

Riding a Horse for the First Time

Picture 1: Molly likes horses, but she has never ridden one. Mom takes Molly to a farm for her first horseback riding lesson.

Picture 2: Mom says, “Molly, let’s go and meet your riding instructor.” Molly says, “I changed my mind. I don’t want to do it!” **Oh no, that’s wrong!** You don’t quit just because you feel nervous. *Push through your fear and try it.*

Picture 3: The instructor says, “You’ll be fine, Molly.” Molly gets on the horse and pulls too hard on the reins. The horse jumps back. Molly says, “I give up!” **Oh no, that’s wrong!** You don’t give up when you are trying something new. *Push through your fear and try it.*

Picture 4: Mom says, “Molly, listen to your instructor.” Molly listens to the instructor and pulls gently on the reins. **Yes, that’s right!** It is okay to feel nervous. It is not okay to give up and quit.

Yes/No Questions

1. Is Molly in this story?
2. Is Matt in this story?
3. Is another child in this story?
4. Is an adult in this story?
5. Does the story take place at a zoo?
6. Does the story take place at a farm?
7. Does Molly like horses?
8. Does Molly know how to ride a horse?
9. Is it okay to give up and quit when you feel nervous?
10. Have you ever given up and quit when you felt nervous?

Wh- and How Questions

1. Who likes horses in this story?
2. Who takes Molly to ride a horse?
3. What does Molly say when it is time to meet the riding instructor?
4. What happens when Molly pulls too hard on the reins?
5. Where is Molly taking riding lessons?
6. Where else can people ride horses?
7. When does Molly get nervous?
8. When do you get nervous?
9. Why is it best to push through fear?
10. How would you feel if you were riding a horse for the first time?

Suggested Props

Two signs that say **Oh no, that’s wrong!**

One sign that says **Yes, that’s right!**

Horse — horse on a stick

Molly — red, pull-on skirt

Mom — necklace

Instructor — bandanna around neck

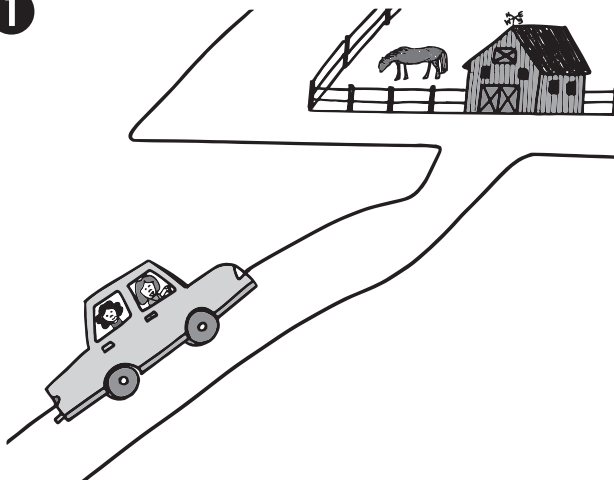
Homework Sheet

Social Skill of the Week: Riding a Horse for the First Time

We practiced the above social skill using this four-picture Matt and Molly story. As you can see, the character in the story does the skill *wrong* two times before doing it *right* in the last picture.

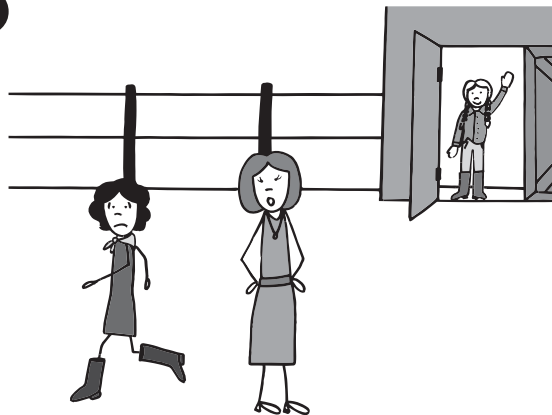
- Cut the pictures apart. As you retell the story, ask your child to find the picture that you are describing. When all of the pictures are in sequential order, help your child act out the story.
- Reinforce “wrong vs. right.” Ask your child questions about the story, such as “Is it right to quit just because you feel nervous?”
- Each week, after you review the story with your child, add picture number four to a little photo album. Title this book **The Right Way to Act**. You can refer to this picture when your child is in a similar social setting and needs reminding of the “right way” to act.

1



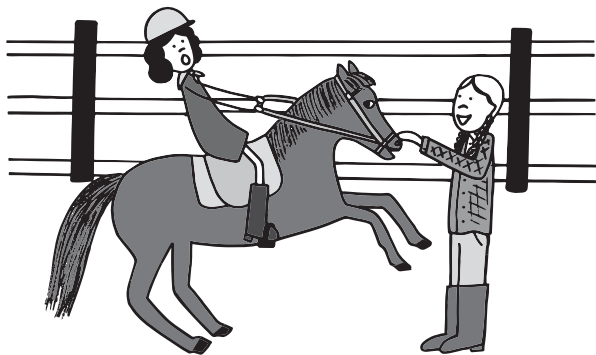
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2



