

Rabbits, Reaching and  
Riding!

One of Betty Bunny's favorite things to do is go horse back riding! Horses can do so many cool tricks. She goes to the barn and tacks up to go for a ride!



➤ The clipity-clop of her horses' hooves echo on the road up to the trail. Slide your feet through the trees with Bethy and her horse. Have your shoulder facing the direction you will be going. Step with one foot and brings the other foot along behind it moving in a sideways direction.



She then increases her speed to a gallop. It's like sliding but facing forward and faster. Step forward with your leg, then jump as your back leg chases the front, but never goes past it. Keep that same front leg in the lead and keep galloping until Bethy makes it up the hill!



They make it to the top. But look! A fallen tree is blocking the trail. Bethy's horse must leap over the tree. Leap with one foot over the tree and land with the opposite foot.



» They find a shady spot and decide to take a rest and stretch. Bethy bends to touches her toes. She twists her torso side to side, keeping her feet in the same spot. She leans and lunges from right to left, transferring weight from one foot to the other



➤ Another successful ride with some yoga, too! Bethy and her horse ride back down the hill, and untack until next time.

