Regulate Your Nervous System

with the EquiEvolution herd

COLORING PAGES

These coloring pages were created to provide a playful way for people of all ages to learn from horses. Through observing how horses move through nervous system states, we're reminded of how we, too, can ground ourselves and find balance. By bringing these regulation techniques into our own lives, we're better equipped to handle stress, tune into ourselves, and cultivate a healthier mind & body.

EQUI EVOLUTION

EQUINE ART

by JEANNE REWA

EquiEvolution's mission is to improve mental, physical, and emotional wellness for both humans and horses by fostering meaningful interaction, while preserving the authenticity of human and equine experiences.
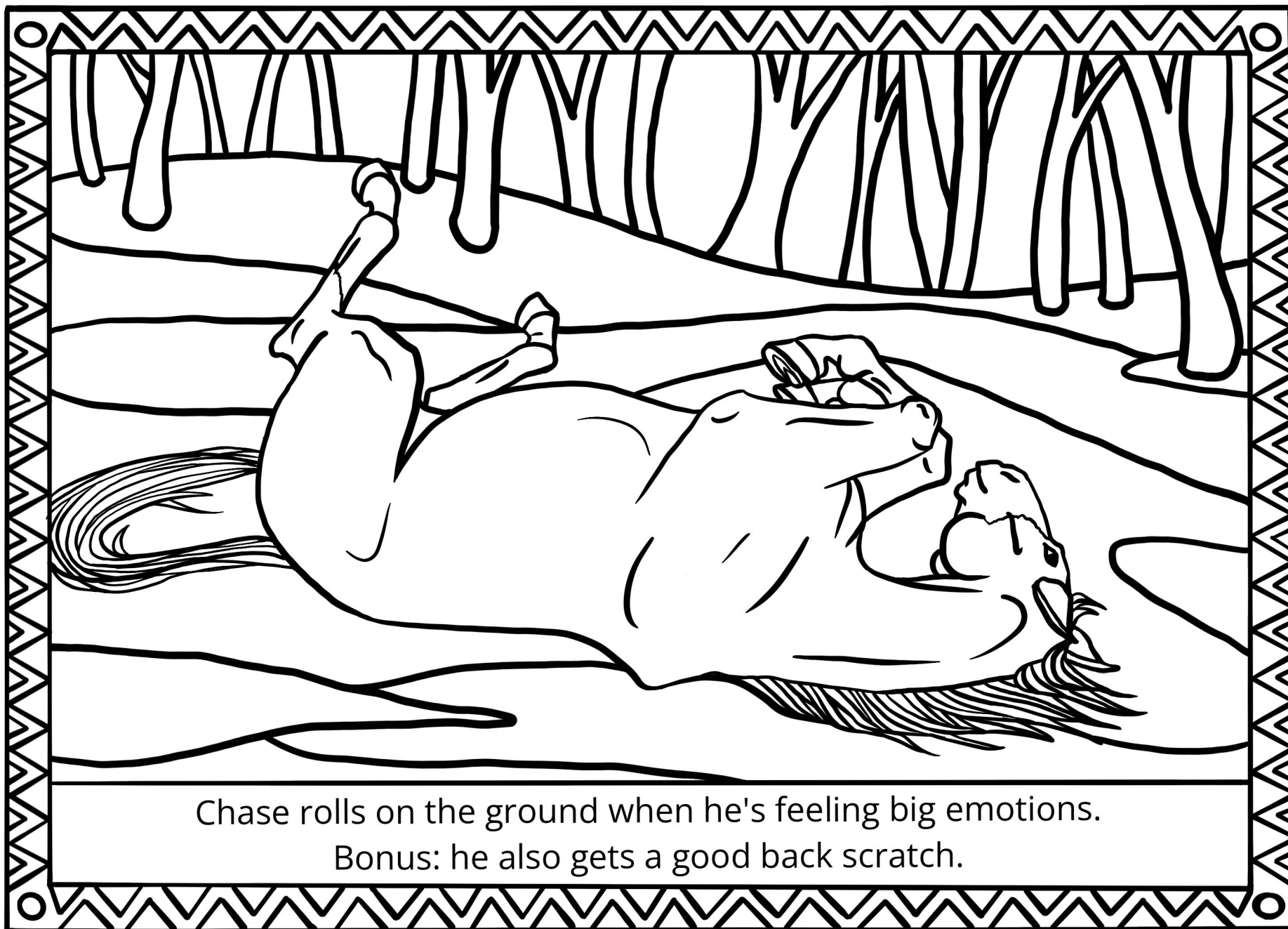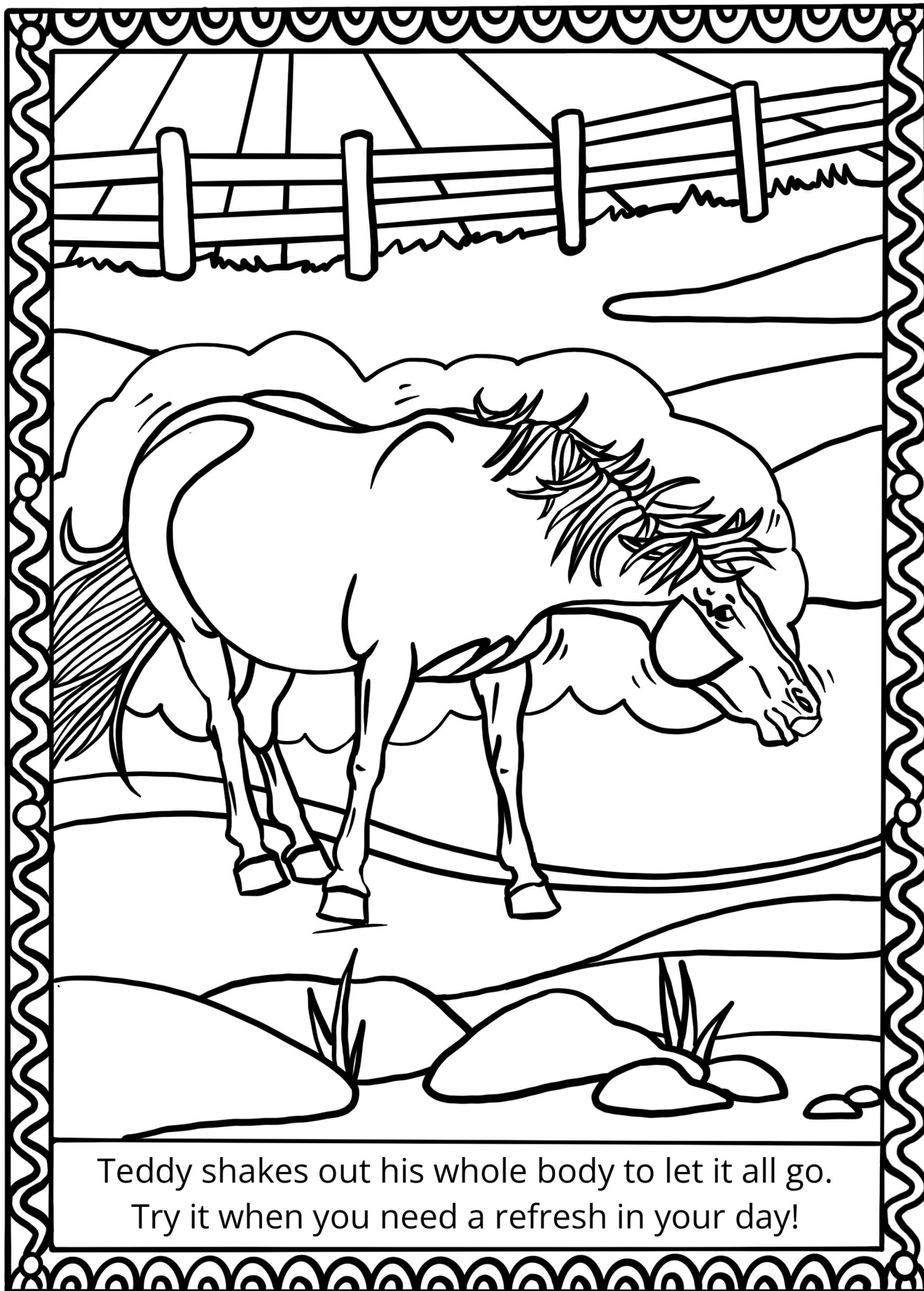www.EquiEvolution.org @equievolution

