

# All About HORSES

**A Kid's Activity Book**

**Explore, Learn, and Play In the  
Western World Of Horses!**



**Discover Puzzles, Games,  
Coloring Pages, Horse  
Facts, Jokes, and More!**

**Written and Illustrated By: Ava Star Williams**

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## A Kid's Activity Book

**Explore, Learn, and Play  
In the Western World of Horses!**



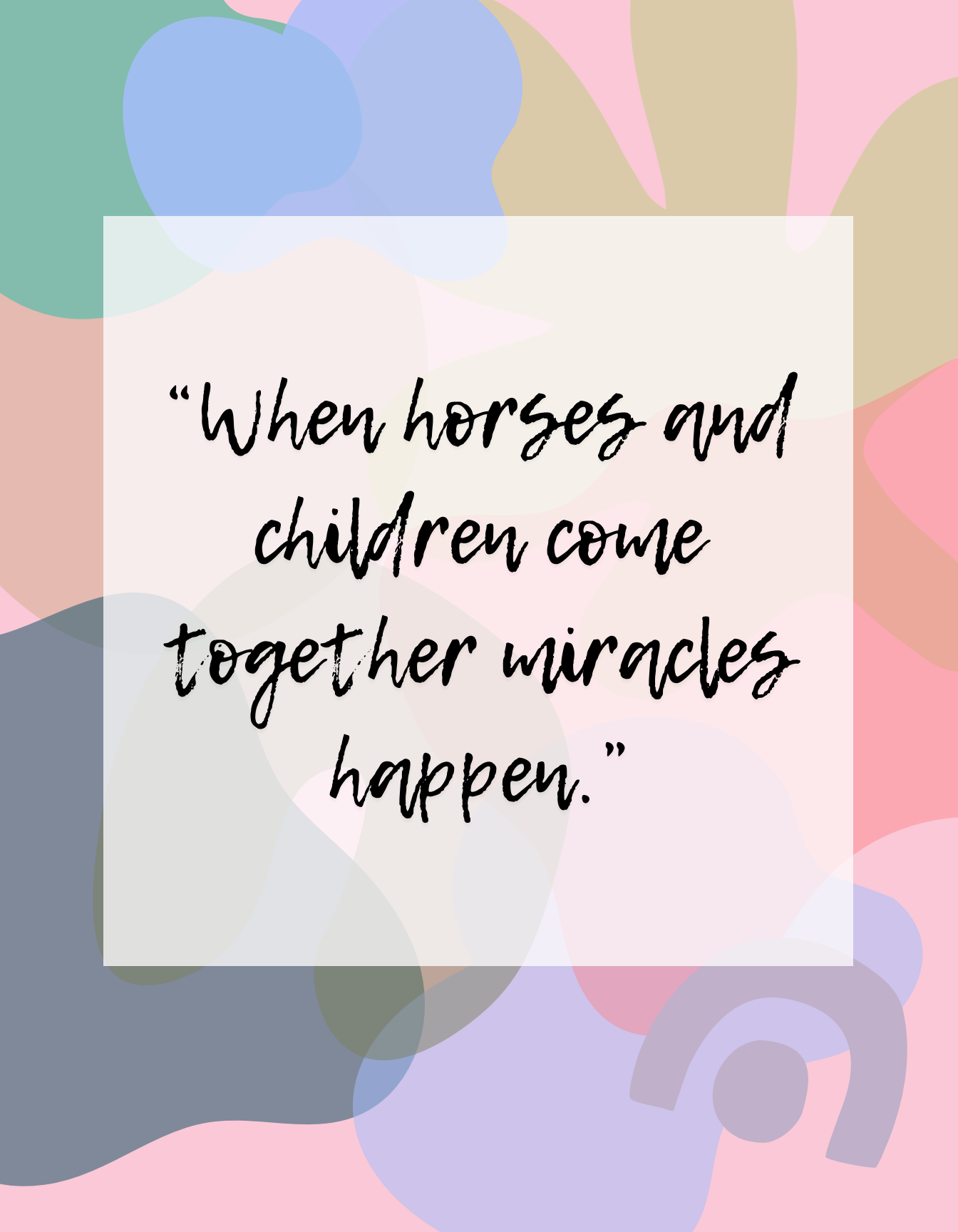
This book blends fun activities with essential equine education. Inside, you'll find coloring pages, drawing challenges, creative writing prompts, laugh-out-loud jokes, and wacky word games. Created by Equity for Equestrians through a partnership with Kiddy Up With Horses, Inc. This book encourages curiosity, creativity, confidence, and a love of horses. Recommended for kids aged 7-12.



**Written and Illustrated By: Ava Star Williams**

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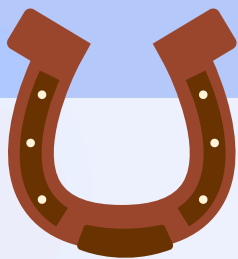


The background of the image is a vibrant, abstract composition of overlapping organic shapes in various colors including teal, blue, purple, pink, orange, and grey. These shapes are layered to create a sense of depth and movement. In the center, a white rectangular box with a thin grey border contains a handwritten-style quote.

*“When horses and  
children come  
together miracles  
happen.”*







# **Hold Your Horses!**

**The fun and games are  
just a few pages away.**



**This book belongs to...**



**HELLO**  
**MY NAME IS**

A large white rectangular box with a red border, intended for writing a name.

**Let's focus on YOU and  
your horse journey!**

Whether you dream of riding, caring for horses, or simply learning more about them, there is a special place for you in the horse world. Your curiosity, creativity, kindness, and adventurous spirit make you uniquely YOU."



**Welcome from  
Kiddy Up With  
Horses Inc.**



/// Howdy, horse lovers!

/// Welcome to a world full of horses, learning, and adventure! Inside this book, you'll discover puzzles to solve, beautiful horses to color, fun games to play, and amazing facts about our equine friends. Whether you dream of riding across the ranch or love horses, this activity book is the perfect place to begin your equine journey.

At Kiddy Up With Horses, we believe horses have a special way of helping children grow in confidence, kindness, strength, and joy. As a nonprofit horse ranch in Hughesville, Maryland, we are dedicated to improving the emotional and physical well-being of children through horseback riding, therapy, and hands-on equine education.

