

Dear little friend, do you know what a trampoline is? It's like a bouncy platform that can lift you up in the air when you jump on it. Now, let's talk about trampoline skills - these are fun things you can learn to do while bouncing on a trampoline with safety rules! One cool skill is called a 'seat drop,' where you sit on the trampoline and quickly bounce back up. It's like playing a game of sit and stand at the playground!

Another exciting skill is the 'knee drop,' where you land on your knees and then pop back up. Imagine you're playing a game of 'popcorn' with your friends - it's so much fun! You can also try a 'twist jump,' where you turn your body in the air. It's like spinning around in circles but without getting dizzy!

As you get better, you can try more advanced moves like 'front flips' or 'back flips.' These are like somersaults but on a trampoline! It's important to practice these skills with an adult or a trained coach to stay safe and have fun. Remember, the key to mastering trampoline skills is practice, patience, and always following the safety rules.

So, next time you're on a trampoline, try out these skills and have a blast bouncing and learning new tricks. Just remember to have a grown-up nearby to cheer you on and keep you safe. Keep practicing and before you know it, you'll be a trampoline pro!