Equine artist **Jeanne Rewa** is passionate about using art to connect horses and humans in deeper understanding and compassion. She offers original art, prints, custom art commissions, illustration, and mindful art workshops in-person and online.
www.eajr.com @jeannerewa

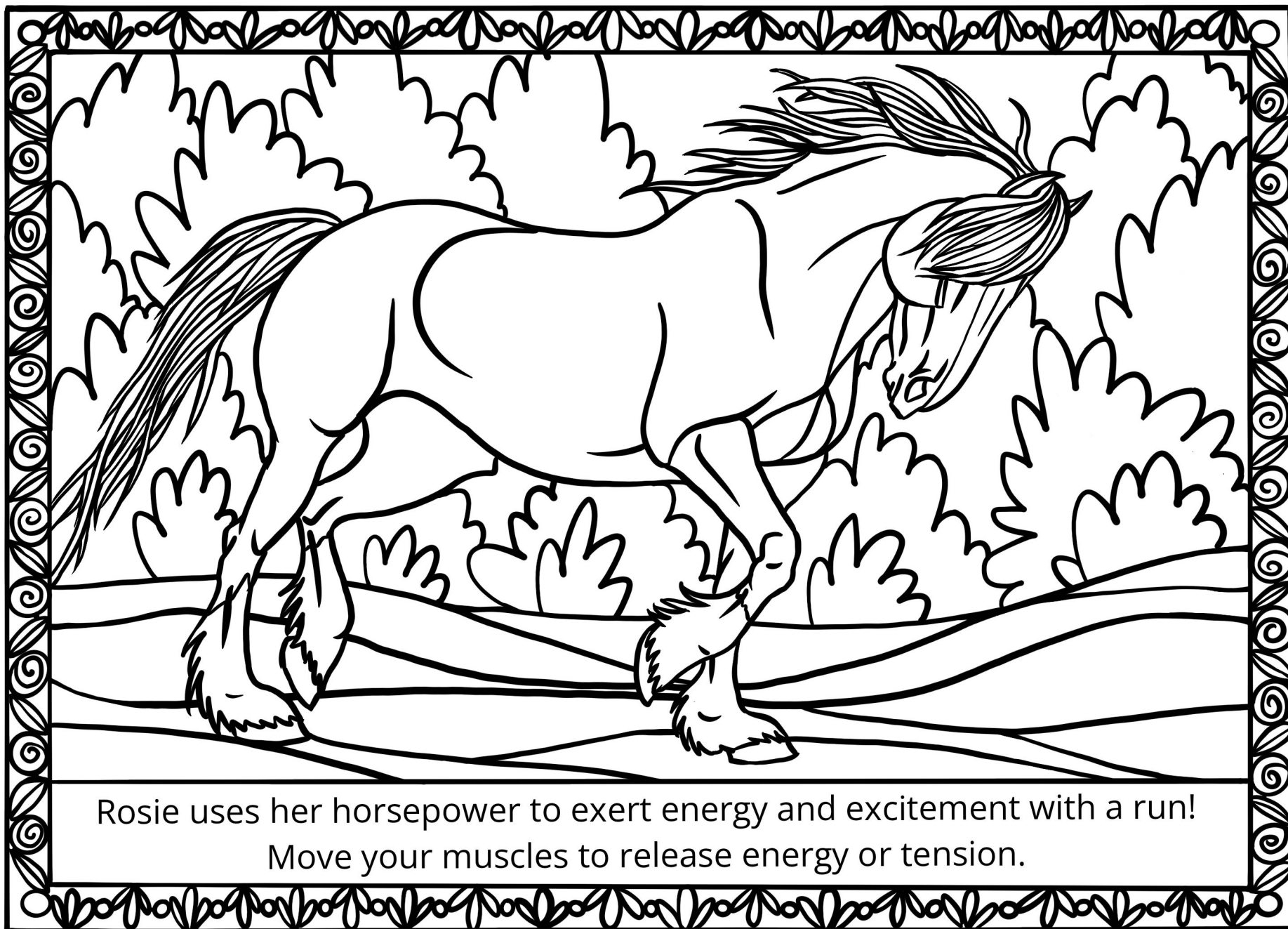Jackie yawns to release tension and stretch out her jaw muscles. Open your mouth wide and stretch!

