



10 Sensory Activities with a Mini Trampoline

YOUTUBE FREEBIE

Trampolines are amazing sensory tools!
These activities can be completed with a mini indoor trampoline and some can also be completed with a large outdoor trampoline!

1 JUMP AND CRASH

Place a crash pad or pile up pillows, cushions, and blankets next to the mini trampoline.

Jump on the mini trampoline and then crash onto the pads / cushions!

This is a great sensory activity to help with sensory seeking, regulation, and to add into an obstacle course!

Try adding in counting a specific number of jumps before crashing!

2 CHALK DRAWING

Grab some chalk and take a handwriting or drawing activity to a whole new level by using it on the trampoline!

Add a metronome for a great multi-sensory activity - draw lines on every beat at 60 bpm (beats per min.).

If on a large trampoline, draw different letters or shapes with the chalk, then jump to specific ones!

3 PLAY CATCH WHILE JUMPING

Playing catch while jumping is an amazing visual-vestibular activity!

If playing catch is difficult, start slow and use a larger ball.

As the catching becomes easier, decrease the ball size, add in a bounce, or even try two balls!

4 VISUAL CHART READING WHILE JUMPING

Print a visual chart or make your own (letters, numbers, or shapes on a piece of paper, organized in lines that are easy to read).

Hold the chart (or tape to a wall) and have your child read the chart while they jump.

Can they coordinate their jumps to each item they read?

Another great visual-vestibular activity!

5 SPELLING AND COUNTING PRACTICE

While jumping, have your child spell words, count by 2's or 4's, or even practice math problems - be sure to coordinate on every or every other jump!

This is a great way to practice school homework and also reinforces working memory!



6**USE IT FOR THROWING**

Gently lean your mini trampoline on the wall at an angle.

Grab a ball and throw the ball against the mini trampoline - it should bounce right back!

Add visuals on the trampoline for some target practice.

7**JUMPING IMITATION**

First, you get on the trampoline and jump in some different ways or different patterns.

Then have your child imitate your jumps!

Start small - just one jump. Then increase the challenge and do 2, then 3, then 4! This works to improve working and visual memory in a fun way!

Don't forget to trade - you imitate your child's jumps!

8**AUDITORY MEMORY GAME**

Play the game "I'm going to grandma's house and I'm bringing ..." (an apple, a banana, a cat, etc. - adding a new item each time in alphabetical order).

Add the trampoline and a new movement or jumping pattern to each item.

How far through the alphabet can you get?!

9**BODY SOCK JUMPING**

Grab a body sock and jump while in the body sock (watch for slipping!) - this adds a fun tactile component!

10**STUFFED ANIMAL BOUNCE**

Grab some stuffed animals and place them on the trampoline.

Jump around, trying to bounce the animals off without touching them!

BONUS!

1 GROSS MOTOR SKILLS ACTIVITY COURSE

Get new ideas to help build gross motor skills!

<https://harkla.co/products/gross-motor-skills-activity-course>

2 10 FUN ACTIVITIES WITH A BODY SOCK

The Body Sock is a great item to add into the play routine!

<https://youtu.be/puz1QXgojHw>

3 SENSORY-BASED MOTOR DISORDER

All Things Sensory Podcast Episode 205

<https://harkla.co/blogs/podcast/205-sensory-based-motor-disorder-a-subtype-of-spd>

Want more help?!

[CHECK OUT OUR SENSORY DIET DIGITAL COURSE!](#)

- Why Sensory Diets are essential for sensory kiddos
- How to evaluate your child's specific sensory needs
- How to create & customize a Sensory Diet for your child
- Sensory Diet examples, ideas, and templates

<https://harkla.co/products/sensory-diet-course>