

SuperHero Swing™

with Activities by Suzanne Wilkinson OTR



Introduction

Run, jump, and fly into the air like a superhero...simply irresistible! Totally empowering! Who could resist the adventures SuperHero Swing will bring to your room? Kids, teens, and sensory adults adore the memory-foam softness of the loops, bringing comfort to even the most sensory-sensitive.

When children assume the superman position, therapists adore the development of stomach, back and neck musculature. Adding the Rotational Device and Height Adjustment System allows kids to reach the floor and propel themselves in rotational, orbital, or linear planes. Near the floor, children can use hand over hand movement to get the swing to rotate. Children can also use their hands to propel themselves in a linear fashion...arching higher and higher into the air!

Develop flexion patterns and core strength as the kids sit with their two legs going through two loops...fantastic! Create motor planning and ocular challenges by using beanbags and a target. Have two kids that work well together? Safely create a merry-ground experience, as both children use two loops as their seats.

The opportunities for self-directed movement options with this swing seem limitless in all movement planes. Opportunities for quick start and stops abound. Kids that need inverted rotation quickly discover this option as well. This is THE superswing of all time!

SuperHero Swing provides opportunities to work on the following objectives:

- Improve core stability and postural strength.
- Improve sensory processing of vestibular input.
- Improve motor-planning
- Improve ocular tracking.
- Improve bilateral integration and crossing midline
- Improve respiration

This swing requires a higher skill level of the child than many other types of suspended equipment. The child must be able to follow safety instructions. The first thing the child is taught is how the child can stop the swing and request immediate help if the child's sensations become overwhelming. A child needs plenty of opportunities to discover his own body's potential to use the swing in many ways. Listed below are additional therapist-directed activities that the swing can be used for.

Prone Position

Suspend a hoop. Distribute beanbags across the mats yet within reach, so the child can toss through the target.

"Water ski." Have the child place both hands on a small CoOperband. The therapist pulls the opposite end of the loop repeatedly, as the child uses co-contraction of the arm muscles to grip...exciting!

"Million Dollar Pyramid." Suspend a rope ladder on a sturdy wall mount. As the child flies out and grabs the bottom rung, he has the opportunity to earn a million dollars for each rung he can do a "pull-up" to.

"SuperHero!" Have the child create the villain using bolsters stood upright on the mats or bop bags. A favorite puppet can also be rescued so the child can "Save the day!" and take it to the safety of the bean bag chair home. Empowering! There are great opportunities to work on respiration as the accessory muscles are challenged by loudly yelling "pow!"

Product Use

Sit Position

The child is told that when sitting, he must hold the two ropes together for safety reasons.

“Planet Ball.” The child holds two ropes together and swings. The therapist holds the other two ropes and occasionally ‘pops’ the child in the air. Large treatment balls of various sizes are rolling around the floor and as the child rolls over the planet the child experiences bouncy proprioceptive input and burst of acceleration. Exhilarating!

“Baseball.” The child arranges four large beanbag chairs in a baseball diamond. Holding two ropes, the therapist says “hey batter... SWING” and pops the child in the air. The child must touch all of the bases in order without accidentally touching the other bases. Note: the therapist uses two of the ropes to assist the child to the just right challenge, since this activity is quite a work out. Great for motor-planning! Modification for degree of difficulty include touching feet only, hands only, or either feet or hands.

“Splat!” As the child swings, the therapist holds a Crash’N’Bash beanbag chair, and ‘splats’ him providing proprioception and a burst of acceleration.

Merry-Go-Round

A two person ride for therapist/child or child/child. Position the children facing each other, 6 feet across, while each child has their legs through the two loops. Tell them the safety rules must be followed. Rule one, hold the ropes together with your hands. Rule two, when one person says “stop!” both people must stop IMMEDIATELY. To get started, rhythmically chant ‘walking in a circle, running in a circle, ...flying in a circle(!) Be prepared to jump into the middle and using both hands, safely stop the swing action at a moment’s notice.

“High Five.” As the children are rotating, can they give each other a high five as they are flying through the air?

“Cannon balls.” Work on flexion and extension patterns, by having the kids form a cannon ball as they flying through the air by curling their tummies and tucking their chin, then, have them extend straight as an arrow (or plank.)

“Flag Tag.” Have each child tuck a “tag” scarf in the back pocket of the pants. The goal is to snag the other kids tag before yours is stolen.

“StarWars!” See if you can scissor your legs and “capture” your opponent. It’s a blast!

Care & Safety

A ROTATIONAL DEVICE IS NECESSARY AT ALL TIMES WHEN USING THIS SWING. The product was designed to be used by therapists after a thorough evaluation of the child. The swing should not be considered with children that have poor impulse control or those that are unable to follow safety instructions. Some therapists prefer to have children wear bike helmets while riding this swing.

Recommended Products

SuperHero Swing is made of cotton duct that covers high quality memory foam. It is surface washable.

- **Elastablast:** Item #017856
- **Rotational Device and Height Adjuster:** Item #023721
- **Smooth-Grip Ladder:** Item #030358
- **Crash’N’Bash Beanbag Chair Cover:** Item #029929



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