



Free Resources for Kids Who Love Animals



Printable activities, workbook previews,
and animal-centered learning pages
from RiseUp EQ



A RiseUp EQ Press Resource



Welcome to RiseUp EQ Free Resources

RiseUp EQ Free Resources gives kids and families a simple way to explore animal-centered learning.

Inside this FlippingBook, you may find:

- Printable activities to download
- Selected workbook pages to preview
- Coloring and creative-learning pages
- Links to learn more about each featured resource

Look for these labels:

Download PDF

Use this label when a printable resource is available to save and use.

Preview

Use this label when selected pages are provided as a sample from a larger book or workbook.

From the Workbook

Shows which RiseUp EQ book or workbook the featured activity page comes from.

These resources are created or selected for curious kids ages 8-12. Please review each activity and provide appropriate adult guidance when needed.



Understanding TRUE EQ and REAL EQ

Two Ways to Learn with RiseUp EQ

RiseUp EQ uses two kinds of learning. Some pages build accurate, fact-checked horse knowledge. Other pages use animal stories and observations to develop important life skills.

TRUE EQ

TRUE EQ means accurate, fact-checked equine knowledge.

It includes:

- horse facts and terminology
- care, behavior, anatomy, and science
- breeds, colors, history, and life cycles
- information checked against reliable sources
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REAL EQ

REAL EQ means Read • Explore • Aspire • Learn.

It includes:

- careful observation
- communication and kindness
- critical thinking
- responsibility and trustworthy leadership
- seeing through the animal's eyes

TRUE EQ helps kids understand horses accurately.

REAL EQ helps kids think clearly, communicate kindly, and lead wisely.

Real Horse Coat Color Reference

Use these real horses as color inspiration for your coloring page.



Percheron: Gray Coat

Do Horses Have Fleas?

So where do gray and other coat colors come from? A horse's genes help determine its base color and how its coat may change as it grows.

Gray horses are usually born darker and gradually become lighter as they age because their hair loses pigment.

Pigment is a natural substance that gives hair and skin their color. Look closely at Izzy's coat. Her tiny chestnut-colored flecks are called flea bites, but they are not fleas! This pattern is known as flea-bitten gray.



Norwegian Fjord: Dun Coat

Now We've Dun It!

Think all tan horses look alike? Think again! A horse's genes help determine its coat color and markings. Norwegian Fjords are famous for their dun coats, which have a lighter body with darker hair on the mane, tail, legs, and a stripe running down the back. These darker features are called primitive markings, making Fjords one of the easiest horse breeds to recognize. In this photo, Oliver has a classy haircut. Does he remind you of the REQ logo?

Fun Fact: Prey vs. Predator

Genetics Fun Fact

Gray and dun coats are both controlled by genes, but they develop differently. Gray horses are usually born darker and lighten as they age. Dun horses keep a lighter body with darker markings, including a stripe down the back.

