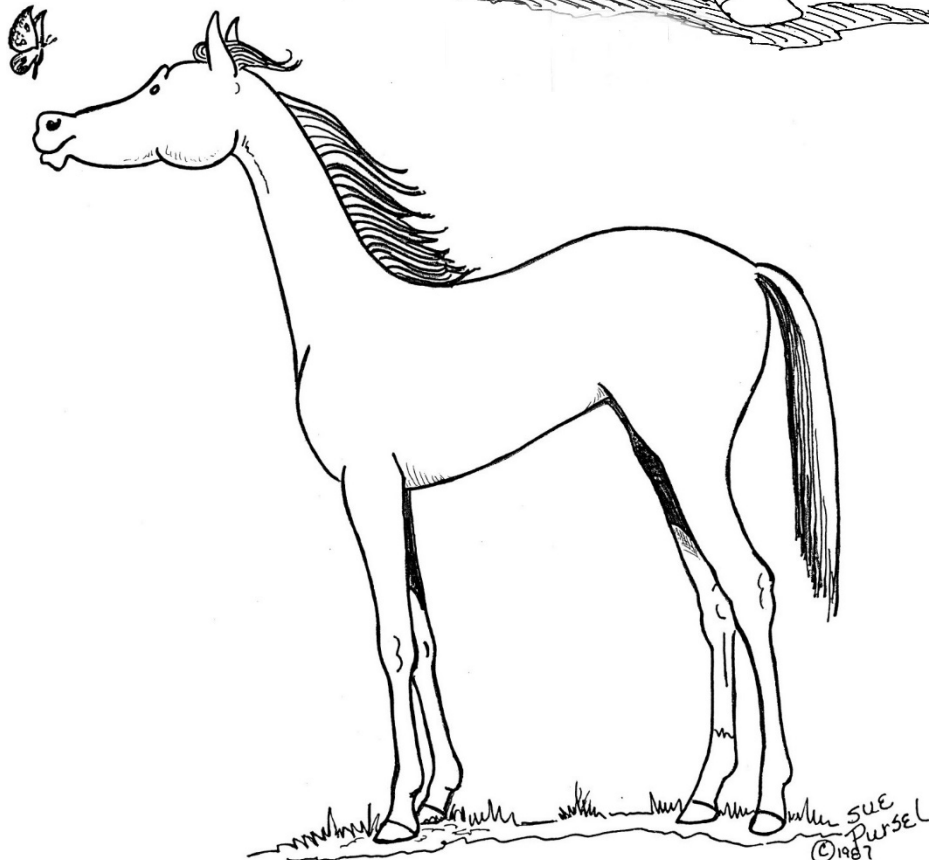
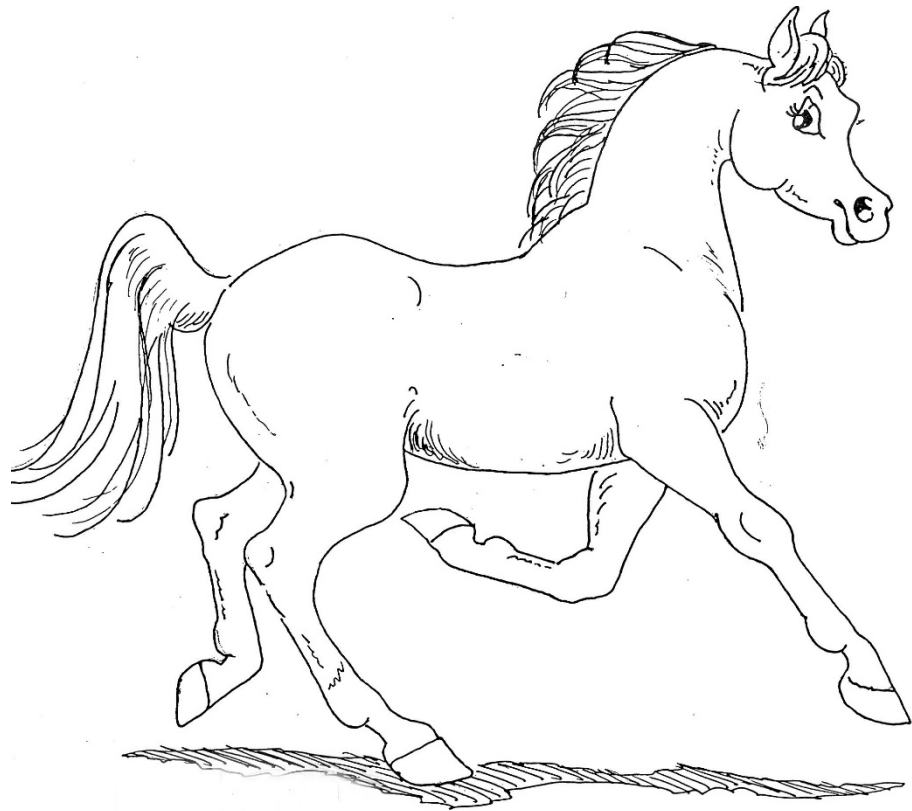
A pinto is a spotted horse that has large, irregular spots or patches on its body. The main colors are black and white or a shade of chestnut and white.





