

## TRAMPOLINE

Jumping on the trampoline can serve many purposes. For some children, it is calming. For others, it can wake them up and get them participating. There is also a lot of natural communication that can happen while preparing, jumping, and transitioning to/from the trampoline. Read below for some more ideas.

### CORE WORDS

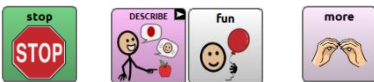
Can	I
Get	You
Go	Up
Jump	Down
Like	On
Look	Off
Stop	High
Turn	Fun
Want	Don't

### MATERIALS

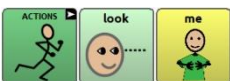
Trampoline	Child
	You
	AAC Device

### Model It on the AAC Device

One Word:



Two Words:



Three (+) Words:



Reasons to Communicate	One Word	Two Words	Three (+) Words
Getting Wants/Needs Met (requesting objects/activities/ permission/attention, etc., directing action/to stop, request help)	Go Do Help On Off Take Get Turn	Get on Get off My turn Help me Up here Get up You do Look me	Get on it Jump on it Go up high Help me up Take me off Put me on I want more I do more
Exchange Information (share and show objects, confirm/deny, request information, etc.)	Like Go Stop Help Turn On Off More Fun High Can	Get on Get down Don't help Don't jump Help me Want more Can I? Jump high Jump on Take off You jump	Can I jump? Look at me! I jump high That was fun Let's do more Let me do it It's my turn I don't need help I can do it Did you like it? I like this!
Social Closeness/Etiquette (greet, take turns, comment, etc.)	I You Like Go Up Down High Fun Cool	I like I do You do My turn Get on I stop That fun It cool Like it	This is fun! I like this I'm jumping high It's my turn Can I have a turn? I am all done I like it It is cool Counting (1-10)

### Tips to Engage, Expand, and Succeed:

- Jumping on the trampoline can be so much fun for many kids and can be a great way to teach some basic concepts, verbs, adjectives, and more language.
  - Focus on words like: **up/down, on/off, high/low, get, get on, jump, take**
- You can also focus on and model what you say before and after jumping on the trampoline.
  - For example: **Take off** your shoes, **Get on** the trampoline, **Jump** high, Keep **jumping**, Let's **get down**
- These routines are great for learning new words. It is okay to repeat yourself! Children need multiple repetitions to learn new words and concepts. After time and multiple repetitions, you can slowly start to change your routine, add new words and concepts, and grow language.
- Set limits. Don't let the child jump on the trampoline forever with no end in sight. Make jumping a structured task. They can jump a certain number of times, before they have to ask for more. Set a timer and make them stop when it goes off. The child must ask for more in some way.
  - Check in with how they feel each time they stop jumping. Are they **tired**? Do they want to **stop**? Do they want **more**?