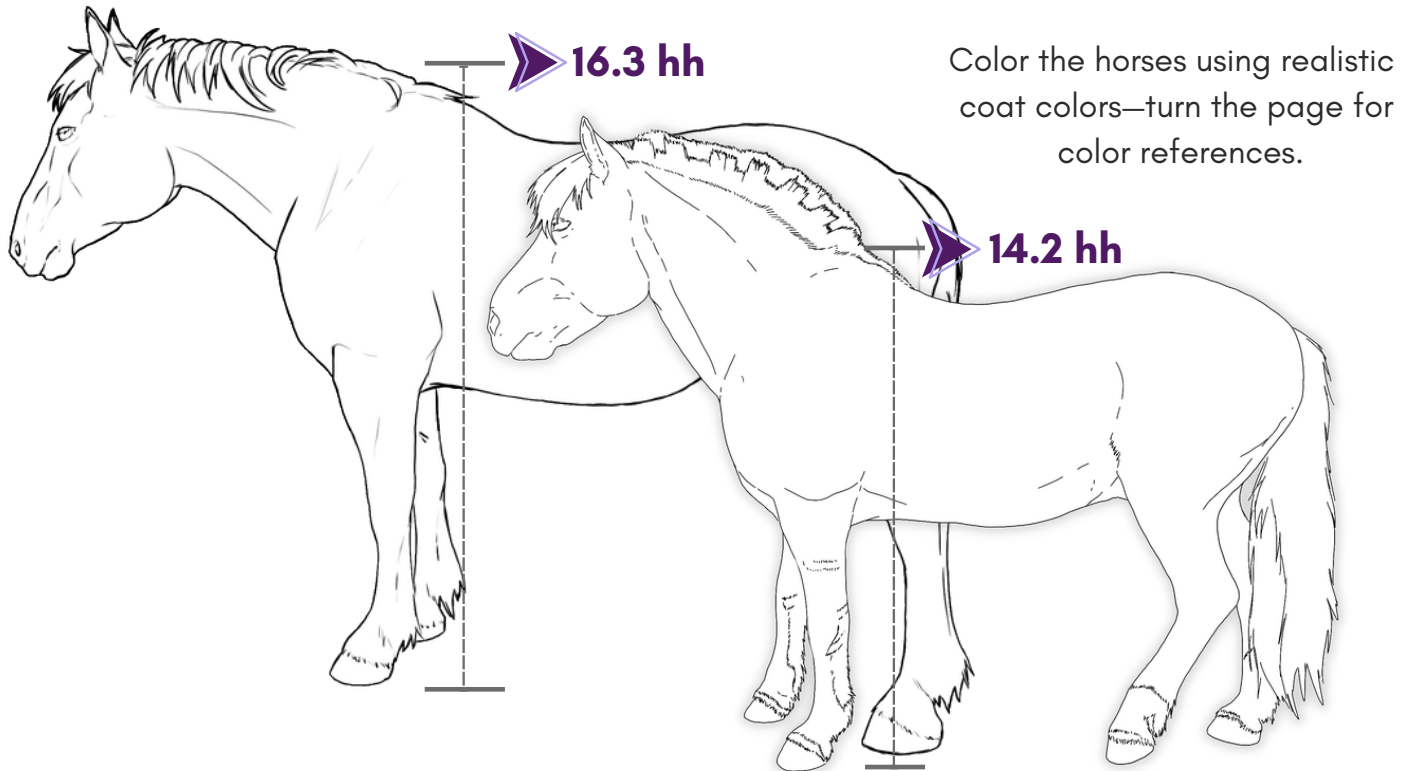
Can you spot which horse has changed color with age—and which was born dun?

Get TRUE EQ™

Equine Characteristics & Descriptions

Give Me a Hand

The height of horses, ponies, and other equines is measured in hands (hh) from the top of the withers to the ground. One hand equals four inches.



TRUE EQ Genetics: A Coat of Many Colors

Horses and ponies are born in many coat colors.

Surprisingly, horses have three base coat colors: chestnut or sorrel, bay, and black. Bay horses have brown bodies with black manes and tails.

So where do gray, palomino, and other colors come from? Genes modify these base colors, creating shades and patterns seen in horses.

Selective breeding can make certain colors more common.

Gray horses can be born any base color. As they age, more white hairs grow throughout the coat, and some horses appear nearly white.

Pigment gives skin and hair their color.

Get TRUE EQ

BREED: GOTLAND RUSS



Where in the World is Gotland?