Chase rolls on the ground when he's feeling big emotions.
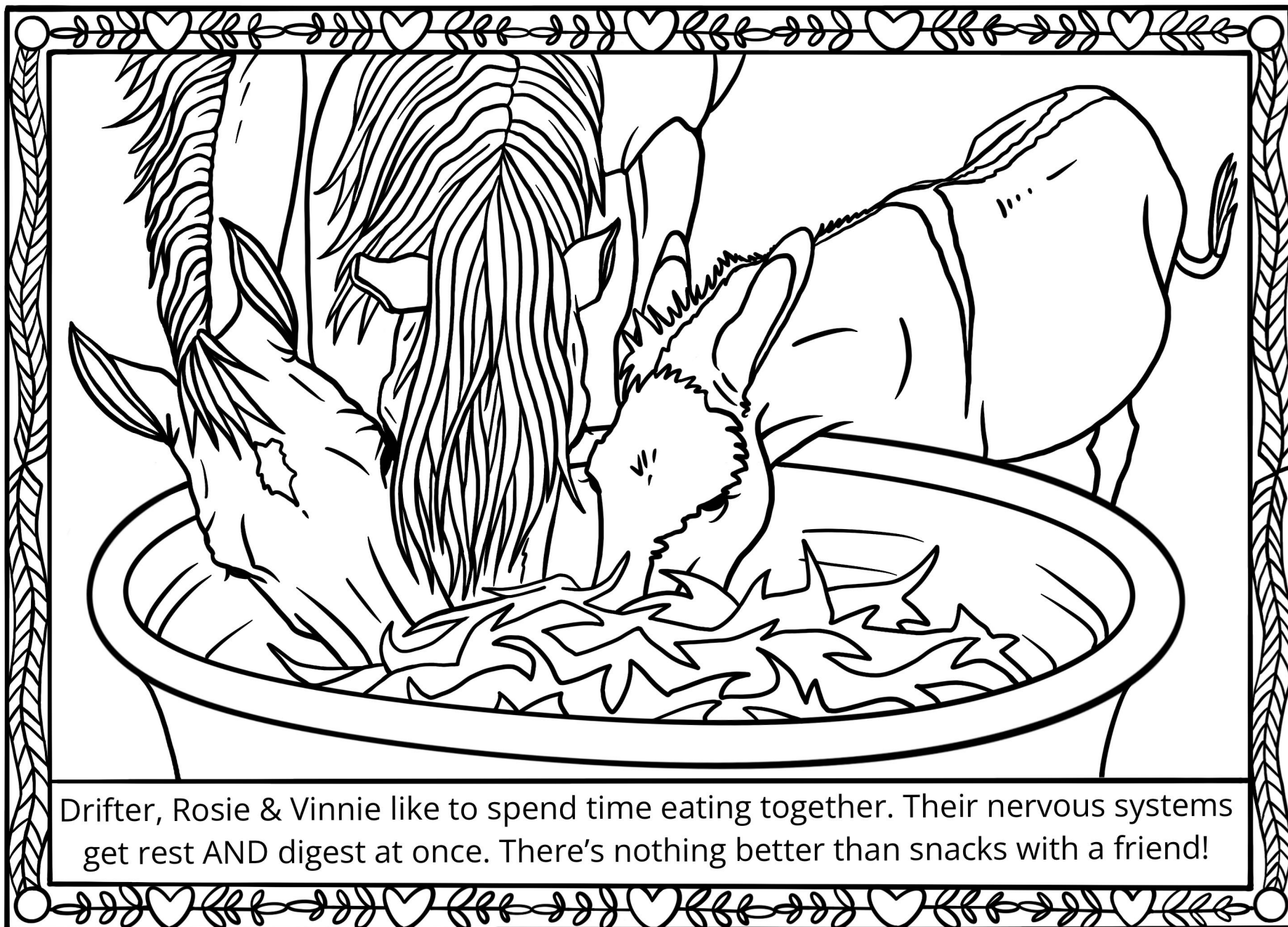Bonus: he also gets a good back scratch.

