

THE GIANT SWING - PAGE 1

SIBLINGS AND SPOUSES: READ THE LESSON TO YOUR SPELLER AND COMMUNICATION PARTNER. IF YOU HAVEN'T TRAVELED WITH ANYONE ELSE, ASK A VOLUNTEER TO READ THE LESSON TO YOU! JUST BECAUSE A QUESTION IS THERE, DOESN'T MEAN YOU HAVE TO ASK OR ANSWER IT.

LET'S LEARN A BIT ABOUT THE SWING AND HOW WE ALL CAN PARTICIPATE.

THERE ARE 3 MAIN TYPES OF INPUT YOUR BODY RECEIVES FROM THIS EXPERIENCE FOR YOUR BRAIN TO PROCESS. 1ST AND FOREMOST IS VESTIBULAR INPUT!! WE RECEIVE THIS INPUT FROM A CHANGE IN THE POSITION OF OUR HEAD (MORE SPECIFICALLY THE POSITION OF THESE TINY CRYSTALS IN OUR INNER EAR - COOL, HUH?!).

KNOWN/FACTUAL:

- **PICK A WORD TO SPELL: BODY, RECEIVE, BRAIN, CRYSTALS**

REASONING QUESTION W/ 2 CHOICES:

- **SPEAKING OF CRYSTALS, DO YOU SUPPOSE QUARTZ IS MANMADE OR NATURE MADE?**

REASONING QUESTION W/ A PREDICTABLE RESPONSE:

- **WHAT CONNECTS OUR HEAD TO OUR SHOULDERS? NECK**

OPEN ENDED QUESTION W/ NO PREDICTABLE RESPONSE:

- **WHAT ARE YOUR INITIAL THOUGHTS ON PARTICIPATING IN THIS ACTIVITY?**

YOU MAY EVEN FEEL YOUR STOMACH "DROP" A BIT INITIALLY, BUT THE "LINEAR" MOVEMENT (SWINGING IN A STRAIGHT LINE VERSUS SPINNING LIKE YOU MAY DO IN THE SWINGS INDOORS) IS OFTEN CALMING AND ORGANIZING FOR OUR NERVOUS SYSTEM. ANOTHER ASPECT OF THE VESTIBULAR INPUT MAY BE ACTIVATED BY HAVING YOUR FEET OFF THE GROUND. THIS MAY FEEL UNSTEADY OR INSECURE, BUT TRUST YOURSELF, TRUST THE STAFF, AND KNOW THAT YOU CAN TRY NEW AND CHALLENGING THINGS!

KNOWN/FACTUAL:

- **STOMACH, DROP, CALMING, UNSTEADY**

REASONING QUESTION W/ 2 CHOICES:

- **DO YOU SUPPOSE YOUR NERVOUS SYSTEM WOULD FEEL MORE AT EASE IF YOU REGULATED YOURSELF, OR PANICKED?**

REASONING QUESTION W/ A PREDICTABLE RESPONSE:

- **WHICH ORGAN IN YOUR BODY WOULD SLOW IT'S RATE AS YOU SELF REGULATE? HEART**

OPEN ENDED QUESTION W/ NO PREDICTABLE RESPONSE:

- **GIVE ME A FULL SENTENCE FOR THIS ONE- DO YOU WANT TO DO THE SWING?**
- **WHAT IS ONE THING WE COULD DO TO HELP YOU GET YOUR BODY ON THE SWING?**

THE GIANT SWING - PAGE 2

NEXT, THERE WILL BE PROPRIOCEPTIVE INPUT FROM THE HARNESS. THIS WILL BE A SQUEEZING TYPE OF INPUT AROUND YOUR WAIST, THIGHS, AND HIPS. THIS MAY FEEL A LITTLE ODD AT FIRST TO HAVE PRESSURE IN THESE AREAS, BUT IT COULD ALSO FEEL CALMING, LIKE WHEN YOU GET SQUEEZES ON YOUR ARMS, HANDS, AND FEET! YOU CAN REACH AND ADJUST YOUR BODY AS NEEDED BEFORE GOING UP IN THE HARNESS TO MAKE SURE YOU'RE COMFORTABLE.