We're so excited to share our love of horses with you. So grab your crayons, sharpen your pencils, and saddle up for a stable full of fun and learning!

Happy trails,

Ada Albright &  
The Kiddy Up With Horses Team



Founder & President: Ada Albright

# Visiting The Ranch



To learn more about us,  
visit our website:

[www.kiddyupwithhorses.org](http://www.kiddyupwithhorses.org)

Welcome to Kiddy Up With Horses! We are a Black-owned western style horse ranch where every child is encouraged to explore, belong, and grow through horses, healing, adventure, and hands-on experiences in a safe and inclusive space.

## Meet Our Horses



### Grace

Grace is a large pony, weighing 400 lbs, and is 13 hands tall. She loves to work with kids and takes good care of her riders.



### Cash

Cash is a Thoroughbred horse, measuring 16 hands tall and 900 lbs, which makes him the tallest horse at the Kiddy Up With Horses Ranch.

### Merlot

Merlot is a Blood Bay-coated gelding, measuring 15 hands tall. He enjoys going on trail rides, swimming, and spending time with his friends Grace and Cash.



**Learn  
Responsibility**

**Heal  
Through  
Horses**

**Build  
Confidence**

**Connect  
With Nature**





The image features a central wooden sign with a dark brown, textured surface and visible wood grain. The sign is rectangular with slightly irregular edges and is held in place by four dark screws, one in each corner. The background is a vibrant, abstract composition of overlapping organic shapes in various colors including light blue, teal, lime green, pink, tan, and dark blue. The text on the sign is written in a bold, white, sans-serif font, arranged in three lines. 

**Meet the  
Author &  
Illustrator**



/// Hello Horse Enthusiasts!

/// My name is Ava Star Williams, and I'm an equestrian, digital artist, and Ambassador Girl Scout with the Nation's Capital. I am leading a community service initiative in collaboration with Kiddy Up With Horses Inc., called "Equity For Equestrians."

My mission is to make horses and equine education more accessible, diverse, and inclusive. I designed this activity book with you in mind! I hope that these pages will inspire you to explore the wonderful world of horses through fun games, creative activities, educational facts, drawing, writing, puzzles, and more.

Whether you dream of riding horses one day, already love animals, or are just curious to learn something new, this book is for YOU. Horses can teach us confidence, kindness, responsibility, teamwork, and courage.

As you complete each activity, remember that there is space for everyone in the equestrian world. Keep learning, stay creative, and most importantly, have fun on your horse adventure!

Happy riding and exploring!

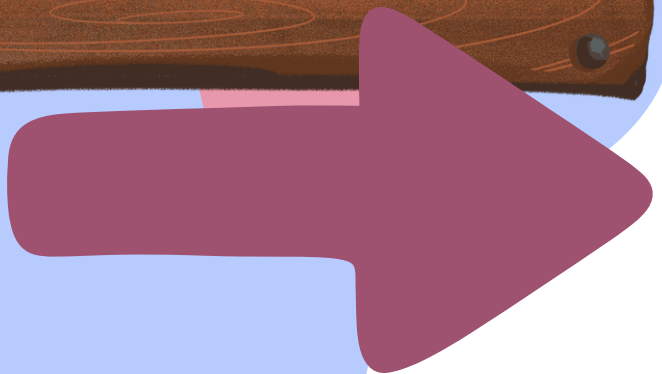
Ava Star Williams







**Let's Begin  
Your Equine  
Education!**



# Words TO KNOW

## Foal

A foal is a baby horse less than one year old. It is full of energy and is still learning how to stand, walk, and run alongside its mother.

## Mare

An adult female horse, usually over four years old. Mare's are strong, gentle, and may care for a foal.

## Stallion

An adult male horse that can father baby horses called foals. Stallions are strong and protective.

# Equine



A word used for anything related to horses, ponies, donkeys, or mules.







# Gelding

A male horse that has been neutered (so it cannot father foals). Geldings are often known for having calmer temperaments, which can make them easier to train and ride.



# Trot

A medium-speed horse gait that feels bouncy and is faster than a walk.



