

GLADE RUN ADVENTURES SUMMER CAMP

Melinda
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Glade Run And Their Mission

MISSION

Founded in faith and grounded in excellence, we empower individuals to experience personal wellness and growth.

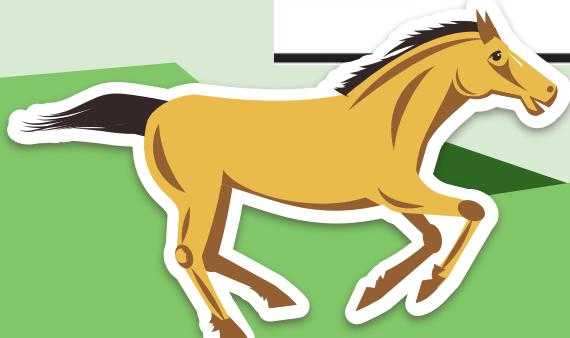
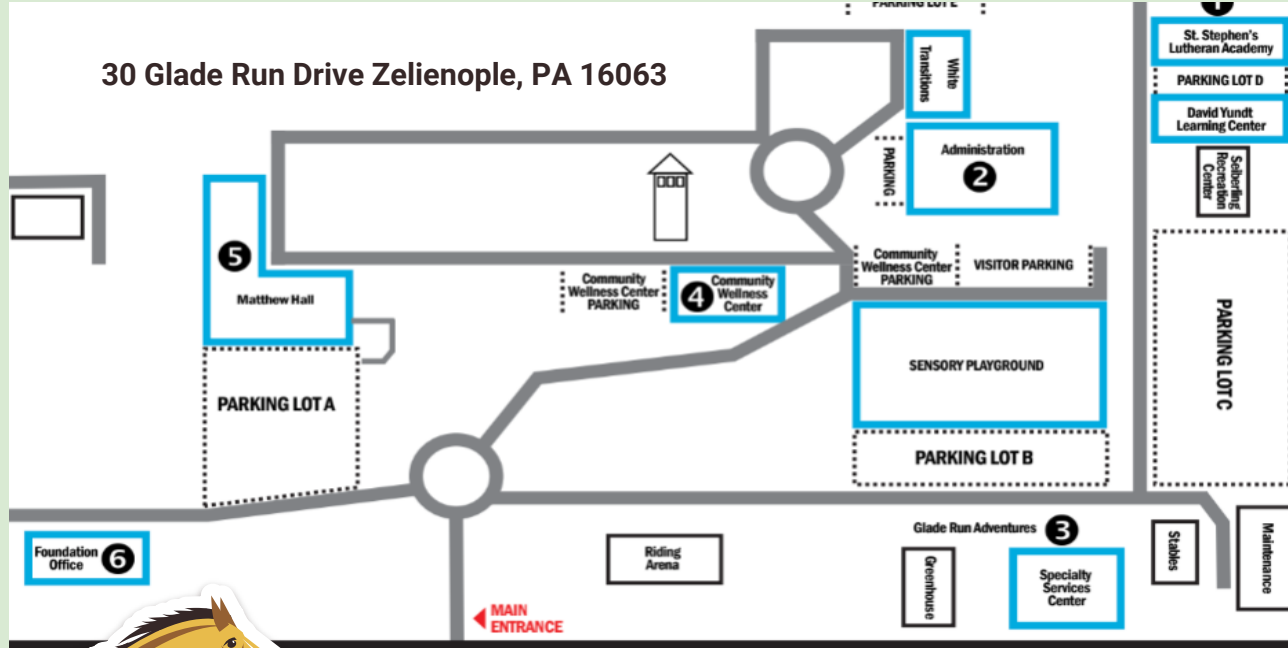
CORE VALUES

- Faith
- Integrity
- Sustainability
- Quality
- Collaboration
- Commitment
- Compassion

VISION

Our vision is to evolve our continuum of program offerings to meet the changing needs in education and social services, achieve positive impacts in the lives of those we serve through continuous quality initiatives, and to model our values through leadership and innovation.

Glade Run - Zelenople Location



ADVENTURES SUMMER CAMP

A social skills development camp for children ages 8 - 18. Any child in need of social skill development is welcome, however, the camp is specially designed for children with moderate to high functioning Autism Spectrum Disorders. The camp runs Monday-Friday 9am-3pm.



Campers Daily Schedule



9 - 9:20



9:20 - 10:15



10:20 - 11:15



11:20 - 11:45



11:45 - 12:40



12:45 - 1:40



1:45 - 2:40



2:40 - 3

Each group had a different



NATURE THERAPY



One session the campers go to each day is nature therapy. A few activities included rock stacking, hikes, catching crayfish in the creek, or simply observing / interacting with nature while practicing mindfulness skills.



HORTICULTURE THERAPY

One session the campers go to each day is horticulture therapy. All activities consisted of using plants. One activity includes planting a strawberry plant, picking the berries in the garden, than making a smoothie with those berries you grew and picked. The campers also made scent pouches with fresh lavender or mint they picked themselves.



FUN GAME TIME THERAPY



One session the campers go to each day is fun game time. Each day they played a different game. A few examples include, volleyball, riding scooters, duck duck goose, hot potato, pool noodle fights, and basketball. They also visit the different playgrounds around the camp.



SMALL ANIMAL ENCOUNTERS

One session the campers go to each day is small animal encounters. During this session campers will interact with small animals while also learning about how to handle these animals, as well as what these animals may be thinking or feeling. The camp brought in multiple different animals which included, goats, a tortoise, chickens, and a bunny. There are also two full time cats that roam the campus.



