

Swing Supervisor Script

Below are various welcomes that any of the swing supervisors can use to encourage people to come and take apart.

SS: Hello! Would you like to Take Ten today?

SS: How are you? Would you like to sit comfortably, breathe deeply and swing gently on our wonderful chairs?

SS: Hey, would you like to take some time for yourself today?

One the swing supervisor has got a guest(s) they say.

SS: My name is **XXX** and I am your swing supervisor. This is a really lovely experience, you can sit, you can lie down or have a nap it's up to you. It's a space to go... 'ahhhh'..

SS: Are you up for it?

Wait for guest response.

SS: Awesome! Follow me

The swing supervisor ushers the guests over a free chair.

SS: Take a seat.

The guest then sits down on the swing chair.

SS: Are you comfortable? (*Wait for guest response.*) I am going to set up your take ten experience.

SS: I would like you to sit comfortably and enjoy the moment.

SS: Hands and feet inside at all times but don't worry, this wont spin you around or turn you upside down.

SS: This is an opportunity to just breathe deeply and go 'ahhhhhh'. (*The swing supervisor ends this sentence with an action that replicates the crossed legged symbol figure.*)

SS: I don't know if you have seen but on my onesie, these symbols, they mean something. Take Ten gives you the chance to *(points to each symbol on their onesie)* Connect, Be active, Learn new skills, Give to others and Take Notice and doing all of these things are good for your mental health.

SS: If you are ready then I will press play for you now. Let me know if the sound is at a good volume for you. You can close your eyes if you would like to.

The soundtrack then plays whilst the swing supervisor sits and goes through the five physical actions.

SS: How are you feeling after taking ten? Did you notice anything new? Was anything different for you? Do you feel calm?

Swing supervisor and guest(s) chat a bit.

SS: Remember these five symbols on my onesie, well you have just done all of them? Did you notice? That's really positive!

SS: Pick a card, any card! What colour would you like? Did you know **XXX** is the colour of **XXX** *(these colour descriptions are written down at the podium for the swing supervisor to become familiar with)*. In the spirit of giving to others, all of those things we just talked about then, it would be great if you could share that with everyone else. So what you can do if you like is write them down or draw them on this card. Once you have done that you can go and pin it to our positivity platform.

Swing supervisor takes the guest over to the podium.

SS: Also... no one leaves Take Ten empty handed, we would like to give you this postcard which has ways for you to take another ten or share it with others. Have a great rest of your day. Bye!