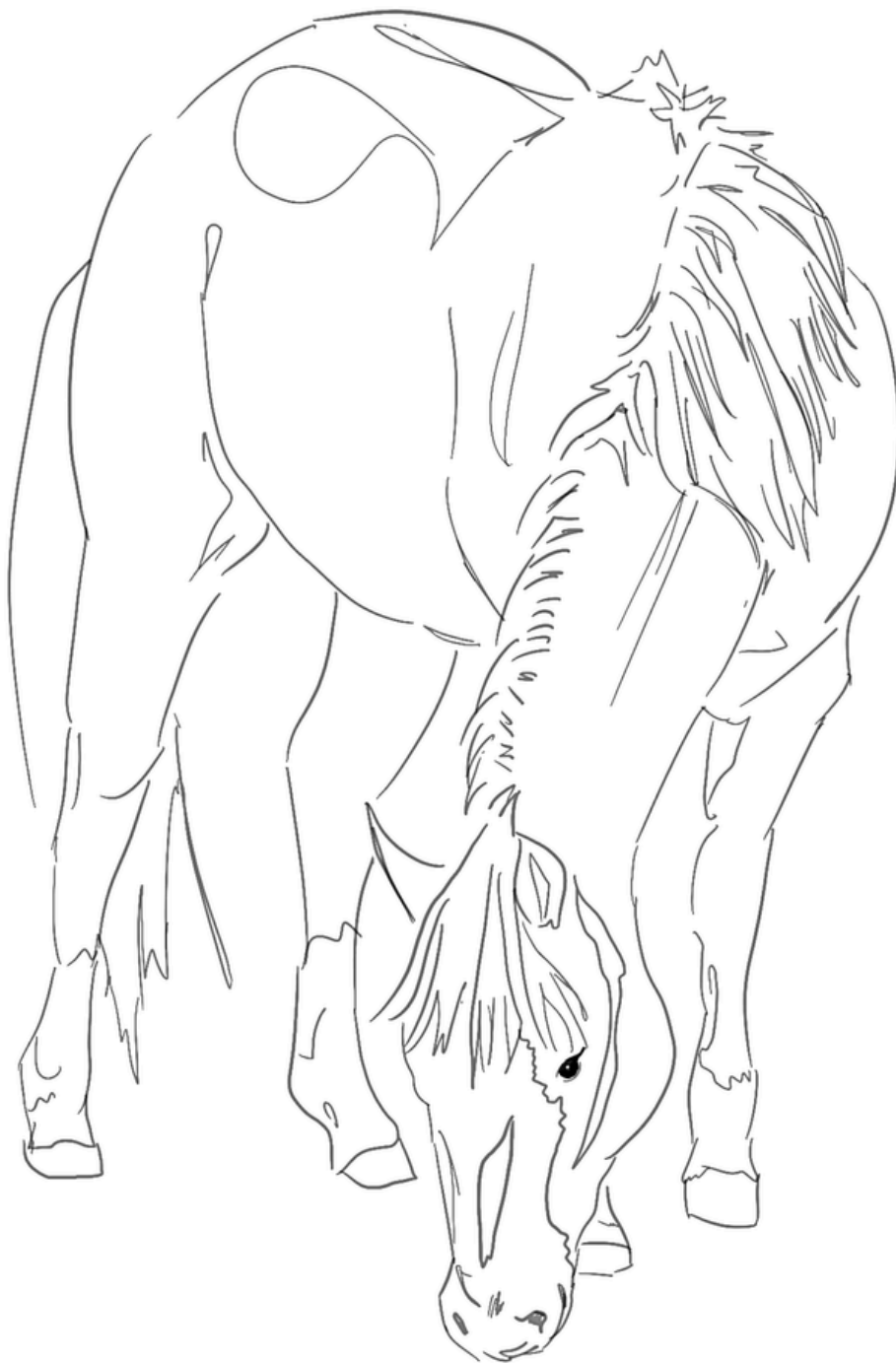
# Canter

A smooth, gentle gait that is faster than a trot but slower than a gallop.



# Gallop

The fastest gait a horse can do, often used when horses race or run freely.





## Saddle Up and Search!

V R H Q I M S N Q Y S U Y Y R R U C I P  
L F L Y J H N Y L I R Y O A Q J D C H A  
A E Z A L B J T A D C U C M W P K W O S  
S S T A B L E T U K V X B Z H X C D O T  
I Q A I J G Q F N L E A D G E B O O F E  
I R T Y C Z T A I L T S N T I G L L B R  
O S O C K S D R E S S A G E R O E O A N  
X E B M E I P Q W C E X P M U J R P R S  
S K S D R V A P U W G D O R R J O P N J  
R P D S H T R I G A E W N A Y M F G H P  
E Q U E S T R I A N I L U M N N M L R L  
H C R O S S O M Y F S C D B U D A E E X  
T X D R Y Y U O I X H Q B D K L W L I M  
I X M A Y U M A N E Y V I C A L C V R U  
W E H V L D W G Q E W O O Z R S O T R Z  
D Z F G D Z N R R G P D P J L E E A A Z  
G R O O M I N G Y E D X F E T Y T Z F L  
S F E T L O C K V A S X O W Q X F L U E  
P A S T U R E U P M O U E P U O R C A I  
I S J H M A M Y J M E R N L O Q O P Y H



1. Halter    2. Rope    3. Bit    4. Pad    5. Girth    6. Mane    7. Tail
8. Forelock    9. Muzzle    10. Fetlock    11. Pastern    12. Withers    13. Croup
14. Blaze    15. Socks    16. Grooming    17. Pick    18. Comb    19. Mask
20. Hay    21. Stable    22. Barn    23. Pasture    24. Paddock    25. Jump
26. Dressage    27. Polo    28. Country    29. Equestrian    30. Farrier



# **Words TO KNOW**

## **Reins**

Long straps attached to the bridle that riders hold to help guide and communicate with the horse.

## **Bridle**

The gear placed on a horse's head that helps the rider steer and control the horse.

## **Saddle**

A special seat placed on a horse's back to help the rider sit comfortably and safely.

## **Arena**



A fenced riding area where horses and riders practice, train, or take lessons.







## **Coat**

The hair covering a horse's body, which can come in many colors and patterns.



## **Farrier**

A trained horse expert who trims hooves and puts horseshoes on horses when needed.



## **Filly**

A young female horse, usually younger than four years old.



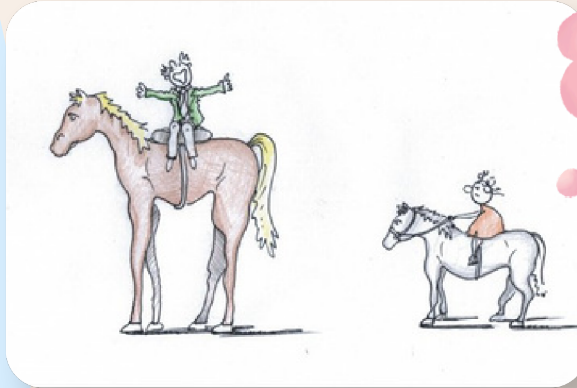
## **Colt**

A young male horse, usually younger than four years old.



# How Tall Is That Horse?

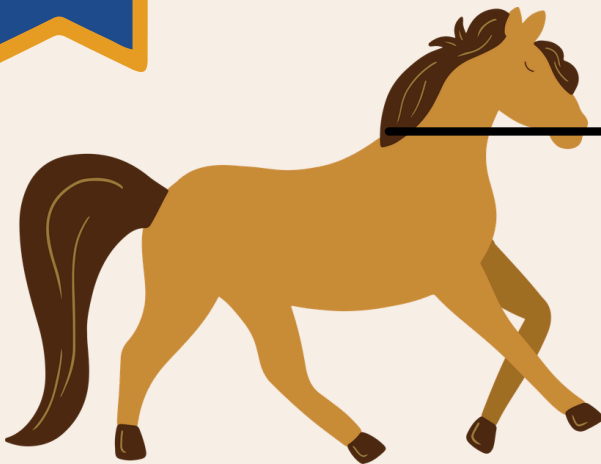
"When someone says 'get off your high horse,' they mean that a person should stop bragging, showing off, or acting like they are more important than other people."



Get off your high horse!

## Horses are measured in hands

The phrase "hands tall" refers to a measurement specific to horses on their height.



Start  
from the  
withers

Horses are measured in hands because it was originally the standard unit of measurement during the Middle Ages. One "hand" is equal to 4 inches, which is the approximate span between a human's thumb and outstretched fingers.



# Horse Anatomy 101

## Let's Study The Parts Of A Horse

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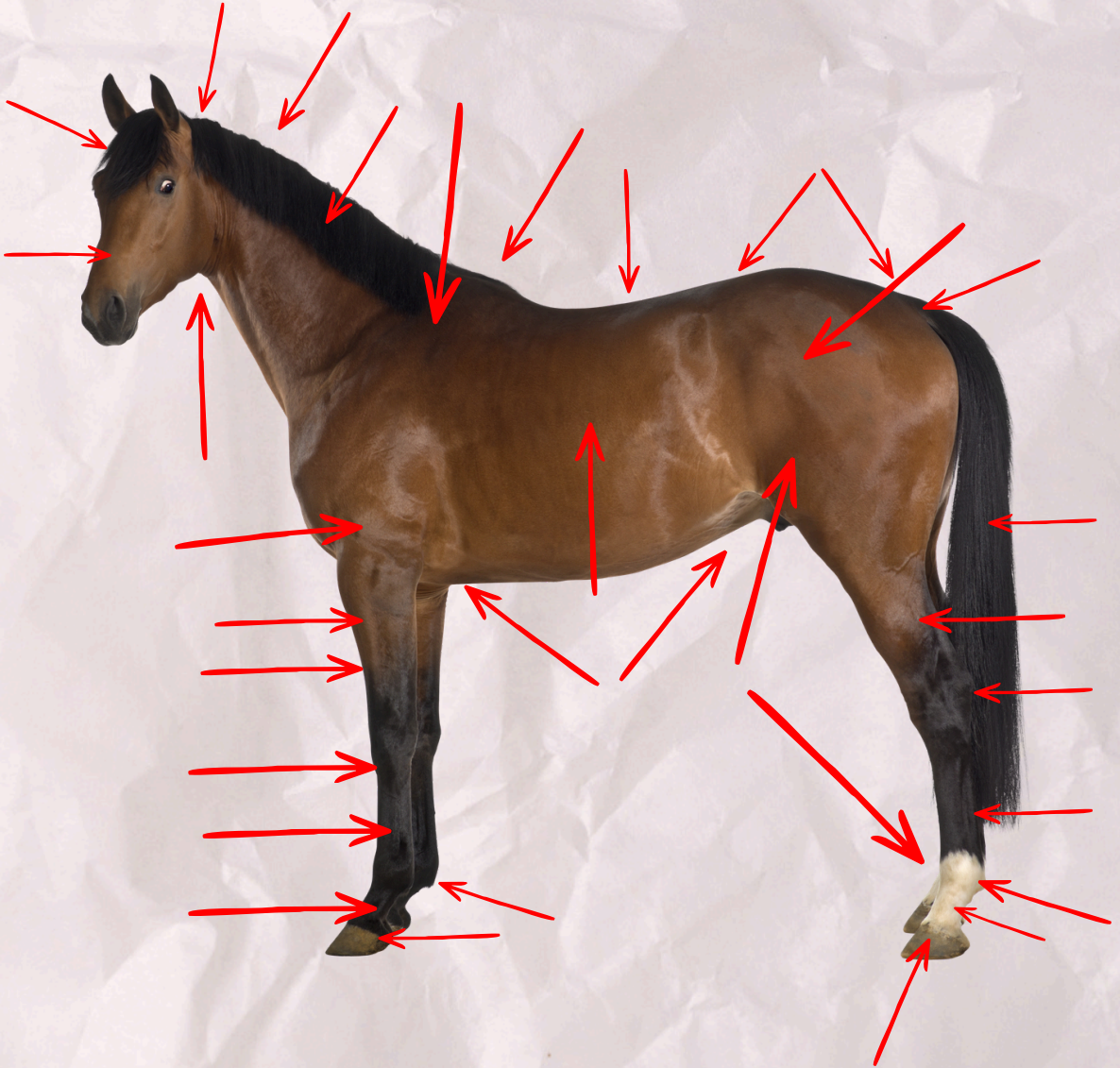
Have you ever wondered what all the different parts of a horse are called? Learning horse anatomy helps us understand how horses move, communicate, and stay healthy. From their powerful legs and sturdy hooves to their flowing mane and swishing tail, every part of a horse has an important job. Use the diagram on this page to explore the names of a horse's body parts and discover how these amazing animals are built for speed, strength, and balance!





# Now It's Your Turn: Identify The Parts Of A Horse

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# MAD Libs



## How to play MAD Libs?

For this activity, you will create a funny horse story using words from a friend. Ask a friend (or family member) to give you random words like adjectives, nouns, verbs, and more without telling them the story first. Fill in each blank with the words they give you.

Once all the blanks are filled in, read your completed story out loud and see how silly, creative, or surprising it turns out! Have fun and try it again with different words for a new story every time.

## Adjective

An adjective is a word that describes a noun. It tells what something looks like, feels like, sounds like, or acts like.

Examples: fast horse, shiny saddle, brave rider, tall fence.

## Noun

A noun is a word that names a person, place, animal, or thing.

Examples: girl, ranch, horse, saddle, and river.



# MAD Libs

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## The Big Day at Kiddy Up Ranch

Today I woke up feeling very (adjective) \_\_\_\_\_ because it was the day of the big rodeo at Kiddy Up Ranch! I quickly pulled on my favorite (color) \_\_\_\_\_ cowboy boots and my lucky (noun) \_\_\_\_\_ necklace. Then I ran outside to meet my horse, (horse name) \_\_\_\_\_. My horse is the most (adjective) \_\_\_\_\_ horse in the entire West. Every morning, she loves to eat (food) \_\_\_\_\_ while I brush her (body part) \_\_\_\_\_. At the rodeo, we entered the (silly event) \_\_\_\_\_ competition. The crowd cheered loudly while my horse trotted around like a (animal) \_\_\_\_\_. Suddenly, a cowboy wearing a giant (noun) \_\_\_\_\_ yelled, “Yeehaw!” and tossed (plural noun) \_\_\_\_\_ into the air. Then it was time for the championship race. I held on tight as my horse zoomed past (plural noun) \_\_\_\_\_, leaped over (number) \_\_\_\_\_ hay bales, and splashed through a puddle of (liquid) \_\_\_\_\_. When we crossed the finish line, everyone shouted, “That was the most (adjective) \_\_\_\_\_ ride ever!” As a prize, I won a shiny (noun) \_\_\_\_\_ and a year’s supply of (food) \_\_\_\_\_. Best day ever at the Kiddy Up Ranch!

# Horse Safety

Wait for an experienced rider to help you before going behind a horse.



Horses have a blind spot directly behind them, so when you cross from one side to the other you will be out of their line of sight. When they lose sight of you as you cross behind them, then enter back into their field of vision, it can cause them to startle.

## Feeding A Horse

When feeding horses hold your hand out flat. Doing this will keep your fingertips away from the horse's mouth, and it will be less likely to accidentally nip you while taking the food.



Try holding your hand how it is in the photo!



# Grooming A Horse

Placing a horse on cross ties is a common method for keeping your horse still.



Grooming is the process of cleaning and caring for a horse to help keep it healthy, comfortable, and looking its best. Horses are groomed using different tools, such as a curry comb to loosen dirt, a stiff brush to remove mud and dust, a soft brush for sensitive areas, and a hoof pick to clean out their hooves. Grooming also includes brushing the mane and tail, checking for cuts or injuries, and spending time bonding with the horse.



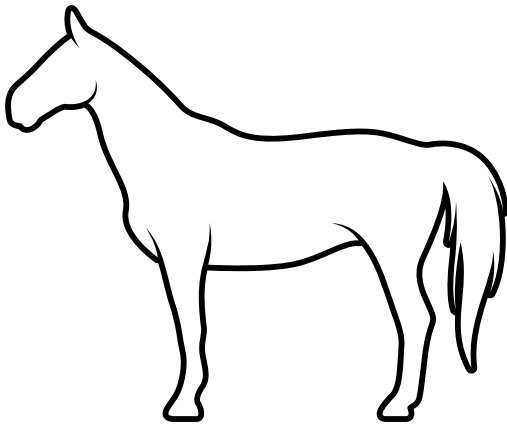
## Tacking A Horse

Tacking a horse means putting on the equipment needed for riding, such as a saddle, saddle pad, bridle, and reins. Before riding, riders make sure the tack fits properly and is comfortable and safe for both the horse and rider.



Stand safely beside the horse and use a hoof pick to gently clean out dirt, rocks, and mud from the hoof.

# Design Your Dream Horse...



Directions: Customize your horse with fun accessories! Add things like colorful saddles, bows, bandanas, flowers, horseshoes, blankets, braids, riding boots, or even a sparkly show outfit. Make your horse one-of-a-kind!

My Horse's Name: \_\_\_\_\_

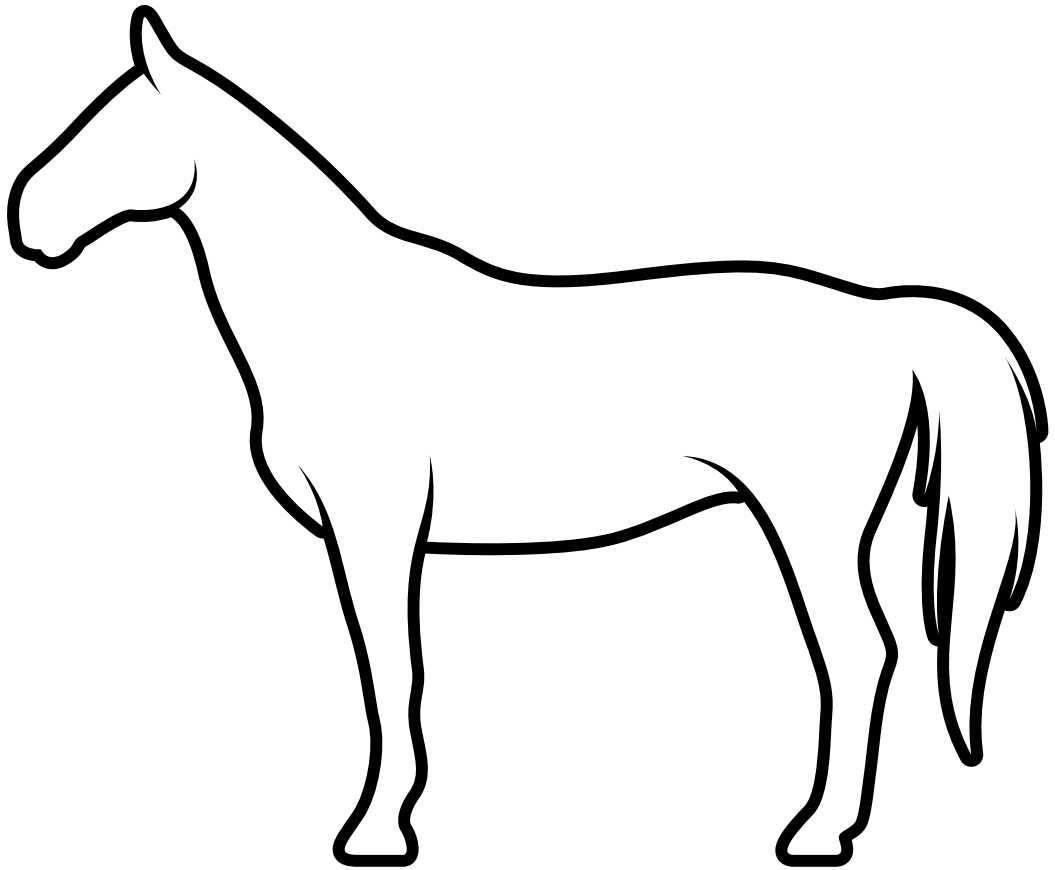
My Horse's Breed: \_\_\_\_\_

My Horse's Color: \_\_\_\_\_

My Horse Rides in (circle one): Western / English

One special thing about my horse is: \_\_\_\_\_





# Words TO KNOW

## Rodeo

A rodeo is a competitive event where riders show off skills like roping, barrel racing, and riding bucking horses. It celebrates cowboy and ranch traditions.

## Roping

Roping is a skill where a rider on horseback uses a rope (called a lasso) to catch cattle, usually around the horns or legs. It requires speed, accuracy, and teamwork between horse and rider.

## Barrel Racing

Barrel racing is a timed race where a horse and rider run a cloverleaf pattern around three barrels as fast as possible without knocking them over.