## Identification Activities

Color each horse one of the colors you just learned.





## Identification Activities

### Let's Talk Colors!

- What color horse would you like to have? \_\_\_\_\_
- What would you name it? \_\_\_\_\_
- What other animals are that color? \_\_\_\_\_
- Do you know someone with hair this color? \_\_\_\_\_
- Some people that I know with this hair color are: \_\_\_\_\_
- Look in old horse magazines and cut out pictures of horses that are these 6 colors. Glue these pictures on a sheet of paper. Write its color under the picture.



### Visit a Farm!

- Visit a horse farm and see how many different horse colors are on the farm. What colors did you see? \_\_\_\_\_
- Whose horse farm did you visit? \_\_\_\_\_
- Which color is your favorite color? \_\_\_\_\_
- Why do you like that color? \_\_\_\_\_
- Look through old horse magazines and cut out pictures of horses of as many different colors as you can find. Glue these pictures on sheets of paper and write the color under the picture. Ask your leader or family member to help you with the colors that you don't know.

# Horse Breeds & Uses

A breed is an animal group with many of the same characteristics, such as appearance (conformation), height, and gaits. They may also have similar color patterns and markings. All of these unique features play an important role in identification and breed registration.

## Light Horse Breeds

Light horses stand from 14.2 to 17 hands high and weigh from 900 to 1400 pounds. They are used mostly for riding, racing, driving, or working on the farm. They are known for their exceptional performance abilities.

### Arabian

- ❖ Originated in the Middle East
- ❖ One of the oldest breeds
- ❖ Body colors can be black, bay, chestnut, or gray, and their skin is black
- ❖ Arched neck, short back and high tail carriage
- ❖ Their stamina makes them an excellent endurance or competitive trail riding horse



### Thoroughbred

- ❖ Originated in England
- ❖ Developed by breeding Arabian stallions to English running horses
- ❖ Taller than most "light" horse breeds
- ❖ Used for racing, hunting, jumping, steeple chases, hunt seat equitation and pleasure
- ❖ Body colors can be bay, brown, chestnut, gray, or black



## Morgan

- ❖ An American breed from Vermont in the late 1700's
- ❖ The first Morgan was named Justin Morgan after his owner, a school teacher
- ❖ Has a short, broad, and muscled back, large and round barrel, and deep wide chest
- ❖ Medium sized head with small muzzle and slight dish
- ❖ Body colors can be bay, black, brown, or chestnut



## Quarter Horse

- ❖ Originated in Virginia in the 1600's
- ❖ More Quarter Horses than any other breed
- ❖ Named Quarter Horses because they ran a quarter of a mile very fast
- ❖ Used for ranch work in the West and still are today
- ❖ Known for their heavy "bulldog" type muscling, but today may have smoother, moderate muscling



## Appaloosa

- ❖ Developed by the Nez Perce Indians along the Palouse River in the state of Washington
- ❖ First called "Palouse" horses and then became known as Appaloosa
- ❖ Five spotted coat patterns: blanket, marble, snow- flake, leopard, and frost
- ❖ Mane and tail were thin and short so when the Indians rode them they would not get caught in the brush and thickets; many have thin manes and tails today
- ❖ Their hooves are often black and white striped



## American Saddlebred

- ❖ Originated in Kentucky
- ❖ Flashy show horse with high head and tail carriage
- ❖ Three-gaited and five-gaited
- ❖ Moves with a lot of high stepping action
- ❖ Body colors can be any color, but most common are chestnut, bay, brown and black



## Standardbred

- ❖ Developed in the Eastern United States for road driving and racing
- ❖ Used in harness racing
- ❖ Traditionally not ridden
- ❖ Trotters and pacers
- ❖ Shoulders have a lot of strength



