

# How Does a Ball Bounce?

Hi there! Let's talk about balls and how they bounce when you hit them. Balls are really fun because you can play with them in many ways, like throwing, kicking, or even catching!

## 1. What is a Ball Made Of?

Most balls are made of a soft outer layer and a hard center. This helps them bounce back up when they hit the ground. Think of it like a sponge - when you press it, it squishes down; but as soon as you let go, it pops back into shape!

## 2. Hitting the Ball

You can hit a ball with your hands, like when you play basketball or volleyball, or with your feet like in soccer. When you make contact with the ball, it gets the energy from your hands or feet.

## 3. The Bounce

When the ball hits the ground, it compresses and then quickly expands back to its original shape, which is what makes it bounce. The harder you kick or throw it, the higher it will bounce! Isn't that cool?

## 4. Fun Ball Games

You can try playing different games with balls, like:

- **Catch:** Throw the ball to a friend and catch it when they throw it back!
- **Soccer:** Use your feet to kick the ball into a goal.
- **Basketball:** Use your hands to dribble the ball and shoot it through the hoop.

Just remember to always play safely, and have fun with your ball!