Activity C3 – Italy
„Horses teach me how to find my way"

General considerations related to the difference between exercise and game: supplementary to Lorenzo´s contribution.

(Armgard Schörle , Spain/ Germany)

Game
In general, is based on voluntariness and freedom. It´s natural and a part of every being. Depending on the respective structures and rules the game can help to open a new space, it inspires, the trainer and the child to find creative solutions, and encourage the child to discover his capabilities. The child/ the group decides on their own, how, when and in which way he/ she is participating. The motivation is to be part of the group, to have fun. As a Trainer or therapist we don´t know what is happening in every situation and nevertheless we have to be prepared for (nearly) everything.

Exercise
In difference, an **exercise** has the purpose to train special skills, is structured and can help to feel save or clear. The exercise follows, in contrast to the game a goal or focuses a specific way of learning. The exercise is planed and explained by the trainer/ therapist, can be used from different people in different situations in a similar way. The Motivation for the child is, to reach a goal or improve a specific capability, or riding skills.

Regarding the triangle
The game opens the triangle, everybody, even the child and the horse is more responsible for the whole situation. The issues of everybody , including the horses issues, are integrated into the game-situation. The exercise gives more responsibility to the trainer/ therapist. He has to take care for the structure and the cooperation with the horse.

Evaluation
Exercises can be well measured. Differences are verifiable. (Quantitative methods) Game is a deeper kind of process. Results are not that obvious, but can be very sustainable. (qualitative methods)

The main change between exercise and game happens in our mind. To play together means, to give up control, be creative, to change the perception of the child, his abilities and the situation.