



Equine Enrichment


A Handy Guide

Enrichment simply means that we provide a more stimulating environment for our horses, to help improve their mental and physical wellbeing, by stimulating their natural instincts.

Enrichment comes in many forms and can be split between five main categories: Sensory, Social, Food-Based, Environmental and Cognitive.

We can help to improve our horses mental and physical well-being through the exploration of smell, taste, grazing and foraging, movement and social interaction.


Environmental



Adaptations to the horses living environment.

TIP: Increase turn out time and minimise stabling as much as possible. When stabled, provide either low walls or windows between stables to allow for social interaction.


Social



The opportunity for social interaction with other equines.

TIP: Provide your horse with other equine company, horses are herd animals and to be able to fulfil natural behaviours, they should not be kept alone. If your horse is on box rest, you could try to bring a familiar equine to the stable door for mutual grooming.


Food Based



Stimulation of varied grazing and foraging instincts.

TIP: Turn a tree branch into a treat branch by threading on pieces of fruit and vegetables. Horses will enjoy gnawing on the branch and stripping the bark too. Some safe trees are Alder, Birch, Apple, Hazel & Poplar.


Cognitive



The opportunity to explore, problem solve and learn.

TIP: In hand horse agility, this provides something different for your horse particularly non-ridden companions who have quieter lives. It is a great way to strengthen your bond and relationship. Agility equipment can be home made, things such as yoga

Sensory



Experiences that encourage natural stimulation through, sight, sound and smell.

TIP: Use fruity tea bags to create different flavoured waters and infuse soaked hay.

Be sure to give your horse access to normal water and hay as well.