## Western



Western riding is a style of horseback riding that came from working cattle ranches. Riders often use a horned saddle and ride with one hand on the reins while doing calm, steady movements like turning, stopping, and guiding livestock.





# English



A style of riding that comes from traditional European horseback riding. Riders use a lighter saddle and usually hold the reins with both hands. It includes many sports like jumping and dressage.



# Polo

Polo is a team sport played on horseback. Riders use long-handled mallets to hit a ball and try to score goals for their team. It takes speed, skill, and teamwork between horse and rider.

## Dressage

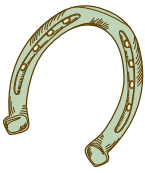
Dressage is often called “horse ballet.” The horse and rider perform precise movements from memory, showing balance, control, and teamwork.

## Show Jumping

Show jumping is a competition where horse and rider jump over fences and obstacles in an arena. The goal is to finish the course quickly without knocking anything down.

## Cross Country

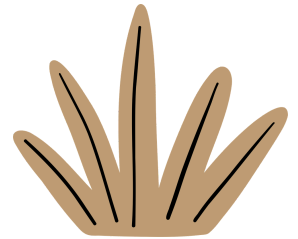
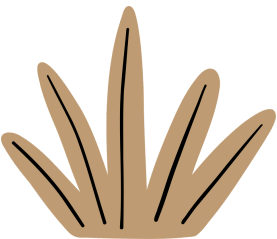
Cross-country is an outdoor riding event where horses and riders travel across fields and trails, jumping over obstacles like logs and going through water. It tests skill, courage, and teamwork.



## Western Word Roundup

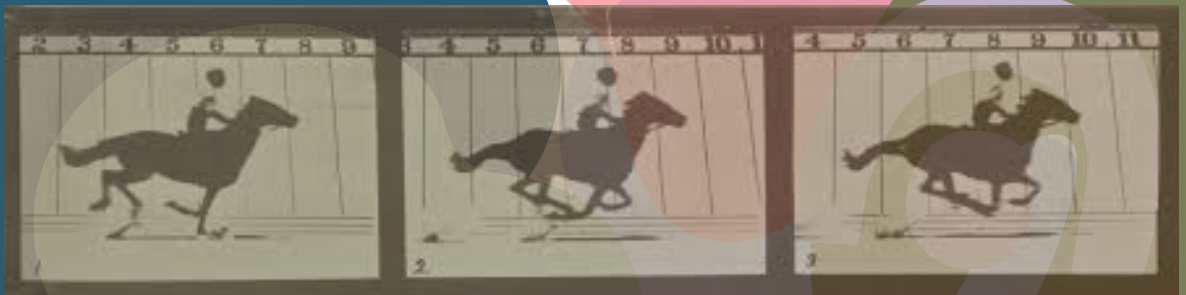
W F S A D D L E M R B S Y R K B Q L W U  
X Z I E J A X K J Q Z A V U R A W R G V  
Z F B L D E E R I H I A R T F E Y M O V  
D O O D L M R V Q H B Q Y R R E I I D O  
T M M S M Y L A Y Y I M R W E A K N R V  
R A N C H N D S M O R Q C C G L I E S T  
C L X S L K O U B E V S D N A Q T L B B  
E R E L G N A R W D K E I M T N T Y S U  
R F B X C X W Q G O S P O O A L U K T Z  
X B R I D L E A D R O O S C M G L C I Y  
C V H O C X R Z O R C S X W E E P M R I  
P M K Y M H A H V A A M B B T M T D R B  
O N O H Z O N D G L Q X T T Q Q L R U F  
E K W F J O E I E G A D R A L L O K P V  
A A R D R V R X L V C X G C R M C C S R  
C R G T B E A X D V K V B K I T S O O T  
I C Q F Y S A G I X M A W C G U P W S E  
Z Y D S G Q T Q N E A X U V W Z U B P U  
N G A L L O P D G G C P H B O F R O P H  
W N V W E S T E R N Y S Q S C M S Y P X

1. Saddle    2. Bridle    3. Reins    4. Horse    5. Mare    6. Gelding
7. Colt    8. Filly    9. Cowboy    10. Cowgirl    11. Ranch    12. Rodeo
13. Roping    14. Lasso    15. Barrel    16. Spurs    17. Tack
18. Stirrups    19. Hooves    20. Trail    21. Canter    22. Gallop
23. Western    24. Arena    25. Wrangler



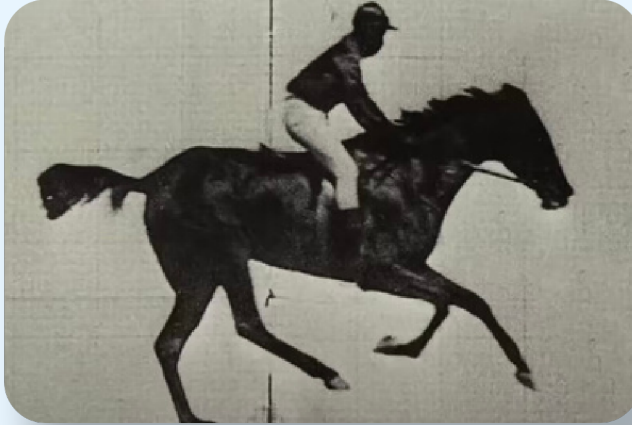


# **Black Equestrian Trailblazers**



# The Horse In Motion

**Jockey:** a person who rides horses in races. They are usually small and light so the horse can run faster, and they wear special riding clothes like a helmet and boots to stay safe.



**Do all four of a horse's hooves ever leave the ground at the same time when it is galloping?**

In the 1870s, photographer Eadweard Muybridge used a series of rapid photographs to answer a question people had wondered about for years: Do all four of a horse's hooves leave the ground during a gallop? The images proved that they do, for a brief moment.

The rider in these historic photographs was a Black jockey whose name was not recorded. Although little is known about him today, he became the face of one of the world's first animations. When the photographs were shown in sequence, they created the illusion of movement and helped pave the way for modern movies.