## Tennessee Walking Horse

- ❖ Originated in Tennessee
- ❖ Were used in plantations in the South
- ❖ Famous for their running walk
- ❖ Very smooth and comfortable riding horses
- ❖ Gaits are flat walk, running walk, and the high, smooth, rocking chair canter



## Paint or Pinto

- ❖ Descendants of the Spanish horses
- ❖ Were popular with the American Indians because of their spotted coloring
- ❖ Both Pinto and Paint mean spotted with body color of white and another color
- ❖ For a horse to be registered as an American Paint Horse, it must have registered American Quarter Horse, American Paint Horse, or Thoroughbred parents
- ❖ A pinto may be of any breed or combination of breeds that meet the color pattern requirement



## Breeds & Uses Activities



Look in a horse magazine for pictures of different horse breeds. Cut out pictures of FOUR breeds and glue them on poster board or pieces of paper. Write the name of the breed of horse under each picture. Looking at the pictures, which breed of horse do you like best?



## Breed and Color BINGO

|               |                     |                                                                                                 |                      |                   |
|---------------|---------------------|-------------------------------------------------------------------------------------------------|----------------------|-------------------|
| Quarter mile  | Trotters and Pacers | American Saddlebred                                                                             | Morgan               | Brown             |
| Breed         | Quarter Horse       | Paint                                                                                           | Free Space           | Thoroughbred      |
| Justin Morgan | Standardbred        | Free Space<br> | Gray                 | Tennessee Walking |
| Light Horse   | Chestnut            | Black                                                                                           | Rocking chair canter | High-stepping     |
| Cloverbud     | Arabian             | Pinto                                                                                           | Free Space           | Bay               |



From the NINE breeds of horses listed, name FIVE breeds. Tell your parents or leaders ONE thing about each breed you chose.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

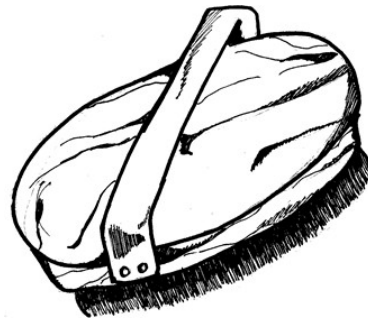
# Horse Management

## Grooming Equipment and Purposes

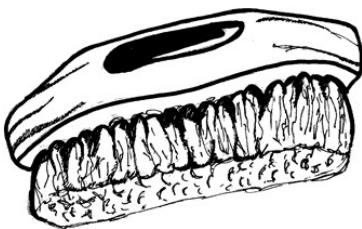
Grooming is very important and should be done daily. Grooming a horse means that you clean and brush the horse to remove dirt and dander from his body. Good grooming and proper nutrition help to make the horse's coat shine. It is important to groom a horse before he is worked or ridden and after he has been exercised. This is also a good time to check for cuts, scrapes and injuries. The following tools can be used when grooming a horse:



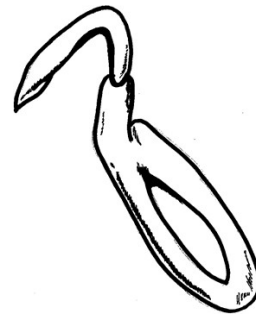
**Rubber Curry Comb**



**Body Brush (Soft Brush)**



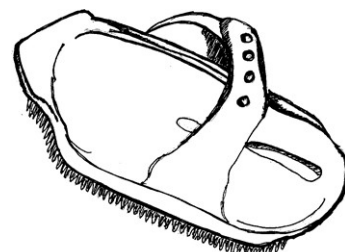
**Dandy Brush (Hard Brush)**



**Hoof Pick**



**Mane and Tail Comb**



**Plastic Curry Comb**

# Steps to Grooming a Horse



**Grooming Cloth**

## **Body**

1. Use a rubber or plastic curry comb in circular motions to loosen hair and dirt. Do not use a metal curry comb on the head or the legs of the horse because it can hurt the horse. Starting on the left side of the horse, begin on the neck and move to the shoulder, chest, side, belly, croup and hind leg. Continue to the right side of the horse. Be careful with using the rubber curry comb on the head, and legs below the knees as it may hurt the horse.
2. Next use the dandy brush (stiff brush) and brush the horse beginning on the left side. Brush in the direction the hair lays and use short strokes to brush away dirt and hair.
3. Next use the body brush (soft brush) and brush the horse as you did with the dandy brush.
4. To make the coat shine, use a grooming cloth or mitt to wipe down the horse's coat.
5. The use of a shedding blade can be helpful in the shedding process. The shedding blade will pull out loose hair on the body. The shedding blade should only be used on the body of the horse, not the head or legs.