KNOWN/FACTUAL:

- **HARNESS, SQUEEZING, ODD, PRESSURE**

ACTIVITY CHOICES:

- **WOULD YOU LIKE TO "TRY" THE SWING, OR "SIT" AND WATCH?**

REASONING QUESTION W/ A PREDICTABLE RESPONSE:

- **WHAT PART OF YOUR BODY FILLS UP WITH AIR WHEN YOU BREATHE? LUNGS**

OPEN ENDED QUESTION W/ NO PREDICTABLE RESPONSE:

- **WOULD YOU LIKE PHYSICAL HELP WITH GETTING YOUR BODY TO PARTICIPATE?**
- **WOULD YOU LIKE VERBAL ENCOURAGEMENT?**
- **WOULD YOU LIKE US TO QUIETLY MAKE SPACE AND ALLOW YOU TO TRY THE SWING YOURSELF AND CHECK IN IF YOU NEED MORE SUPPORT?**

LASTLY, THERE WILL BE A LOT OF VISUAL INPUT. OUR VISUAL SYSTEMS ARE CLOSELY LINKED TO OUR VESTIBULAR SYSTEMS. BY GOING UP AND HAVING YOUR FEET OFF THE GROUND, WE ARE ACTIVATING OUR VISUAL SYSTEM AS WELL. IF IT FEELS INTIMIDATING TO LOOK DOWN, TRY TO COACH YOUR EYES TO LOOK UP AT THE BEAUTIFUL TREES OR TAKE IN THE SURROUNDINGS AT YOUR LEVEL. ONCE SWINGING, YOU CAN EVEN CLOSE YOUR EYES - THIS WILL ACTUALLY INTENSIFY THE AMOUNT OF VESTIBULAR SENSATION YOU GET.

KNOWN/FACTUAL:

- **VISUAL, LOOK UP, TREES, SWINGING**

REASONING QUESTION W/ 2 CHOICES:

- **IF YOU LOOK UP WHILE YOU'RE SWINGING, WOULD YOU SEE THE "BRANCHES ON TREES" OR THE "GROUND"?**

REASONING QUESTION W/ A PREDICTABLE RESPONSE:

- **WHICH PART OF OUR BODY IS TAKING IN THE VISUAL INPUT? EYES**

OPEN ENDED QUESTION W/ NO PREDICTABLE RESPONSE:

- **HOW WOULD YOU LIKE TO BE SUPPORTED IF YOUR BODY RESISTS FIRMLY?**

THE GIANT SWING - PAGE 3

FOR THE FOLLOWING PARAGRAPH, PROMPT AND STRETCH WITH YOUR STUDENT WHILE THEY LISTEN!*

STRETCHES: TOE TOUCHES, INHALE ARMS UP/EXHALE ARMS DOWN, ARM CIRCLES

HOW COOL ARE OUR BRAINS AND BODIES?! IF YOU NEED LESS VESTIBULAR, TENSE YOUR MUSCLES TIGHT TO GET YOUR BODY SOME CALMING PROPRIOCEPTIVE INPUT AND LIKELY SLOW THE SPEED OF THE SWINGING. LISTEN FOR STAFF/PARENTS AS WE MAY BE COACHING YOUR BODY TO HELP BASED ON CUES YOU MAY BE GIVING US. YOU'VE GOT THIS! TRYING SOMETHING NEW CAN BE SCARY, DO WHAT FEELS RIGHT FOR YOU AND KNOW THAT YOU'RE IN A SUPPORTIVE AND ENCOURAGING COMMUNITY WHO SUPPORTS WHATEVER YOU DECIDE TO DO!

GENERAL MOTOR STEPS OF THE BIG SWING

- PUTTING ON THE HARNESS: THIS HELPS CREATE A MORE COMFORTABLE AND SECURE METHOD OF ATTACHING OUR BODIES TO THE CABLE.
- WALKING TO THE LADDER.
- CLIMBING THE LADDER: THE LADDER HELPS US REACH THE LOWEST POINT OF THE SWING AND STAY WELL ABOVE THE GROUND.
- RELAX AND LET OTHERS HOIST YOU UP TO A GREAT VIEW.
- PULL THE STRAP TO LET YOURSELF SWING FREE!

DIFFERENT WAYS TO PLAY

THERE ARE SO MANY WAYS TO PARTICIPATE IN THIS ACTIVITY...

- YOU CAN **OBSERVE** OTHERS AND **IMAGINE** WHAT YOU WANT YOUR BODY TO DO.
- YOU CAN **PREPARE** YOUR BODY BY **PRACTICING** PURPOSEFUL MOVEMENTS.
- YOU CAN **SWING!**
- YOU CAN **CHEER** PEOPLE ON BY **SPELLING** WORDS OF ENCOURAGEMENT OR BY **SILENTLY** WISHING THEM WELL!
- YOU CAN **HELP PULL** A FRIEND'S SWING UP INTO THE AIR!

KNOWN/FACTUAL:

- **PREPARE, PLAY, PARTICIPATE, ENCOURAGEMENT**

QUESTIONS (USE THE BUTTON BELOW):

- **WHICH OF THE DIFFERENT WAYS TO PLAY WOULD YOU LIKE TO TRY FIRST? SECOND? THIRD?**
 - **OBSERVE, PRACTICE, SWING, OR CHEER!**

OBSERVE

PRACTICE

SWING

CHEER