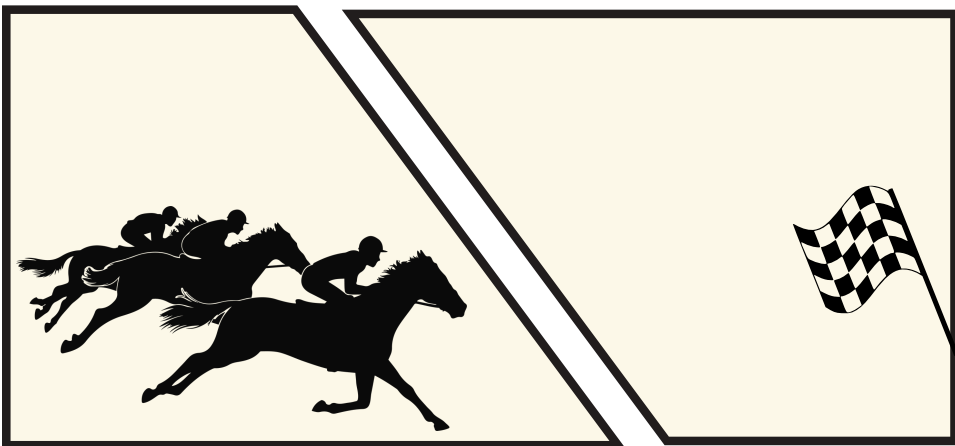
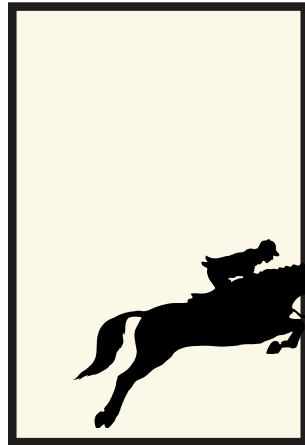
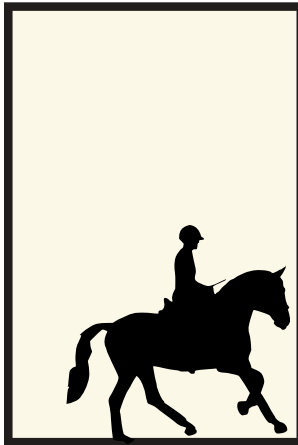
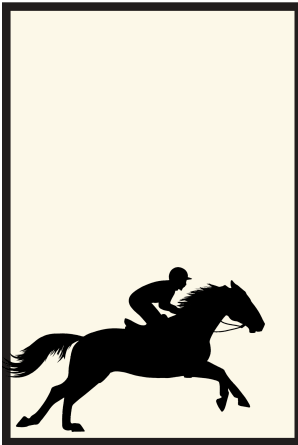
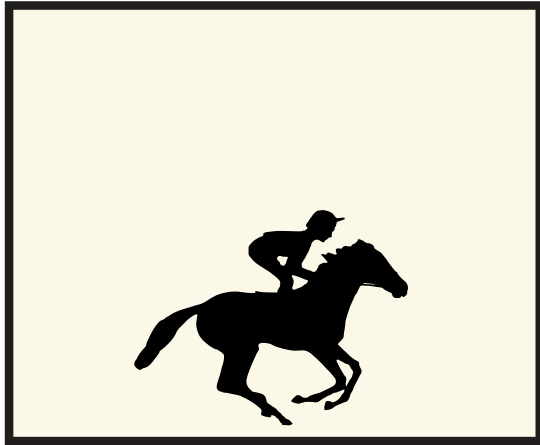
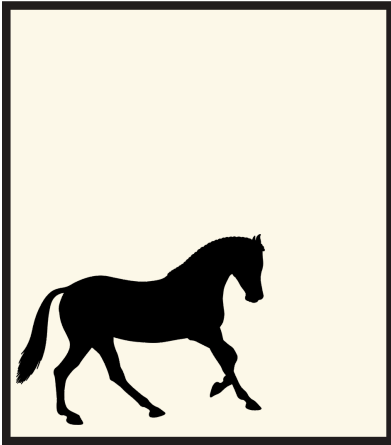
At a time when Black horsemen played an important role in the horse industry but were often left out of history books, this unknown jockey became part of a groundbreaking achievement that changed how people understood motion, photography, and film.

To learn more you can visit the Wikipedia page for this story,  
[en.wikipedia.org/wiki/The\\_Horse\\_in\\_Motion](https://en.wikipedia.org/wiki/The_Horse_in_Motion)

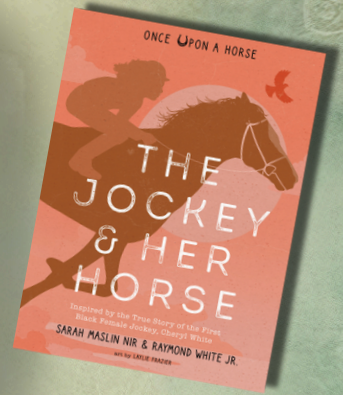




# The Horse In Motion...



Now it's your turn to become an animator! Add details like crowds, a track, and speech bubbles to the series of pictures showing a horse race. In each frame, make small changes to create the illusion of motion and build your own visual story. What exciting moments happen along the way?



# Cheryl White

Cheryl White was a pioneering jockey who became the first African American woman licensed to race professionally in the United States, inspiring others to follow their dreams in the equestrian world.

## Early Life

Cheryl White was born on October 29, 1953, in Ohio. Her father, Raymond White, was an African American horse trainer, and Cheryl grew up around horses and racetracks, developing a love for riding at a young age.

