



# KONECT EQUINE

## Equine Facilitated Pathways



Registered NDIS Provider

# Journal Entry

*Hands on activity: The body Scan*

Name :.....

Date:.....

What did you notice when you did the body scan?

Make notes here:

How often do you slow down and check in with yourself?

Make notes here:

How might you use the body scan practice daily in daily life?

Make notes here:



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Describe any things you have learnt from this activity.

Make notes here:

Could this help you with your personal relationships, or with horses?

Make notes here: