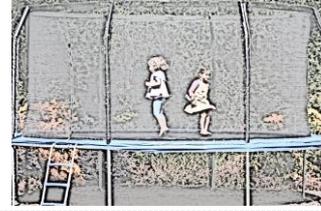


# Trampoline Play



Trampolines are wonderful play tools and can foster many experiences for sensory growth and development. They promote the engagement of multiple sensory systems in a fun and interactive way. Of particular note is their ability to provide lots of proprioceptive, tactile and vestibular input through play. Here are some engaging ways to use a trampoline - remember that caution should be taken with little children, particularly those younger than 3, who are yet to develop strong core control and balance. Use your judgement in deciding if an activity is appropriate for your child and talk to your child's therapist if you are unsure about the suitability of any listed here.

Most trampolines have nets around them these days and pads over the springs (or are spring free).

Consider the type of trampoline you have when reading through these activities.

*If placing more than one person on a trampoline think about: children of a similar size and capability or a careful adult who can monitor the "bounce" of the trampoline*

## Regular Jumps:

Jumping need not just be up and down (although that is always fun on a trampoline) – Try these:

- Frog jumps (get down low and leap up high)
- Long jumps (how far can you leap)
- 180 or 360 degree jumps (turn around to face the other way – or turn all the way around in one jump)
- Star jumps (in and out with feet on the trampoline)
- Air Jacks (arms out and feet out like a star as you jump up high)

## Bottom bounce or knee bounce:

- Bounce straight onto bottom and then onto feet
- Bounce straight onto knees and then onto feet
- Bounce between bottom and knees (how many can you do in a row?)

## Get creative:

Use pavement chalk to draw over the base of the trampoline

- Just for the fun of a really large canvass
- Draw shapes, letters or words and use them like an obstacle course or learn spelling words by jumping between letters

## Sing and dance:

- Ring o roses is a perfect game for falling down when on a trampoline
- Put on some music and use it as a dancing stage

## Add a ball (or two):

- Some trampolines will come with a basketball hoop attachment, ready for some ball sports
- Try a game of dodge ball – a gym ball can be fun here
- Use a balloon and try to keep it in the air...the trampoline net will keep it contained (mostly)

## A soft surface:

- A trampoline provides a soft base for learning more complex new skills such as somersaults
- A netted Trampoline is also great for learning to throw and catch a ball, so you are not chasing after it all the time

## Chill out:

- A trampoline is a great place to lie down and watch the clouds or the stars – add some pillows and blankets for a great outdoor retreat