## **Head and Legs**

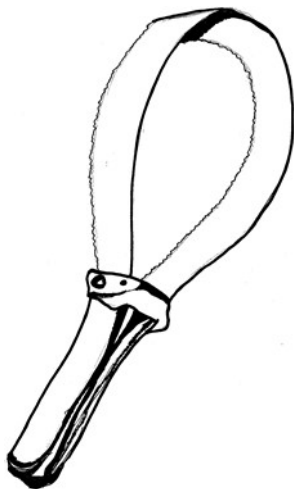
1. Use a rubber curry to loosen the dirt and hair on the head and legs. Only use the soft, rubber curry on the head and legs because they are more sensitive areas of a horse. Do not use a plastic or metal curry as this may hurt the horse.
2. A body brush (soft brush) should be used next to brush away remaining hair and dirt.
3. A grooming cloth can be used on these areas to smooth the hair.

## **Mane and Tail**

1. Make sure that while cleaning the tail, you are standing off to the side of the horse to avoid being kicked.
2. Use the dandy (hard brush) to clean the mane and tail. This brush will help remove large clumps of dirt, hay or shavings.
3. Using your fingers, remove the tangles, just like you would do if your own hair gets tangled.
4. Carefully use a mane and tail comb to avoid breaking the hairs. When working on the tail, be sure to start at the bottom and work your way up.

## **Feet (Hooves)**

1. Have an adult safely pick up the horse's hoof. While the adult holds the hoof, pick out all of the dirt using the hoof pick.

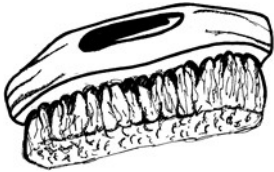


**Shedding Blade**

## Management Activities



Match the grooming equipment with the pictures. Draw a line from the name to the correct grooming tool.



Plastic Curry Comb



Shedding Blade



Mane and Tail



Comb Rubber Curry



Comb

Grooming Cloth



Hoof Pick



Dandy Brush (Hard Brush)

Body Brush (Soft Brush)



With the help of a parent or leader, groom a horse or pony.

# Horse Nutrition

## What Horses Eat



It is important for horses to eat a healthy diet. You should eat a healthy meal with the right amount of fruits, vegetables, protein, grains and dairy. Horses also need to eat a meal with the right amount of forage and grains. What is forage? What is grain?



**Forage** – Forages are leafy green plants that can be found in hay and your horse's pasture. Hay is normally found in square bales or big round bales. Forages are the fruits and vegetables in our meals.

It's important that horses eat good quality hay. Hay should be green, free of any dust or mold, and have lots of leaves!



**Grain** – Grain is seeds from plants that are grown in farmers' fields that can be used to feed horses. We eat grain in bread, granola bars, oatmeal, noodles and rice. There are many different types of grains that horses can eat.

Here are a few. Mix them up! Some feeds for horses are made out of mixing different grains together.



### Don't forget the water!

Water is the most important nutrient for horses and people. Horses drink 10-15 gallons of water each day. Horses should have plenty of fresh clean water available to them.



