

# ACTIVITY SHEET #4

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## **Create a record of your journey together**

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As you start new activities with your horse and your bond grows, now is a good time to start collecting pictures and mementos of your journey together.

This collection will provide a record of the time you spend with your horse - the good times, your accomplishments and the activities you have enjoyed together.

Plus researchers have found that looking at pictures of loved ones, cute animals or nature can have a very positive effect on our mood. So why not combine all 3 and create a collection of pictures of your beloved equine in a natural setting.

Review it regularly. Not only will it have a positive effect on your mood but it will be a way of creating a pictorial record of your journey together.

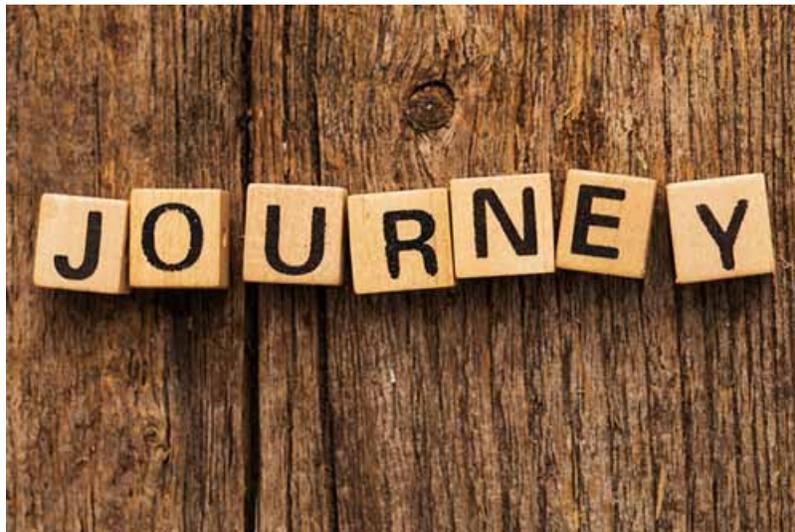


## RECORD YOUR JOURNEY

Creating a photo record of your activities with your horse can be a good way to keep track of your progress.

Sometimes you can forget just how far you have come on your journey with your horse. Particularly on those days when things aren't going quite to plan or if you are feeling a bit frustrated about your progress.

Having a look at your photo collection will help you to remember all the good times. It will also help you to see what you have accomplished together and how far you have progressed on your journey.

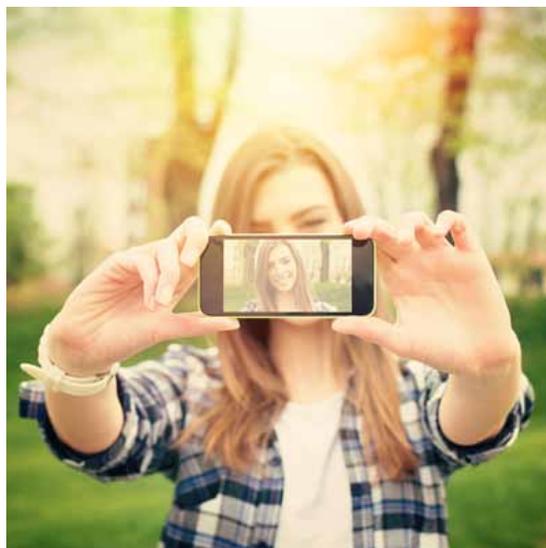


# TAKING THE PHOTOS

## Friendly Photo Shoot

If you have a friend who is good with a camera, invite them around for a fun and relaxed photo shoot. Enjoy yourselves. Some of the best photos will be taken when you are just having fun, laughing and enjoying this time together.

You don't need any special equipment. Most phones take good photos.



Find a nice area to take the photos. Early morning or late afternoon light can provide some beautiful lighting for photos.

Take photos of you and your horse doing the things you like best. Perhaps your horse has a favorite trick he likes to do or he has recently learnt something new.

Or take photos of you and your horse just enjoying each other's company.

## Professional Photo Shoot

If you would like extra special photos then consider using a professional photographer.

To find a professional photographer search on Google for the following businesses:

- "Professional pet photographer"
- "Professional equine photographer"
- "Professional horse photographer"

If you are looking at "pet photographers" just check that they have experience photographing horses. Capturing a horse on film is a lot different to a dog or cat!

Have a look though their online gallery and see which photographs really appeal to you. Some photographers take very formal pictures, whereas others are much more relaxed and some are very creative. Pick one that suits you and your horse's personality.



Call and ask for a quote. Most photographers will come out to your place and spend several hours with you and your horse. They will know how to get the best photographs, what locations to use and the best time of day for lighting.

