

## Alice's Blog

Wow, it is almost Summer Time! I love the Summer because there is nice green grass to eat, it is warm, and I am out in my field until it gets dark. I don't wear my blanket anymore because it is not cold and I don't need it. I am shedding my long winter hair which gets really itchy sometimes. I roll a lot to help shed and my humans brush me with a special shedding blade to help the hair come out.

My plan for this Summer is to run and play as much as I can. I am going to buck and leap around and have nothing but fun. Do you run, jump and play when you can? I hope you do because it is all part of being healthy. We all should try to keep healthy by being active at least 60 minutes a day. I don't really know how much time I spend playing outside but I think that it is at least that much or more. My little brother Oliver does the same. Sometimes he runs too fast for me to keep up. He has very long legs and is a lot younger than me. I just buck a bit and wait for him to come back and we start again. My humans call it healthy play time, and they only get scared when we get a bit too wild. One of us might get hurt and that is not a good thing.

I know some of you don't have a Pony to play with. Do you use your imagination and pretend you are on a pony jumping fences or riding in a ring? There is a really fun book called Run, Jump, RIDE that shows lots of games you can play when you are pretending to ride. Or you can make up games by yourself. Some young humans use stick horses that they ride around, which sounds really fun.

I also have a few toys that I like to play with. I like my rubber bucket because I can pick it up with my teeth, throw it and then chase it and pick it up again. It's a lot of fun. I also like to play "hide and seek" with my humans. They always end up finding me, but it is funny to watch them looking around the barn and not knowing where I am hiding. My little brother Oliver tries to hide by sticking his head in a tree. Silly Oliver! We all can still see him.

Sometimes when I have played for a long time, I like to be quiet and rest. I wish I was like humans and could read or look at books. I tried but I can't turn the pages with my hooves! Part of my summer would be reading and learning about interesting things. It must be so much fun to read stories about ponies and look at pictures in books. I hope you like to read my letter each month.

I would love it if you sent me pictures or stories about how you are going to spend your summer. Will you go outside and have fun? I will and so will my little brother Oliver.

PS from Alice: Parents if you want a free copy of the Run, Jump, RIDE book go to [http://www.hcbc.ca/\\_customelements/uploadedResources/RunJumpRide.pdf](http://www.hcbc.ca/_customelements/uploadedResources/RunJumpRide.pdf) to download your copy.