

Why do Autistics enjoy swinging



Enhanced Relaxation

The Rhythmic and Soothing motion helps to relax and reduces anxiety and help them to feel calm

Improved Attention and focus

It is a controlled sensory input and helps them focus attention which increases their engagement to complete tasks and activities

Emotion Regulation

Helps to regulate their emotions and provides a safe, soothing and calm environment that helps their emotional stability



By having this available to them it helps autistics to sustain their attention engagement in tasks for longer periods