They should help you to relax and enjoy yourself and suggest activities that would make good photo opportunities.

## **PERFECT PAMPER SESSION (Coming Soon)**

In an upcoming Activity Sheet we will be covering how to do a perfect horse pamper session. We will include grooming tips and ideas to make your horse look especially beautiful.

Following the 'Pamper Session' would be another good time to take some photos of your horse.



# EDITING THE PHOTOS

## Get Creative

Have your photos professionally edited for a real WOW factor.

If you have your photos taken by a professional photographer you may want them to add some extra creative flair. Many photographers have image editing skills and can do everything from placing you and your horse on a different background to changing the lighting or adding a very artistic look.



If you feel like getting a bit creative yourself but you're not sure you have the computer skills to edit a photo then get a professional graphic artist to edit them for you.

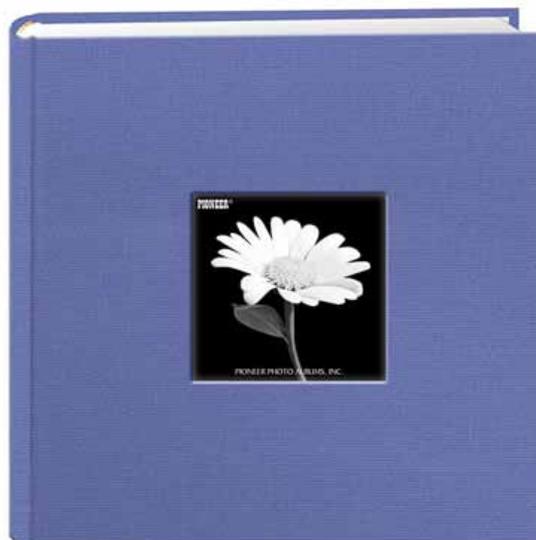
There are some websites that provide photo editing services for a small fee. One of my favorites is [Fiverr.com](https://www.fiverr.com). For \$5-\$20 a graphic artist will improve your photos by removing unwanted objects, improving the lighting, or placing you and your horse on a completely different background.

Go to [Fiverr.com](https://www.fiverr.com) and search for 'image editing'. Look at those graphic artists who have a good rating. Also look at examples of their work to find one you like.

## DISPLAYING YOUR PHOTOS

### A Simple Booklet

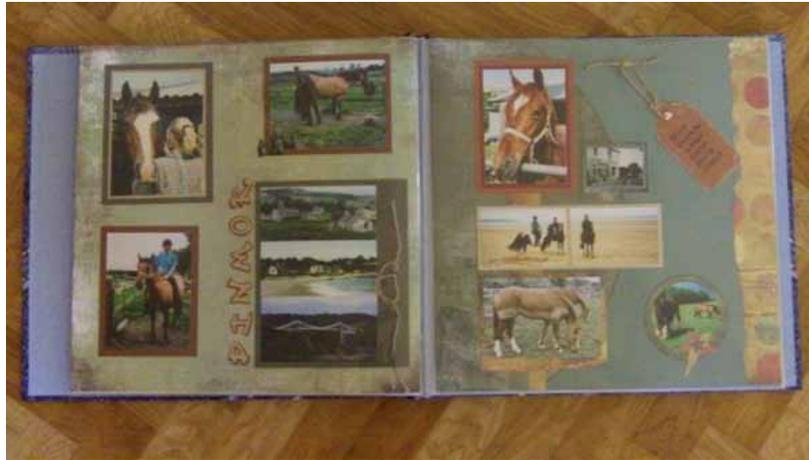
The simplest way to display your photos is to pop them into a small photo album. Keep it handy. Whenever you want to remember the good times with your horse, just flick through the booklet.





# SCRAPBOOKING

Another way to store your horse memories is to make a scrapbook.



Several years ago my mother, who is a lot more creative than me, collected horse photos from my early years to the present day and created a 'Horse Scrapbook'. She also included ribbons, newspaper articles and other mementos.

It makes a wonderful keepsake. I really enjoying flicking through it and remembering all the wonderful times I have had with my horses.

## SUMMARY

Many of the Activity Sheets we will be sending you will provide very good photo opportunities. As you complete each Activity your collection of wonderful horse moments will grow and you will be able to add more photos to your collection.

Keep it handy. Review it whenever you need a reminder of how far you have come and what you have accomplished together or just for a feel-good mood boost.

## ACTION ITEMS



Organize a fun photo session with a friend.

Start collecting photos and items that remind you of the good times you have enjoyed with your horse.

Display them somewhere that you can look at them and enjoy them regularly.

## QUESTIONS?

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