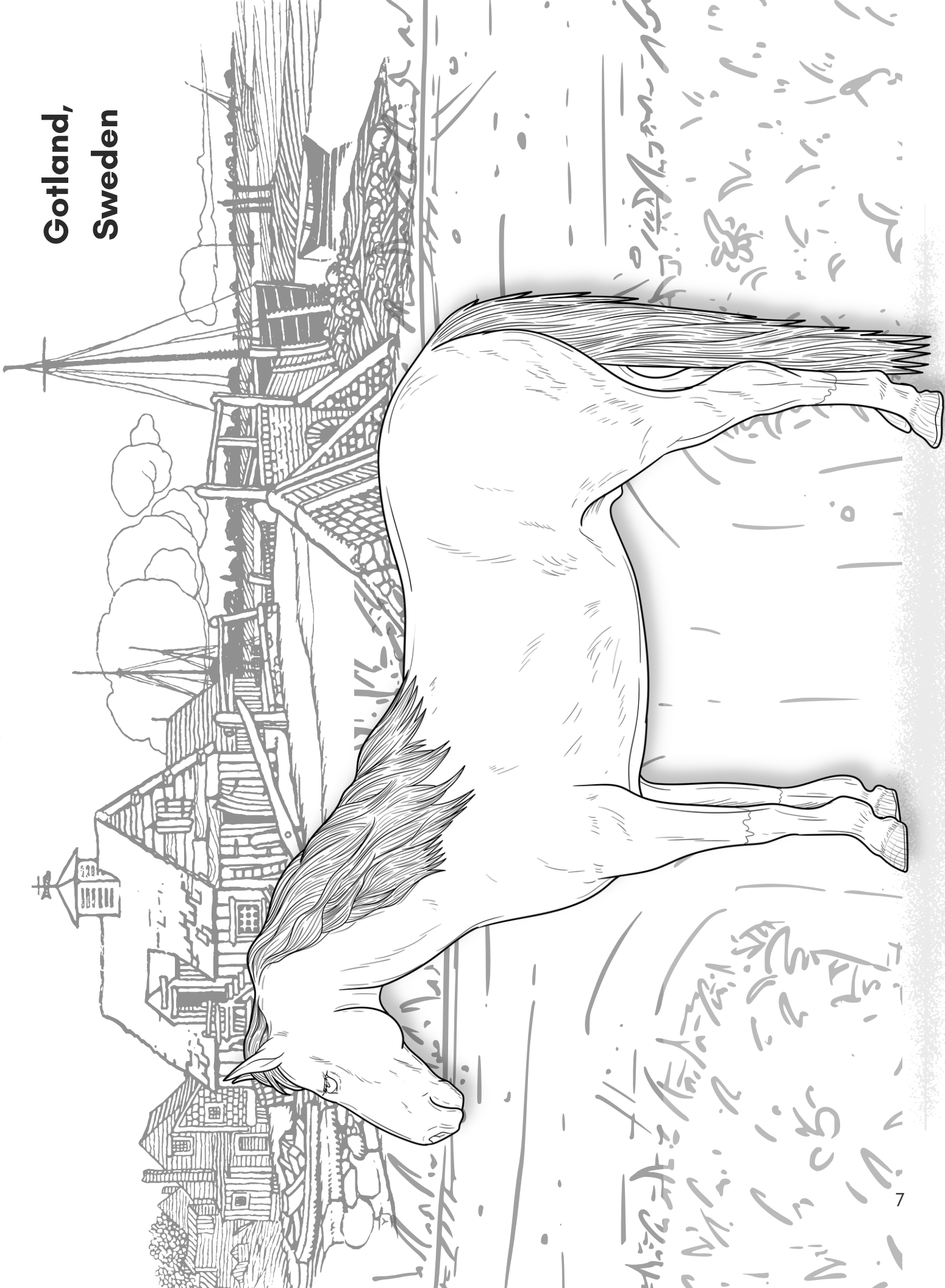
"Russ" is reported to mean "horse."