Oats



Corn



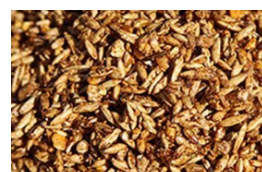
Wheat



Soybeans



Pelleted Feed



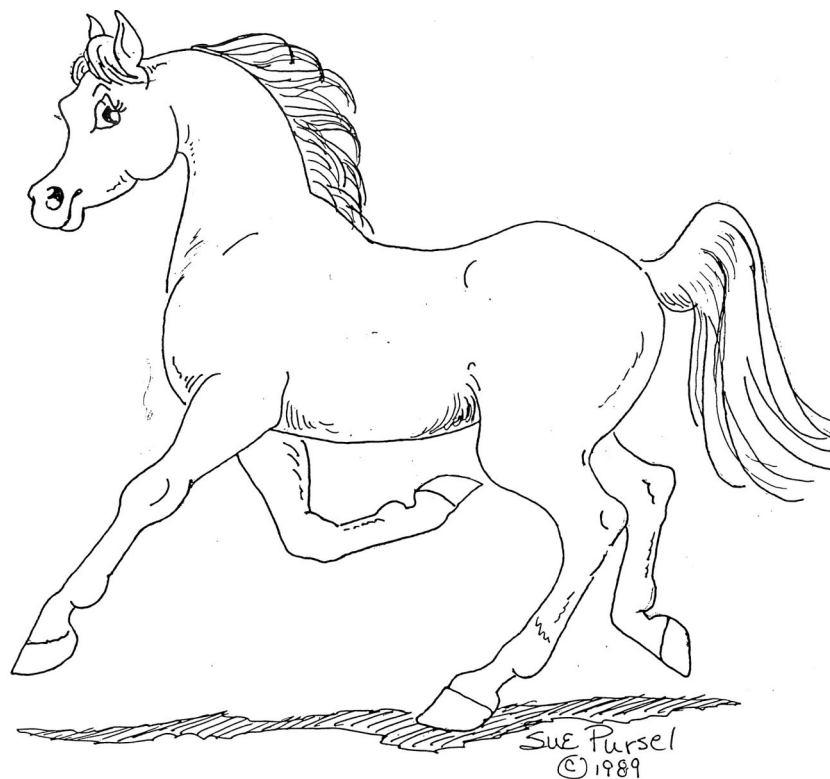
Sweet Feed

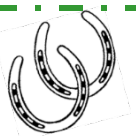
## How much do you feed a horse?

Horses were made to graze in pastures. They need to eat lots of forage, just like you should eat lots of fruits and vegetables. They also need plenty of water. Grain can be added to the horse's diet as needed.

Just like people don't all eat the same thing, all horses don't eat the same amount or type of feed. An older horse would need less feed than a young horse that is still growing. Think about what you eat. If you're out running around playing soccer you would need more food than when you're sitting on the couch watching TV.

Who needs more feed? A race horse that runs around a track or a horse that spends most of his day relaxing in the pasture?





### Let's Mix Feed!

To make a sweet feed mix for horses, feed mills mix together different types of grains and add in a sweet liquid molasses to make the feed tasty. Let's mix a "horse feed" that you can eat!

What you will need: A large mixing bowl, sandwich bags, Cheerios, Corn Chex, pretzels, sunflower seeds, raisins or craisins, chocolate chips, paper, crayons and tape.

#### Your job is to make "horse feed"!

Below are the ingredients you'll be mixing together today to make your feed. Make sure you have a bowl big enough to mix all of your ingredients.

- ❖ Oats – First, let's add some oats to the mix. We'll do this by adding Cheerios.
- ❖ Corn – Next, let's add some corn, or maybe some Corn Chex would be tastier.
- ❖ Wheat – Pretzels are a good source of wheat. Let's add them to the mix.
- ❖ Soybeans – Sunflower seeds will make a great substitute for soybeans in our feed.
- ❖ Molasses – Something sweet? Yes please! Let's add some chocolate chips.
- ❖ Vitamins and Minerals – Let's not forget this! Add in some raisins or craisins.

Now mix your feed up! After your feed is mixed all the way, divide your "horse feed" up in sandwich bags. Make sure you have enough for everyone in your group!

**Make a Feed Tag:** After your "horse feed" is mixed together and bagged, make a feed tag for your "horse feed". Create a name for your feed and don't forget to list all of the ingredients!



### Homemade Horse Treats

#### Ingredients:

- ❖ 3 cups uncooked old-fashioned oatmeal
- ❖ 1 cup applesauce
- ❖ ¼ cup molasses
- ❖ ½ cup flour

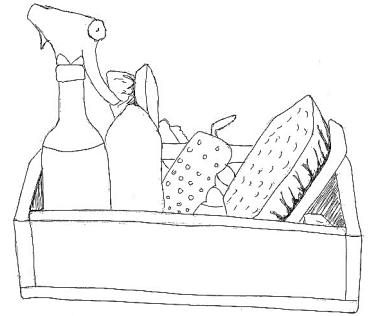
#### Directions:

- Preheat oven to 350 degrees Fahrenheit.
- Mix together the dry ingredients in a medium bowl.
- Next, add the molasses and applesauce and stir until well-incorporated.
- Once mixed, form the thick batter into teaspoon-sized balls and place them close together (but not touching) on a sprayed cookie tray.
- Bake the treats for 15 to 20 minutes and then remove from oven.
- Leave the treats on the tray for 5 minutes to allow time for the treats to cool and harden.
- Once completely cool, store the treats in an airtight container.

