



TheHorseCourse

Observation Chart (read the body rather than face and totally ignore what is being said)

smooth movements, loose muscles, forwards

neutral

jerky movements, tight muscles, moves backwards/away

won't listen	fast, calm aggression, destructive	destructive rough won't keep still	exuberant fast, fun, play loose muscles	high energy	fast efficient athletic vigilant focused	can't keep still frenetic running about reactive	fight / flight	can't listen, can't think
	slow and deliberate aggression, destructive	pushy dominant	experimental brave investigative assertive ask		responsive perceptive doing speedy curious	hyper vigilant tense, jerky often backwards messy energy displaced behaviours	overly sweaty panicking manic	
	dominance		play	confidence	curiosity	fear		
	hostile refusing "try and make me"	moves slowly lazy resistant makes you work harder	persistent calm planning dependable allow	draw	bonding sensitive connected gentle compliant empathic	weak messy energy ineffective pleading tight body retreating	quivery shut down	
	calm, determined, immovable, "you can't hurt me"	won't move unyielding	patient slow analytical at ease	zero energy	peaceful connected tranquil	can't move fixed	frozen in fear	

soft muscles, calm stillness, easy posture, present

neutral

tight muscles, awkward postures, holds breath, invisible