



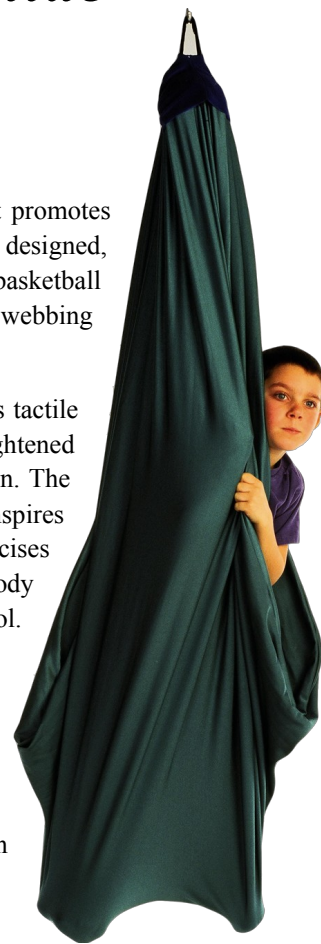
Regular Airwalker® Activity Guide

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INTRODUCTION

Congratulations on your purchase! Both therapists and teachers love using the Airwalker because it promotes sensory integration, coordination, muscular strength and spatial awareness. The Airwalker is a specially designed, Spandex sack that can be suspended from a properly installed ceiling bolt, a swing or a gymnasium basketball backboard. From ceiling bolt, use a safety snap and then hook to rotator device, or use the adjustable webbing strap to connect the rotator device to the ceiling bolt for variable height adjustment.

The Airwalker's resistant fabric provides a total body pressure that, not only feels good, but also gives tactile feedback that contributes to positive body image and self-esteem. Being suspended creates a heightened relationship to gravity, which stimulates the vestibular system responsible for balance and coordination. The Airwalkers's ability to shield the child from being seen by others creates a feeling of safety which inspires relaxation. It's elasticity and strong support can also help build muscle strength through specific exercises described in this guide. The Airwalker's holding, deep pressure, elastic walls promote positive body movement experiences that assure self calming and regulation, as well as co-ordination and body control. Plus, it's fun! Children may be totally enwrapped, laid out flat, sitting, or kneeling.



SAFETY TIPS

1. Place a well cushioned mat beneath the Airwalker.
2. Always supervise children in the Airwalker. Adjust the height so they can get in and out easily.
3. To enter, instruct child to face the Airwalker, grasp both sides and put one knee or foot in first. Then tell them to use their arms to pull themselves in and move their body to the center.
4. Prevent flopping out by instructing child to step out feet first
5. Do regular checks for misalignments of top fabric or internal webbing/clamp integrity.
6. Do not let child get out of control by over spinning or continuous swinging in one direction.

STRENGTH BUILDERS

Thigh Builder

Adjust the Airwalker height so it is easily accessible from the ground and your feet can just touch the ground. Sit half-way back into the fabric so your legs are bent with feet near the floor. Use one leg, then the other, then both, to push and bounce off the ground.

Variation: If your Airwalker is close to a wall you can swing and push off the wall with your feet.

Variation: Stand in Airwalker, hold up high on fabric and use your legs and arms to bounce while standing.

Push-Ups

Lie flat out, face down to the floor, using the material like a sling around your torso. Your hands should touch the floor. Bend and stretch your elbows to push the floor away while the Airwalker supports your body.

Abdominal and Torso Strength and Flexion

1. In the push-up sling position, alternately jackknife and arch backwards creating torso flexion and extension. Then "fishflop" side to side creating lateral flexion. Moving against the resistant fabric will build strength and elasticity in the muscles.
2. From a sitting position, hold edge of fabric with both hands, lean back slowly while wrapping legs around fabric. Slowly return using abdominal and torso strength. This can be performed close to the floor or in mid-air.

MOVEMENT TASKS

Around The World

Adjust height so you can stand on floor and bring upper body through sling so it wraps around the chest and under arms. Keep your feet in the center like a compass point and make a full circle around by leaning your body forward, keeping it absolutely straight, and pushing with your legs. Try using one leg as the compass point.

Around the World Variation

Try looping your arms through the Airwalker, or harder yet, hold it with **one** arm hooked over, while performing “Around the World”.

Peter Pan

In the “Around the World” position use your legs to run, push, and squat while you “fly” through the room. Adjust the height of Airwalker so you can lift your legs and feet without bumping the floor.

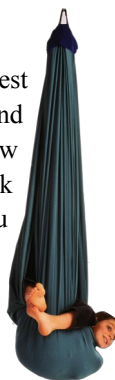
Diaper Wrap

Instruct or assist child in sitting up and bringing both legs out of fabric so that they are straddling it. Child holds on with hands and may rock forward and back by pressing and pushing body into fabric. Adjust height closer to floor so child can bounce by pushing floor with legs and feet.



Leg Wrap

From the Diaper Wrap suggest keeping legs wrapped around fabric while finding new positions for child’s back and head. Make sure you spot them. Try hanging upside down with just legs wrapped.



Airwalker

From the Diaper Wrap, use your arms to pull to standing, placing each foot on the fabric edge. Once balanced, you can walk on air or “see saw” pushing forward and back into the fabric.

Two in the Sack

Put two children sitting back to back in the Airwalker. Instruct them to shift positions together so they feel each other’s weight and make necessary adjustments to remain in balance. Allow them to experiment finding ways to counterbalance each other while they change to different positions.

Washing Machine

For younger children have them sit with crossed legs and hold on with hands. You create the “Washing Machine” agitation by standing in front of child and moving fabric right to left. Have them put sound to it. Challenge them to stay in the seated position while you agitate it faster.

GAMES

Around the World Tag

The person who is “It” is in the Airwalker in the Around the World position and tries to tag others as they run by.

Two-Headed Tag

First child gets in lying on their stomach with head and arms outside Airwalker. Assist the second child to get into the Airwalker beside the first child with their head and arms out on the opposite side. Once positioned they can twist and wriggle trying to tag the other child’s arms, or use two soft, small Slo-Mo balls to tag each other.

On Top Of The World

While enwrapped in Airwalker, place a medium to large size Slo-Mo ball on the floor so your child can work at finding a balance point sitting or lying on the ball. A more advanced version is to use the Airwalker as a sling under the arms and chest while trying to stand and move their feet on the ball.

Full Year Limited Warranty

All Dye-namic Movement Products are guaranteed against defects in materials and workmanship for one full year from date of shipment. All equipment will wear with use and no guarantee is made against normal deterioration. We recommend you establish a regular inspection program of all equipment, fittings and support systems to guard against injury. Any alteration of equipment or use of equipment in a non-recommended fashion voids all warranties.

Limitation of Liability

Our products are intended for use with adult supervision. Though we use the finest materials available, we cannot guarantee freedom from injury. The user assumes all risk of injury.

Dry Clean or Hand Wash preventing top part from getting wet.

For more sensory products visit www.dyenamicmovement.com

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