Equine Assisted Therapy

One session the campers go to each day is equine assisted therapy. This includes mounted and unmounted activities. For the mounted activity the campers will ride their horse though the trails in the woods. As for the unmounted activities, they change each day, but they all involve interacting with the horses. A few of the unmounted activities include, asking a horse for permission, grooming the horses, leading the horses to the pasture, as well as playing games with the horses involved.



MEET THE HORSES

ASTRO



LANDRY



U MAX



MEET THE HORSES

PUMPKIN



MUFFY



BOOTS



MEET THE HORSES

SMOKEY



LEO ♋



BLUE



MEET THE ANIMALS

ENCHI-LADA



BOBBIE SOX

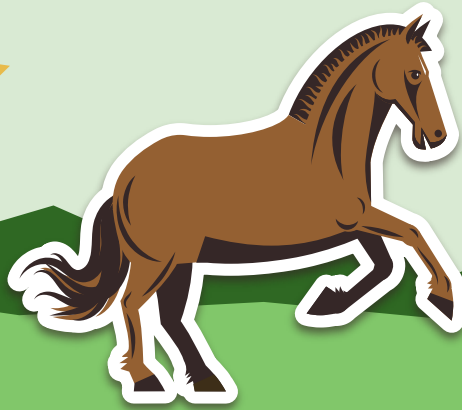


Bawty



MY ROLE AT ADVENTURES SUMMER CAMP

I was working in the barn helping with unmounted activities. There were four groups of kids which rotated through the barn each day of camp. Since each group got split in half, the unmounted group usually consisted of 4 kids. Within the next slides I will break down each unmounted activities.



The Unmounted Activity for the day

Unmounted Day 1

GOAL: Rapport building and getting to know each other / social skills / communication skills

Introduction to barn rules

Introduction to each horse

Recording boot + helmet sizes



The Unmounted Activity for the day

Unmounted Day 2 + 3

GOAL: Groom + graze while practicing mindfulness skills

**Put halter on, lead horse out of stall to pasture, than brush horses
(use sheet that includes steps on how to ask a horse for permission)**

Discuss mindfulness skills + practice while brushing horse



The Unmounted Activity for the day

Unmounted Day 4 + 5

GOAL: Recognize your own feelings and the body sensations while experimenting with the movements of the horse

Bean bag throw / bowling pins:

Let horse sniff bean bag/ ball, have then make it 3x, than do a lap with horse while practicing breathing techniques



Barrels with saddles:

While on barrels practice breathing techniques and also play simon says while balancing on the barrels



The Unmounted Activity for the day

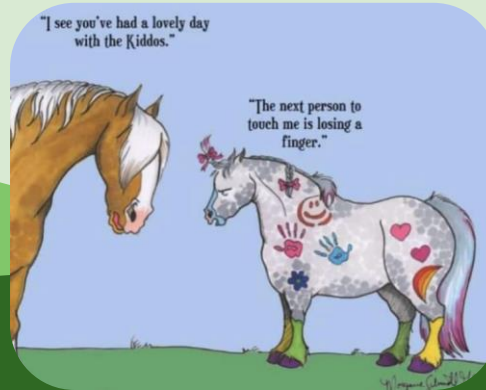
Unmounted Day 6 + 7

GOAL: Learn the horses body language. pay attention to the horses body language while touching their hooves

- Learn how to cleaning hooves
- Paint hooves, use sponge, put to paper, have them be creative and turn it into something
- Have them clean up after themselves

IF TIME AVAILABLE: (Music activity)

Have them walk horse to beat of music / rhythm
Play with musical instruments / bells — (talk about parade day for the horses and how they may feel with all the people and noise around them)



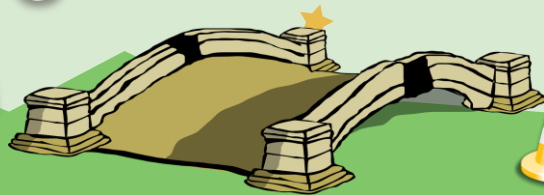
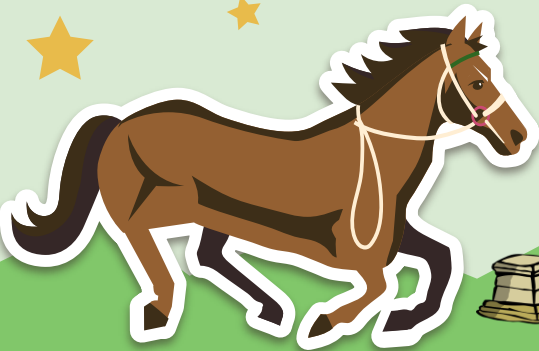
This is a perfect representation of the horse Beauty, we used for the painting activities

The Unmounted Activity for the day

Unmounted Day 8 + 9

GOAL: Make a friend, halter and lead a horse with permission and connection, practice teamwork

- **Have them try and circle animal while holding hands (Have kids notice how noise and excitement effects the horse)**
 - **Guide horse though obstacle course**



THE LAST DAY - PARADE DAY

Unmounted Day 10 - PARADE DAY

Decorate + groom horses, make them look pretty for the parade



HORSES ON PARADE DAY



PARADE DAY



My Takeaways

I really enjoyed this opportunity at Glade Run. I believe I have found an area of psychology I'd love to work in. I think these unique types of therapy are greatly beneficial for many children. I did find it interesting that I never liked being around kids, but I enjoyed being around the kids at this camp. I enjoyed working with children with learning disabilities and Autism, I think it's so rewarding to see them open up and learn new skills while at this camp. One of the best highlights from this opportunity was just being around the animals. The animals were very therapeutic for me, especially the goats. I enjoyed my time so much my hope is to come back next summer and complete my masters internship at Glade Run.