Fancy Fun Fact

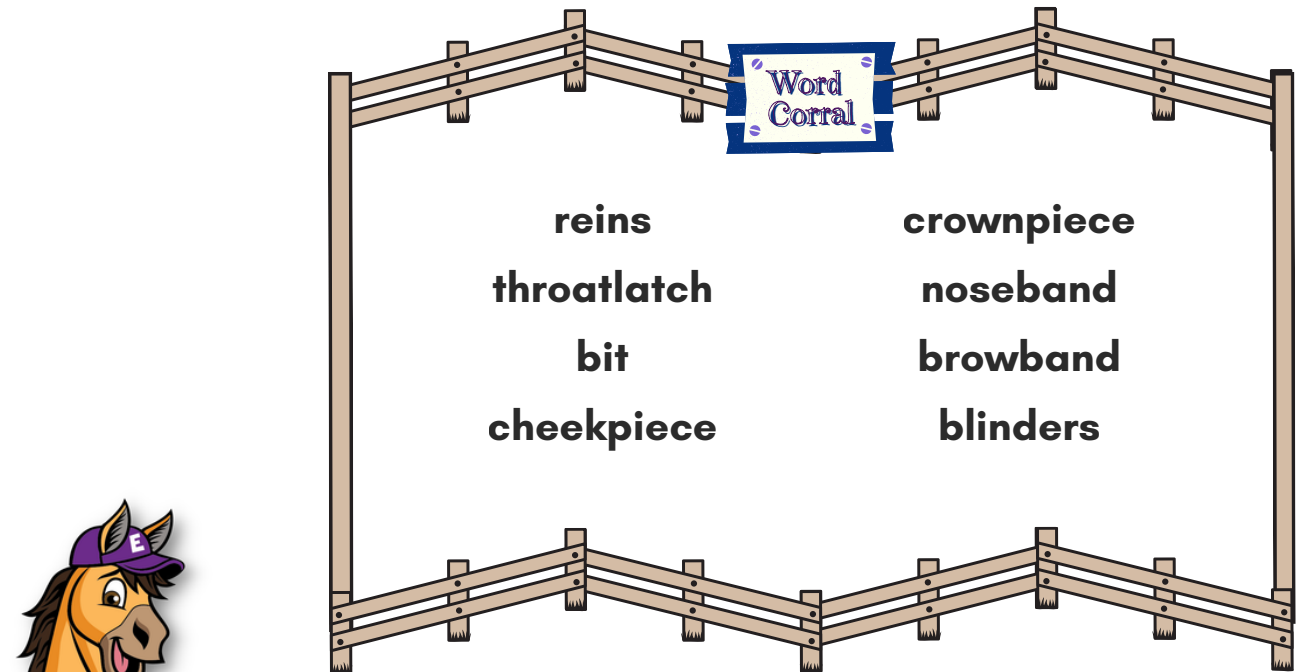
On the Swedish island of Gotland, small, hardy ponies have lived among the forests for thousands of years. Today they are known as the Gotlandsruss (Gotland Russ). They were also called skogsruss ("forest horse") and skogsbaggar ("forest ram") because of their close connection with the island's woodlands.

Gotland, Sweden



Check Your EQ: Learn the Parts of a Bridle

Use the labeled photograph on the next page as your guide.



EQ Nugget: Blinders, Blinkers, and Winkers

Some equestrian activities use a piece of **tack**, or gear, attached to a horse's bridle that limits their ability to see behind and to the side: called **blinders**, **blinkers** (in the U.K.), or **winkers**.

But why? Horses pulling carriages and carts wear blinders to prevent becoming distracted or frightened by the heavy load they're pulling behind them, or other vehicles and people on crowded streets. Horses rely on their peripheral or side vision to see any threats around them.

A frightened horse is more likely to bolt away, causing harm to the humans and the team of horses harnessed with them. Trained harness horses respond to verbal and physical cues from the driver. The horses rely on the driver, or other horses in their team, to remain calm despite their restricted field of vision.

Racehorses wear blinders called **winkers**, which are often smaller than blinders. Race trainers believe the horses stay focused on what's in front of them rather than being distracted by other horses around them.

Get TRUE EQ: Label the Parts of a Bridle



Connect the Dots & Color Me In!



