

# Preschool Trampoline Fun!

## Materials Needed:

- Child-sized or mini trampoline (ensure it has safety pads and is in good condition)
- Optional: Soft, lightweight balls
- Optional: Fun, upbeat music

## Let's Get Bouncing!

### Warm-up (5 minutes)

Before we jump, let's warm up our bodies! Stand next to the trampoline (not on it yet).

- **Reach for the Sky:** Stand tall and reach your arms way up high. Wiggle your fingers.
- **Touch Your Toes:** Bend down slowly and try to touch your toes (it's okay if you can't!). Keep your knees slightly bent.
- **Arm Circles:** Make big circles with your arms going forward, then backward.
- **Leg Swings:** Hold onto something stable (like a grown-up's hand) and gently swing one leg forward and back, then the other.

### Safety First! (Very Important!) (5 minutes)

Trampolines are super fun, but we need rules to stay safe:

- **One Jumper at a Time:** Only one person on the trampoline. No exceptions!
- **Stay in the Middle:** The middle is the bounciest and safest spot. Try to stay away from the edges and springs.
- **Feet First:** We only land on our feet. No flips or tricks for now.
- **Grown-up Watching:** A grown-up must always be watching closely.
- **Getting On/Off Safely:** Carefully step onto the trampoline, don't jump on. Step off carefully too.

### Let's Jump! (10-15 minutes)

1. **Getting Used to It:** Carefully step onto the middle of the trampoline. Feel the bounce. Start with small, gentle bounces without your feet leaving the mat.
2. **Straight Jumps:** Now try some small jumps! Keep your body straight and arms by your sides or slightly out for balance. Focus on landing back in the center. How high can you jump while staying in control?
3. **Tuck Jumps (Mini):** Try jumping and bringing your knees up towards your chest just a little bit, then landing straight. Keep them small and controlled.
4. **Star Jumps (Mini):** Practice jumping and spreading your arms and legs out slightly like a star, then bringing them back in before landing. Start small!

### Fun Games (Optional - 5 minutes)

- **Ball Bounce:** Hold one or two soft balls while doing gentle straight jumps. Can you keep bouncing without dropping them?
- **Music Freeze Bounce:** Jump while the music plays. When the music stops, freeze!

### Cool Down (5 minutes)

Time to slow down our bodies.

- **Gentle Bounces:** Go back to very small, gentle bounces on the trampoline.

- **Step Off Safely:** Carefully step off the trampoline.
- **Deep Breaths:** Take a few slow, deep breaths in and out.
- **Stretching:** Repeat some of the warm-up stretches, like reaching high and trying to touch your toes.

Great job bouncing safely today! Remember the rules, and always have fun moving your body!