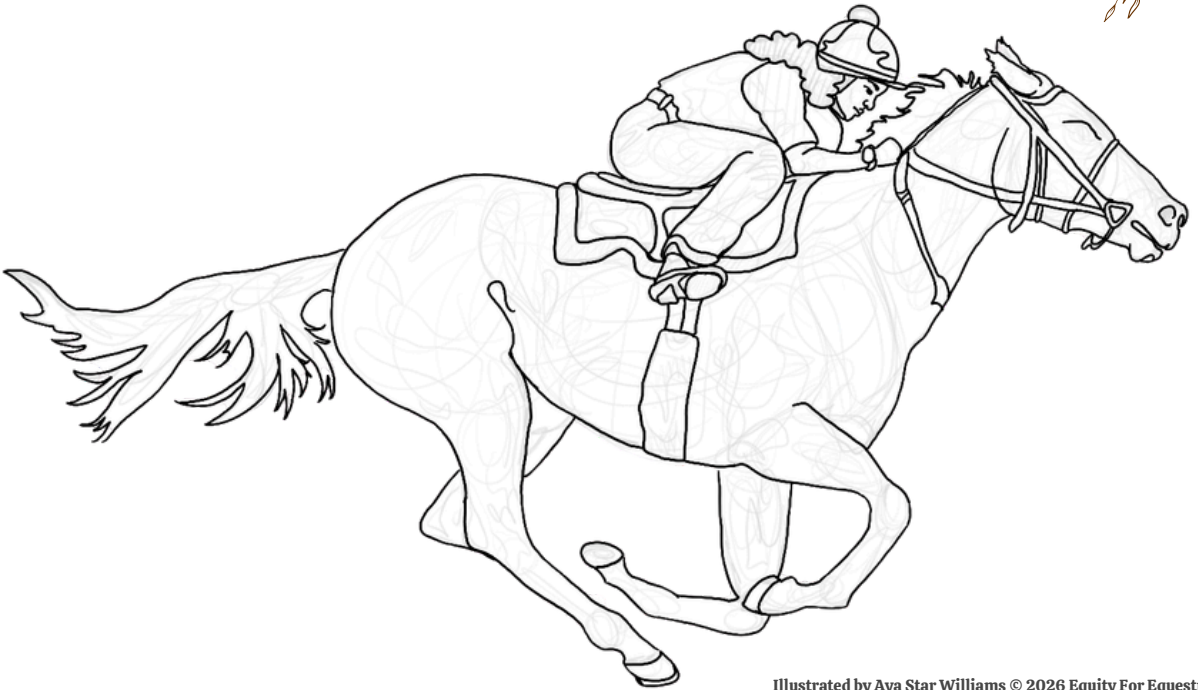
## Accomplishments

In 1971, at age 17, Cheryl became the first African American woman licensed as a professional jockey in the United States. She went on to ride in thousands of races and earn hundreds of wins.

## Legacy

White broke barriers in horse racing and inspired generations of riders. Her courage and determination helped her make history. Today, her legacy lives on through books and a commemorative Breyer horse and rider set created in her honor, reminding us that dreams are worth chasing.

## Color The Equine Trailblazer: Cheryl White.



Illustrated by Ava Star Williams © 2026 Equity For Equestrians



Want to imagine what it was like to be a pioneering jockey?

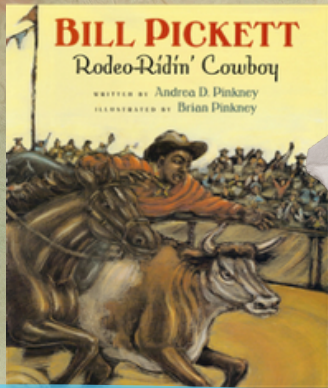
Read *A Jockey and Her Horse* by **Sarah Maslin Nir & Raymond White** to discover the inspiring story of a young girl who followed her dreams in the world of horse racing.

It's a story that will inspire you to believe in yourself and chase your own dreams!

Her story teaches us that with hard work and perseverance, we can achieve our dreams and make a difference. To learn more about this trailblazer, you can visit **The Cheryl White Project** on her official website at [www.thecherylwhiteproject.com/history](http://www.thecherylwhiteproject.com/history)



# Bill Pickett



## Introducing The One & Only:

Bill Pickett! Born of Texas soil in 1870, a true cowboy of grit and steel! A man who can ride with the wind and work cattle like few ever dared!

## Early Life



Bill Pickett was born in 1870 in Texas. He grew up on ranches and learned early cowboy skills like riding, roping, and working with cattle.

## Accomplishments

Bill became famous as a rodeo performer and created a new event called "bulldogging," where he wrestled cattle by grabbing them by the head. He performed in Wild West shows across the country and became known for his courage and skill.

## Legacy

Bill Pickett is remembered as a trailblazer who helped shape modern rodeo and showed the world the important role of Black cowboys in history. Today, his legacy is honored through events like the annual Bill Pickett Invitational Rodeo, which travels across the country, including stops near Upper Marlboro, Maryland.



Add color to this western rider, barrel racing in the Bill Pickett Rodeo.



Illustrated by Ava Star Williams © 2026 Equity For Equestrians

To learn more about Bill Pickett, you can visit the Bill Pickett Invitational Rodeo Foundation's website at [www.bpirfoundation.org/](http://www.bpirfoundation.org/)



# Horsing Around Jokes



**Warning:**  
**Extremely Corny**  
**Horse Jokes!**



1. What do you call a horse that loves the dark?
2. Why did the pony get sent to her room?
3. What do horses say when they fall down?
4. Why did the horse chew with its mouth open?
5. What kind of bread do horses eat?
6. Why was the horse so good at baseball?
7. What do you call a fancy horse?
8. Why did the cowboy adopt a dachshund?
9. Why do horses look so fit?
10. Why did the horse cross the road?



# Answers



***Turn your  
book upside  
down to find  
the answers.***



1. A nightmare!
2. She wouldn't stop horsing around!
3. "I've fallen and I can't giddy-up!"
4. Because they're on a stable diet.
5. Thoroughbred!
6. Because she always hit a home run!
7. Neigh-borhood royalty!
8. He wanted to get a long little doggie!
9. Stable tennis!
10. To visit his neigh-bor!

Finish the story:

The sky was bright, the air was fresh, and I was ready for an outdoor adventure. With my backpack ready to go and my curiosity leading the way, I followed a winding trail into the unknown. Suddenly, I discovered something I never expected...



Writing Prompt





— e — .



# Happy Trails!



**Thank you for exploring the  
wonderful world of horses with us!**

We hope you had fun learning, creating, and discovering new things along the way. Keep reading, keep dreaming, and remember every great adventure starts with curiosity. Until next time, happy trails!





This fun-filled activity book combines creativity, learning, and all things horses! Inside, you'll find coloring pages, drawing challenges, creative writing prompts, jokes, puzzles, word games, custom illustrations, and engaging equine education activities.

Young readers will also explore culturally inclusive equestrian history and learn about the diverse people and traditions that have shaped the horse world.

Created for Kiddy Up With Horses, Inc. through a collaboration with Equity for Equestrians, this book encourages curiosity, creativity, confidence, and a love of horses.



Visit our website at  
[www.kiddyupwithhorses.org](http://www.kiddyupwithhorses.org)

**Written and Illustrated By: Ava Star Williams**

**Recommended  
for ages 7–12  
years old.**