Riding

symbols and signs

MAKATON® resource vocabulary
Acknowledgements

The Makaton Charity is enormously grateful to the many people who have contributed in a wide variety of ways to the development and production of these materials.

This resource draws on vocabulary previously published in Makaton signs for Riding and also published in the following resources available from the Makaton online shop at www.makaton.org

Animals, Transport and Vehicles Book of Signs
Animals, Transport and Vehicles Book of Symbols
About the Makaton Programme

Makaton is a unique language programme which uses signs, symbols and speech to enable people to communicate. It supports the development of essential communication skills such as attention, listening, comprehension, recall and organisation of language and expression.

Makaton is used by children and adults with a variety of communication and learning difficulties. It is used extensively all over the UK in pre-schools, schools, centres, hospitals and clinics, and in the homes of people with communication and learning difficulties, and has been adapted for use in over 50 countries.

In addition to the children and adults with communication and learning difficulties and the community around them – for example, teachers, health professionals, friends, public service bodies etc. Makaton is increasingly used by the general public to aid communication.

Makaton has been shown to be useful for all sorts of people including those who struggle with understanding concepts, those who have poor literacy skills, including grammatical knowledge, and those with English as an Additional Language. By using Makaton, children and adults can take a more active part in life, because communication and language are the key to everything we do and learn.

The Makaton symbols and signs are used with speech, the written word or on their own. They provide a visual representation of language which increases understanding and makes expressive communication easier.

This multi-modal approach, where one mode facilitates another, has been shown to increase opportunities for personal expression and development, participation in interaction and socialisation and to increase access to education, training and public information.

About The Makaton Charity

The Makaton Charity exists to ensure that all people living with learning and/or communication disabilities have the tools and resources to communicate. Our vision is a world in which all people with learning or communication difficulties can communicate.

The Makaton Charity:

- provides training for parents, carers, and professionals;
- develops and produces printed and electronic resources;
- works with others to make their information accessible;
- provides advice and support to families and professionals;
- works in partnership to influence society and empower people.

Through our national network of over 1,000 licensed Makaton tutors and trainers, over 30,000 parents, carers and professionals receive Makaton training each year. Our cascade approach enables us to share knowledge and offers a sustainable model for empowering others to improve communication for all.
How to use this Topic Download

This topic download has been compiled as a starting point to help you to communicate more easily and to make effective use of the valuable communication opportunities that occur when riding. Where you are working with a group of regular Makaton users, a family member or perhaps you are aiming to include a Makaton user in an alternative or mainstream setting; whatever the circumstances, this topic related group of symbols and signs will be an invaluable tool for building confidence and supporting understanding.

Each sign and/ or symbol can be used to illustrate and support communication and participation about a single concept; alternatively groups of symbols and signs can be used to build simple sentences or be used to convey more than one idea.

These Makaton symbols and signs work best when combined and supported with the Makaton Core Vocabulary; therefore it’s advisable to develop an understanding of how to use the Core Vocabulary to underpin the development of communication and build understanding. For more information or to find out about Makaton training in your area contact The Makaton Charity on 01276 606777.

In addition to the Core Vocabulary and these smaller topic collections, there are a variety of larger topic collections such as National Curriculum, Animals, Transport and Vehicles and Food and Drink etc. There are also specific activity downloads that may also be useful. These are available from the Makaton website www.makaton.org.

As well as learning and using the signs, you will be able to use the corresponding symbols which are designed to support understanding and aid communication. Where possible Makaton symbols and signs should be used in conjunction, however, practicality of use as well as the needs of the user will dictate the degree of combinations possible or desirable. Symbols can also be copied, cut out and used for labelling the environment, for example, using enlarged symbols to label rooms such as the tackroom. In the tackroom, large symbols can be put up to show where particular equipment should be stored: brush, bucket, saddle, wheelbarrow, which could help support independence. Instructions can also be given using symbols; the symbol ‘Tackroom’ can be given to a rider while speaking and signing ‘go to the tackroom’, which will help support understanding.

Try to just use signs and symbols to support the key words that you are communicating. In most cases simple is best and so always start by introducing single signs/ symbols, making sure that the user is familiar with them before either introducing more signs/ symbols or attempting to combine signs/ symbols to make sentences.
Listen to me.

I will help you.

Look! Where are you going?

Come here and sit down.
Riding Sentences

Do you want to go to the toilet?

Vicky, take your hat and gloves off.

Stop. Mary is next.

You can ride Trigger.
Riding Sentences

The grey horse is near the gate.