Teddy shakes out his whole body to let it all go.
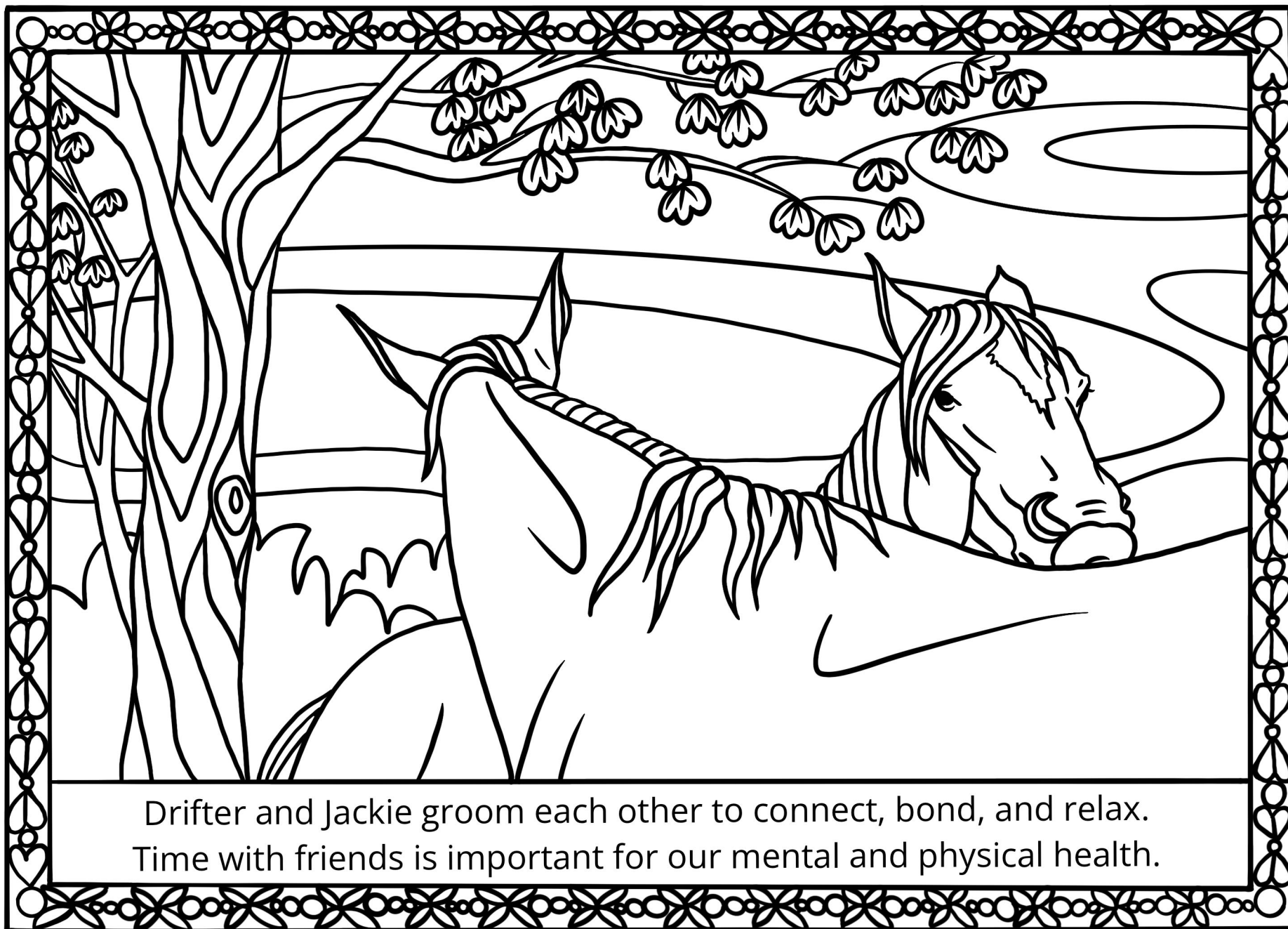Try it when you need a refresh in your day!

