



HERD DYNAMICS OBSERVATION WORKSHEET

Horse: _____

Date: _____

Weather/Conditions: _____

1. ENVIRONMENT & ROUTINE

Turnout (hours, companions, field changes):

Any changes to feed, stabling, or routine?

Who was handling/riding him today?

2. BODY & ENERGY CHECK-IN

How does his body look today? (muscle tone, posture, signs of pain, tension, ulcers, teeth, saddle fit)

☐ _____

How does his energy feel? (calm, unsettled, alert, withdrawn, pushy)

☐ _____

3. BEHAVIOUR & COMMUNICATION

Tick or describe what you observed today:

- Ears back or tension around others
- Guarding space or resources (food, hay, people)
- Excessive display or herding behaviour
- Avoidance or shutdown
- Softness and connection moments
- Seeking contact or comfort

Notes:

4. TRIGGERS & PATTERNS

What seemed to set him off or calm him down?

? _____

? _____

What's consistent across days or environments?

? _____

5. RELATIONAL INSIGHTS

When he shows “dominant” behaviour, what might he be asking for?

- More space
- Clearer leadership
- Consistency
- Calm presence
- Comfort / reassurance
- Physical check

Reflection:

? What did I notice about my own energy today?

? How might my state be influencing his?

? Where did we find calm together?

6. NEXT STEPS OR EXPERIMENTS

? What one thing can I adjust tomorrow (routine, handling, boundaries, energy)?

? How will I know if it helps?