This horse is black.

Don't ride the big horse.

Yes. Yours is the little one.
Riding Sentences

Finger spell "V"

Progress movement forward

Vicky is riding very well.

Mount up and wait over there.

Don't pull on the reins, just relax.

Walk on please.

Thumb tips maintain contact with chest. Hands make two short movements towards each other.
Riding Sentences

Sit up straight with your heels down.

Prepare to trot.

Do you want to feed the donkey.

It's time to finish.
Describing Horses and Donkeys

Big/ Tall
- Hand moves up to required height

Black
- Small circular backward movement on cheek towards ear

Grey
- Mime movement on the spot – twice only

Horseshoe
- Mime nails

Horse
- Formation makes large movements forward

Donkey
- Flat hands flap down and up at wrists

Foal (young horse)
- Shoulders hunched to show baby horse plus mime movement on the spot – twice only

Little/ Short
- Hand moves down to required height
Describing Horses and Donkeys

Finger spell P

Mime movement on the spot - twice only

Pony

Formation moves forward up and down

Trotting (horse/ donkey)

Plucking movement

White
Environment and Equipment

Belt
- Index and thumb indicate belt width

Carrot (2)
- Fist makes small movement forward, as if holding carrot and biting it

Bridle

Door

Broom

Gate (rail)
- Fingers and thumb show fingers of glove

Brush

Glove
- Outline from back of neck to mid chest

Bucket

Harness (horse/ donkey)
Environment and Equipment

Horse Drawn Cart

Stirrup

Reins

Sugar Cubes

Riding Hat

Toilet

Saddle/ Chair

Water

Stable

Wellington Boot

Mime holding very firmly

Gently scratch cheek

Use index finger and thumb to show small outline of cube

Hand indicating peak, moves appropriately for on and off

Progress movement forwards

Mime appropriate shape

Finger spell 'W'

Mime putting foot in boot: For plural repeat reversing hands

Mime movement on the spot – twice only

Gently scratch cheek

Palm outwards

Wellington Boot
Environment and Equipment

Wheelbarrow
Riding Instructions

Dismount, To
- Right flat fingers rest between left thumb and index. Right wrist moves sharply down

Heels Down

Prepare, To/ Get Ready
- Thumbs tap sides of chest twice

Pull, To (on reins)
- Thumb tips maintain contact with chest. Hands make two short movements towards each other

Hold Tight, To (reins)

Relax, To

Progress movement forwards

Jump, To (horse/ donkey)

Ride, To (horse/ donkey)
- Deliberate movement, stop sign momentarily to match syllables in words

Mount Up, To

Riding Instructor
- Progress movement forward

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Riding Instructions

Shorten, To (reins)

Sit Up Straight, To

Sit, To

Squeeze, To (urge horse/ donkey on)

Stop, To (whoa)

Trot, To

Turn Left, To

Turn Right, To

Walk On/ Get Going

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Communication

Bad

Use both hands for "Very Bad"

Goodbye

Wave hand

Come, To

Indicate direction

Hello

Make sign at shoulder height

Feed, To (by hand)

Indicate direction

Help, To

Move sign towards person being helped

Finish, To

Indicate direction

Here

Help, To

Move sign towards person being helped

Go, To

Indicate direction

I/ Me
Communication

Listen, To

No/ Don’t

Look, To

On

My

Please

Near

Quick

Next

See, To
Communication

Sit, To

Time

Slow

To Wait

Thank You

What?

There

Where

This

Yes

Finger moves slowly from wrist to elbow

Indicate as appropriate

Bend wrist

Tap twice
The Use of Finger Spelling with Makaton

Finger spelling is used in a limited way with the Makaton Vocabulary, and is useful for naming. The initial letters of a person’s or an animal’s name can be finger spelled, for example, for ‘Vicky’ finger spell ‘V’, for ‘Trigger’ finger spell ‘T’. Finger spelling the initial letter can be used to name places e.g. ‘Kitchener Road’.

- ‘K’ (Kitchener Road)
- ‘M’ (Mary)
- ‘V’ (Vicky)
- ‘T’ (Trigger)
Finger Spelling Chart

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

Bridle  Broom  Brush

Bucket  Carrot (2)  Donkey

Foal (young horse)  Gate  Harness (horse)
Symbols to Support Communication

Horse  Manger  Pony
Reins  To Ride (general)  To Ride (horse)
Saddle  Stable  Stable Worker
Symbols to Support Communication

Stirrup

Wheelbarrow