

Our SWING Rules



Use Only With Permission

Ask an adult before using the swing.



One Person at a Time

No sharing or taking turns mid-swing.



Sit or Lay Safely

No standing, jumping, or moving wildly.



Quiet Body, Calm Movements

The swing is for calming down, not playing rough.



Use for [5-10] Minutes

(Adjust this depending on student.)

Check In After Use

Let an adult know how you're feeling when you're done.