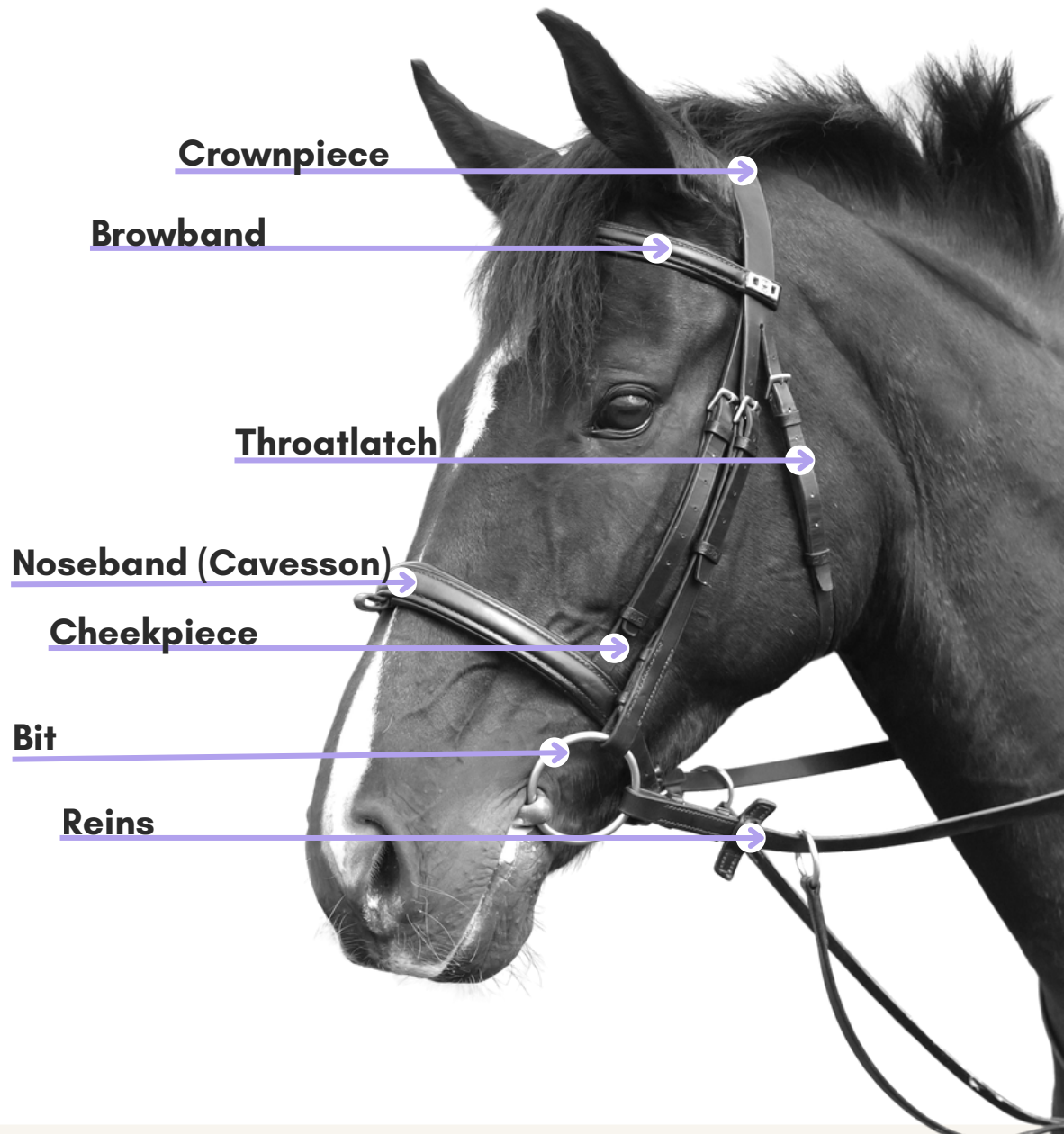
EQ Nugget: The Mane Difference

The hair in a donkey's mane is stiff, bristly, and thin. This often gives them a mohawk look running the length of their necks. Horses have softer hair that will grow longer, often flowing down the side of their necks. There is a unique stripe on their neck.

Answer Key

Get TRUE EQ: Parts of a Bridle

Use this page to check your answers from "Learn the Parts of a Bridle."





CERTIFICATE

of Achievement:

This certificate is proudly presented to

.....
Your Name

**for completing the
Free Resources activities
and exploring horse breeds, horse
equipment, coloring, puzzles, and
TRUE EQ learning.**

