

## What I do when a horse starts to spook at something

As soon as the horse sees the scary object, I start schooling him to get him **listening to me** instead of concentrating on the scary object. Keep him **busy** and **moving**.

**Example:** Let's say you are riding on a stage and your horse shies away and starts to spook. I'll immediately start to trot very small circles and ask the horse to give his head into the circle. I might stop, rollback and trot the other way. I might spin, back up or side pass. Do anything that will take his mind off the object and spooking.

The idea is to keep him busy to get his mind on **you** instead of the scary object. As soon as he's listening to me and starting to get a little tired, I'll let him stand and **rest while facing the scary object**.

Usually, the horse is more interested in catching his breath than spooking. This teaches him to associate "resting" with "not spooking".