# Riding Styles & Tack

## Inside the Tack Trunk

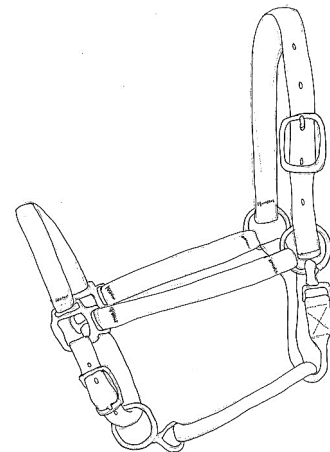
When you are a new rider, you will have a choice to make: should I ride English or Western? The styles and equipment vary greatly. Riding is generally broken into two disciplines, English or Western. If your desire is to barrel race or something similar to that, you will be thinking about riding Western. If you think that eventually you want to jump over fences you are likely to want to ride English. Regardless the discipline you choose, having the right equipment helps you to learn to ride correctly.



**Helmet**—This is a required piece of equipment at all 4-H Cloverbud activities involving horses. As a Cloverbud, you'll need to wear your helmet anytime you're around a horse or riding one. Your helmet needs to have a tag inside that says the helmet is ASTM/SEI approved for equestrian activities. Bike helmets or other types of helmets won't keep you safe if you fall off of a horse! Your helmet needs to fit properly. For more on helmets, see the PA 4-H Horse Show Rule Book and the "What Size Are You?" activity in this book.

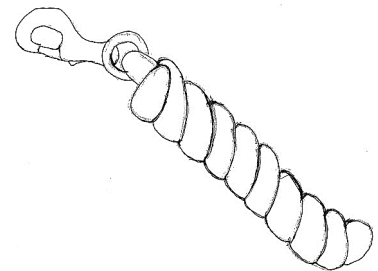


**Halter**—You might think of a halter as something like a dog collar. It fits on the horse's head and is used as an aid in controlling the horse when you are on the ground. Halters are made of various materials, but are generally leather, nylon, or rope. In discussion with your leader, determine which situation would not require use of a halter.



- When leading the horse to the pasture
- When tying your horse to groom and tack up
- When you are riding
- When you are putting the horse in the horse trailer

**Lead Rope**—If you wanted to take your dog for a walk, you would attach a leash to his collar. For your horse, you will attach a lead rope to the halter for this job. There are different types of leads. Leads are usually made of cotton, nylon, or leather. Some of the leads may have a chain on them.

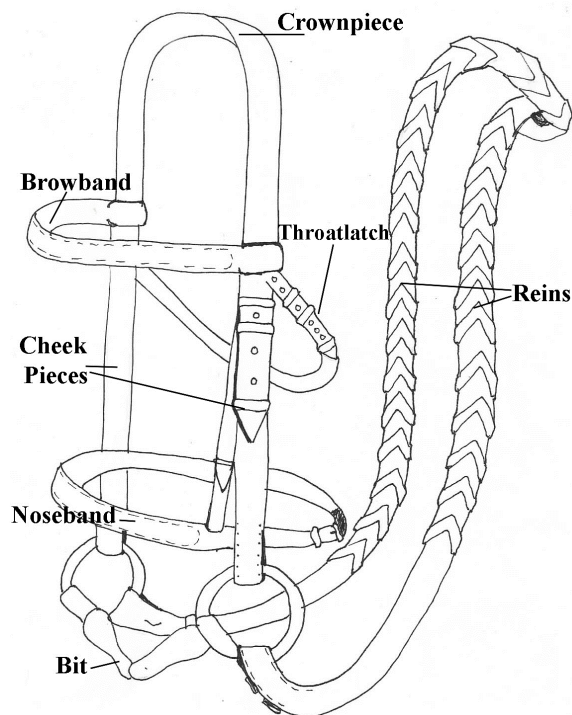


**Bridles and Saddles**—When you ride a horse, you will use a saddle and bridle. The bridle goes on the horse's head, and holds the bit in the horse's mouth, with reins for you to use for steering. The saddle sits on the horse's back. This is like a "seat" that you will sit on as you are riding.

The saddle is held in place with a horse "belt". This belt is called a girth if you have an English saddle and a cinch if you have a western saddle. Your saddle is placed on top of a piece of cloth or material, called a saddle pad or saddle blanket. Whether you are riding English or western, the bridles and saddles are different in some ways, but also the same in some ways.