Rosie uses her horsepower to exert energy and excitement with a run!
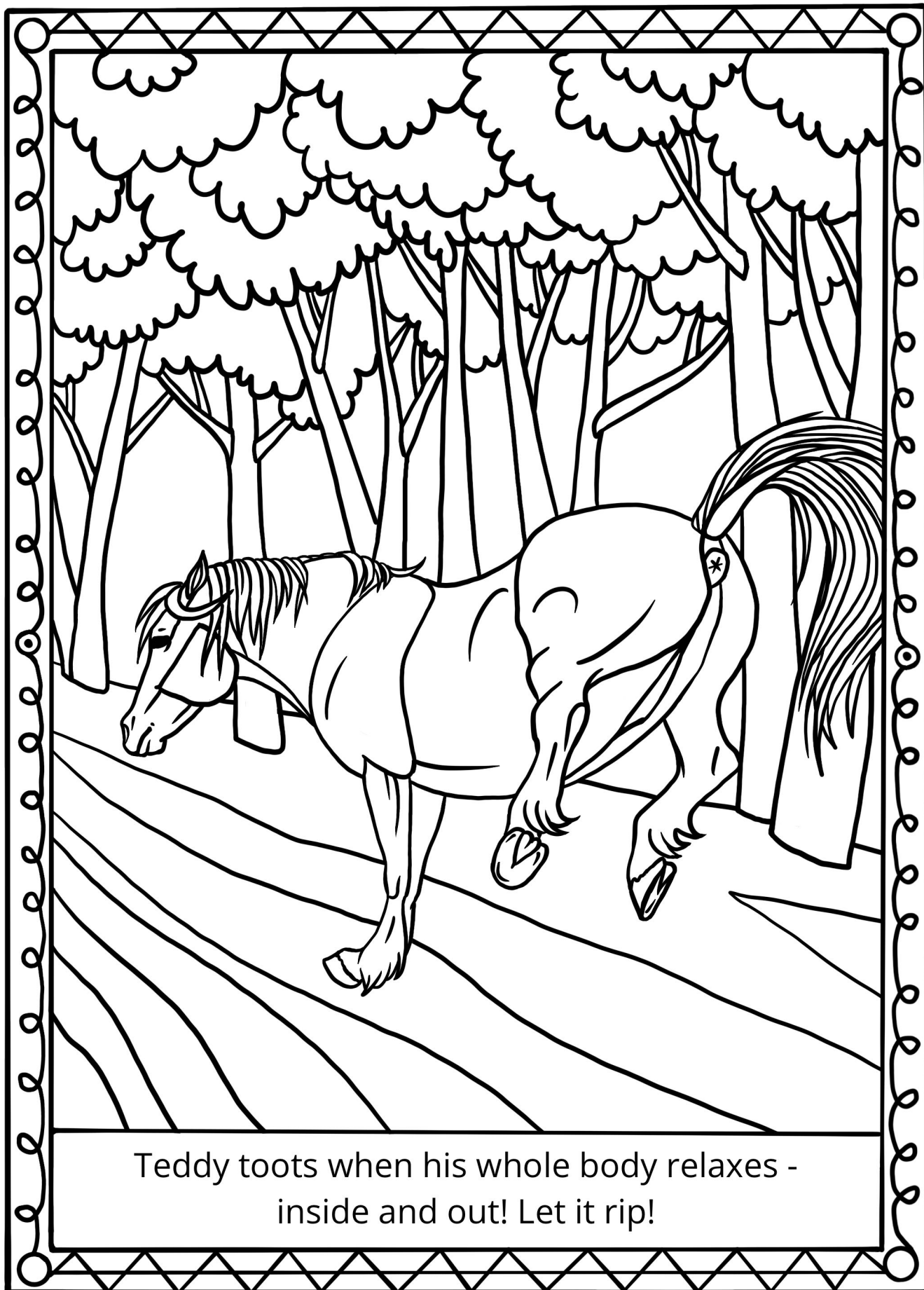Move your muscles to release energy or tension.

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Drifter does a big horsey breath by blowing out air.
Take a big breath in, then blow it out like a sigh of relief.

@JeanneRewa

@EquiEvolution

Drifter, Rosie & Vinnie like to spend time eating together. Their nervous systems get rest AND digest at once. There's nothing better than snacks with a friend!

Drifter and Jackie groom each other to connect, bond, and relax.
Time with friends is important for our mental and physical health.

Teddy toots when his whole body relaxes - inside and out! Let it rip!