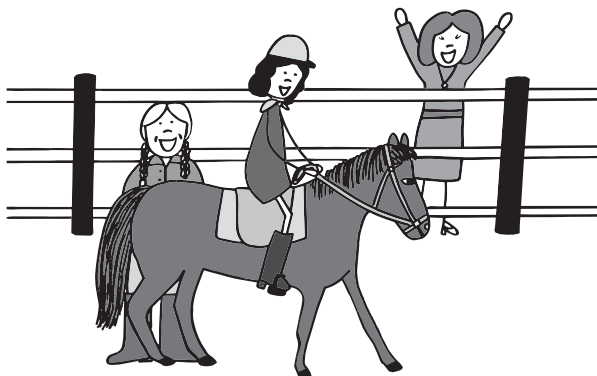
Mom says, “Molly, let’s go and meet your riding instructor.” Molly says, “I changed my mind. I don’t want to do it!” **Oh no, that’s wrong!** You don’t quit just because you feel nervous. *Push through your fear and try it.*

3

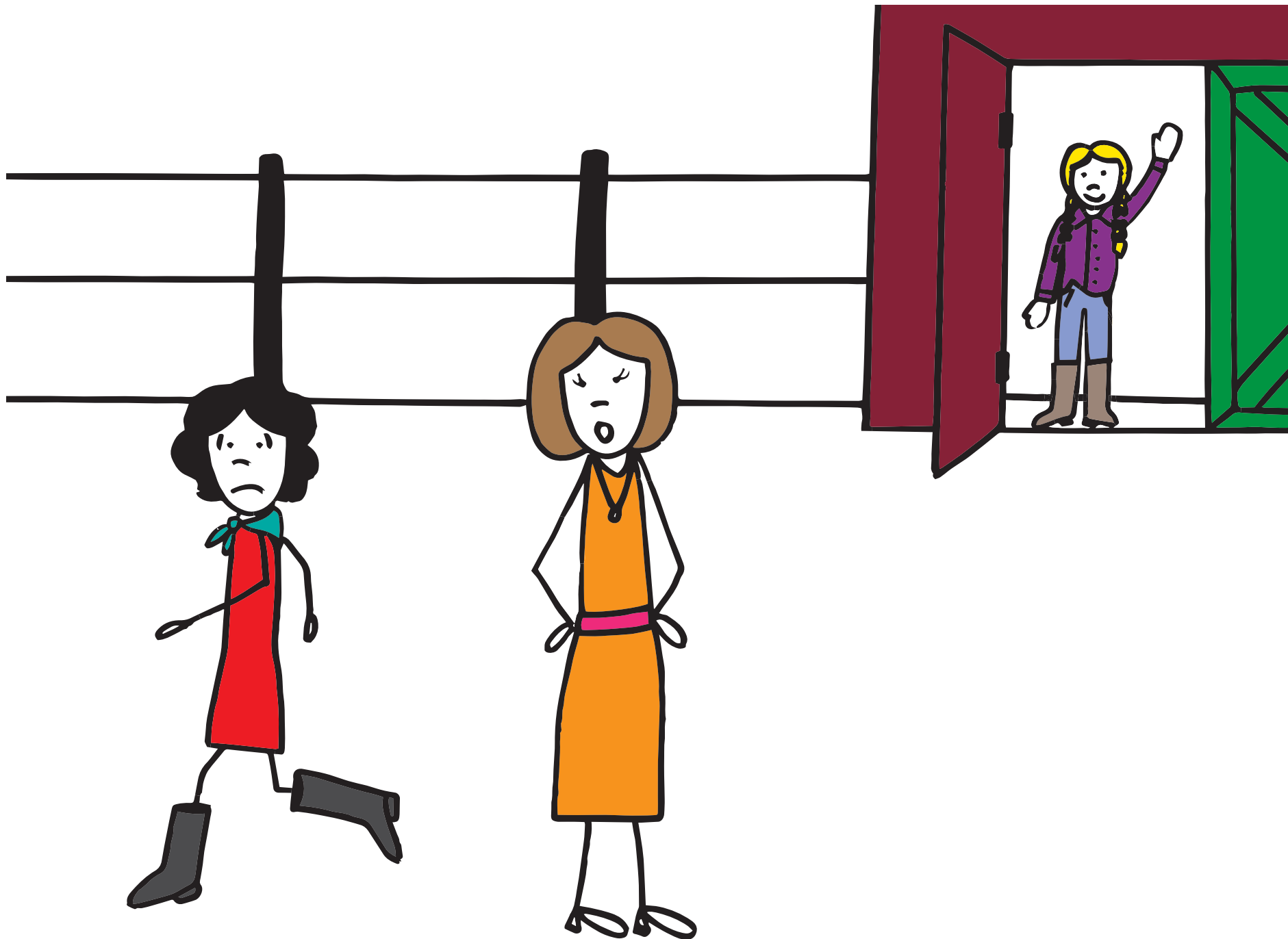


The instructor says, “You’ll be fine, Molly.” Molly gets on the horse and pulls too hard on the reins. The horse jumps back. Molly says, “I give up!” **Oh no, that’s wrong!** You don’t give up when you are trying something new. *Push through your fear and try it.*

4



Mom says, “Molly, listen to your instructor.” Molly listens to the instructor and pulls gently on the reins. **Yes, that’s right!** It is okay to feel nervous. It is not okay to give up and quit.



Mom says, “Molly, let’s go and meet your riding instructor.”

Molly says, “I changed my mind. I don’t want to do it!”

You don’t quit just because you feel nervous.

Push through your fear and try it.

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