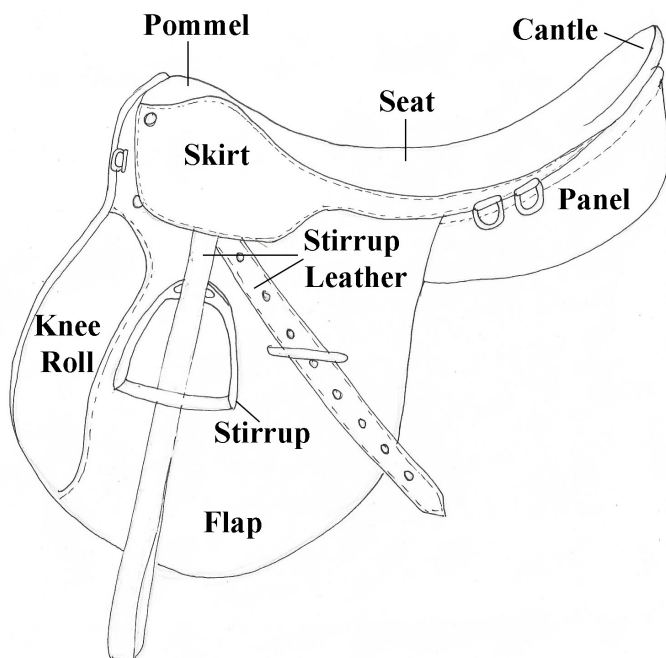
### English Bridle Parts

- ❖ Crownpiece
- ❖ Browband
- ❖ Cheek Pieces
- ❖ Throatlatch
- ❖ Noseband
- ❖ Bit
- ❖ Reins:-Different styles include:
  - Braided
  - Plaited
  - Laced



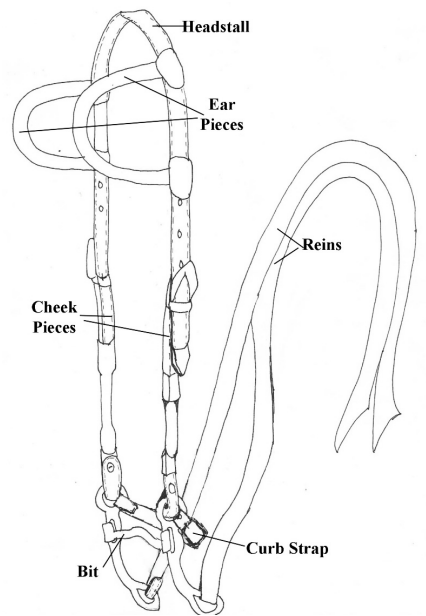
### English Saddle Parts

- ❖ Crownpiece
- ❖ Browband
- ❖ Pommel
- ❖ Seat
- ❖ Cantle
- ❖ Skirt
- ❖ Panel
- ❖ Stirrup Leather
- ❖ Knee Roll
- ❖ Stirrup
- ❖ Flap



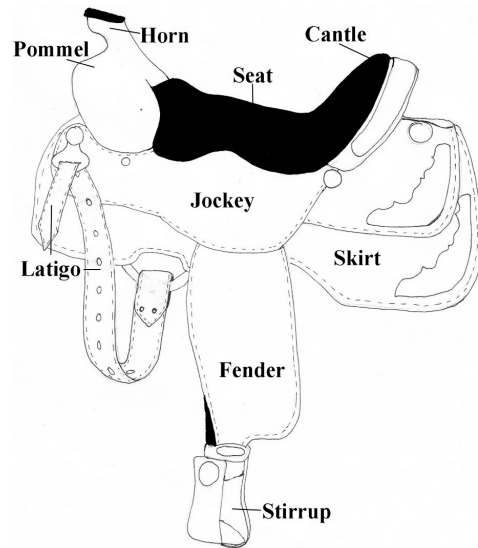
## Western Bridle Parts

- ❖ Headstall
- ❖ Ear Pieces
- ❖ Cheek Pieces
- ❖ Bit
- ❖ Curb Strap
- ❖ Reins: Different styles include:
  - Split
  - Contest
  - Romel



## Western Saddle Parts

- ❖ Horn
- ❖ Pommel
- ❖ Seat
- ❖ Cantle
- ❖ Jockey
- ❖ Skirt
- ❖ Latigo
- ❖ Fender
- ❖ Stirrup



## Tack-tivities

### Do You Know the Parts?

Watch as an adult takes apart English and western bridles. Listen as the adult names each part of the bridles. Work together as a group to put each bridle back together. Name the parts of each bridle and explain what each part does as you work.



