



Trampolines to help learning and development in children

Using the trampoline is an enjoyable and fun way for children to develop a variety of skills such as:

- Communication
- Co-ordination
- Balance
- Freedom of movement
- Body Awareness
- Spatial awareness
- Trust and confidence

If your child has access to a trampoline, it is not only a great way to keep fit and bounce away some excess energy, but a fantastic way to help children's development, and a great activity that other siblings and family members can enjoy together. If you haven't got space for a trampoline, even a small trampette could be a great benefit to your child.

When at school, some children may get the opportunity to access rebound therapy in which children follow an awards scheme, while having great fun. Below are some of the activities taken from a scheme that you can practice at home, either on the trampoline or on a smaller trampette.

1. Get your child to sit, lie or kneel on the trampoline, then gently bounce the trampoline bed. During this activity it is a good opportunity to work on "ready, steady, go" and look for anticipation and indications that they want another turn. Look out for eye contact, gestures and vocalisation. You could even introduce a sign or symbol.
2. Make different body positions such as standing, kneeling, and sitting then encourage your child to copy the action that you are doing. This shows great co-ordination and understanding, helping children to follow instructions. Why not see if they can copy some arm movements too like arms up and arms wide.
3. Try counting down 5,4,3,2,1 and stop bouncing together. Gaining listening skills and learning to stop an activity is a skill that can be transferred into so many situations. You could also use the [countdown strip and symbols](#) for this activity.
4. If you have other siblings in the family, try encouraging them to take short turns each. This can sometimes be difficult at first, so start with short turns, but over time increase the length of time between turns. If children learn how to share and take turns this can be transferred into many different play situations.

If your child shows a particular liking to the trampoline, maybe use the symbols included below and see how many of the actions and shapes you can copy, and most importantly, have fun!



trampoline



go



stop



lie on back



sit



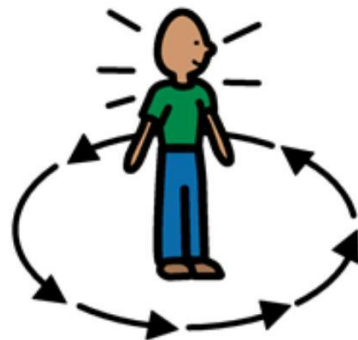
stand



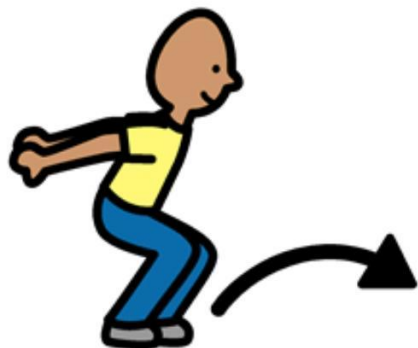
kneel



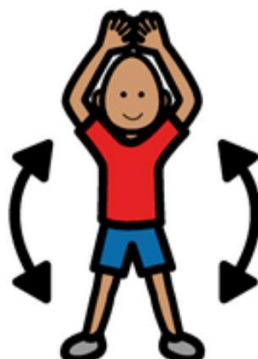
touch toes



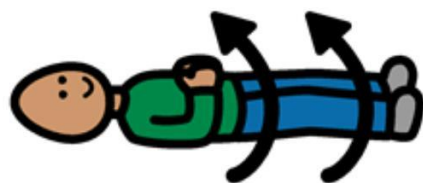
turn around



jump forward



star jump



roll over