## What Size Are You?

Look inside a helmet. Find the ASTM/SEI tag or sticker that says the helmet is approved for equestrian activities. Also find the date of manufacture—this tells you when the helmet was made. (Helmets that are too old may no longer be safe.) Now use a cloth measuring tape to measure all Cloverbud group members' heads to determine each person's correct helmet size. Figure out each person's regular and general helmet size using the chart on this page.

### HOW TO MEASURE FOR A RIDING HELMET

Use a cloth measuring tape to measure the circumference of your head. The tape should be placed just above the ears and should go around the center of the forehead and the back of the skull.

The measurement should be in inches. You can then determine the correct size helmet from the Basic Measurement Chart for Riding Helmets.

The helmet should sit onto the head as low as possible, and should fit snugly so it doesn't move when you shake your head or nod your head. Your eyebrows should move when you wiggle your helmet brim.



Use a measuring tape to measure around your head one inch above your eyebrows. Or you can use a string to measure and then lay it out and measure the length of the string.

Basic Measurement Chart for Riding Helmets

| Head Measurement (inches) | Regular Helmet Size | General Helmet Size |
|---------------------------|---------------------|---------------------|
| 20"                       | 6 ½                 | Small               |
| 20 ½                      | 6 5/8               | Small               |
| 21"                       | 6 ¾                 | Medium              |
| 21 ½                      | 6 7/8               | Medium              |
| 22"                       | 7                   | Large               |
| 22 ½                      | 7 1/8               | Large               |
| 23"                       | 7 ¼                 | Large               |
| 23 ½                      | 7 3/8               | XL                  |
| 24"                       | 7 1/2               | XL                  |
| 24 ½                      | 7 5/8               | XL                  |



## Tack Trunk Word Search

Do the tack trunk word search. You may work alone or in a group.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| E | N | G | L | I | S | H | E | M |
| W | B | I | E | N | T | A | W | O |
| U | R | R | A | D | I | L | E | U |
| L | I | T | D | I | R | T | S | N |
| R | D | H | H | A | R | E | T | T |
| P | L | E | A | S | U | R | E | W |
| A | E | P | E | P | P | N | R | A |
| D | R | I | L | H | O | R | N | R |
| S | T | A | C | K | E | P | O | G |

English

Bridle

Pleasure

Stirrup

Halter

Girth

Western

Horn

Pad

Tack

Mount

# Resources & References

Photo from Penn State University, [animalscience.psu.edu](http://animalscience.psu.edu)

American Morgan Horse  
Association 4066 Shelburne Rd,  
Suite 5  
Shelburne, VT 05482 [www.morganhorse.com](http://www.morganhorse.com)  
Photo from Oklahoma State University,  
[ansi.okstate.edu/breeds/horses/](http://ansi.okstate.edu/breeds/horses/)

American Paint Horse  
Association 2800 Meacham  
Boulevard  
Fort Worth, Texas 76137  
[apha.com](http://apha.com)

American Saddlebred Horse  
Association 4083 Iron Works Parkway  
Lexington, KY 40511  
[www.asha.net](http://www.asha.net)  
Photo by Farrell, [willowbankfarm.com](http://willowbankfarm.com)

American Quarter Horse  
Association 1600 Quarter Horse  
Drive  
Amarillo, TX 79104  
[aqha.com](http://aqha.com)

Appaloosa Horse Club  
2720 West Pullman  
Road Moscow, ID 83843  
[appaloosa.com](http://appaloosa.com)

Arabian Horse Association  
10805 E. Bethany Drive  
Aurora, Colorado 80014  
[arabianhorses.org](http://arabianhorses.org)

The Jockey Club (Thoroughbred)  
821 Corporate Drive [www.jockeyclub.com](http://www.jockeyclub.com)  
Photo from WinStar Farm-Congrats, [Winstarfarm.com](http://Winstarfarm.com)

United States Trotting Association (Standardbred)  
6130 S. Sunbury Road  
Westerville, OH 43081  
[www.ustrotting.com](http://www.ustrotting.com)  
Photo from BlueChip Farms, [bluechipfarms.com](http://bluechipfarms.com)

Tennessee Walking Horse Breeders' and Exhibitors' Association  
250 N. Ellington Pkwy  
Lewisburg, TN 37091  
[twhbea.com](http://twhbea.com)

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Illustrations by Ashleigh Egan.

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