

Children's Therapy and Family Resource Centre

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Suggestions to Help Children Jump



Jumping helps with standing balance, strengthen the leg and trunk muscles, provides proprioceptive and tactile input through feet and legs and helps with bilateral motor coordination.

Activities to help encourage the jumping

Jumping while holding hand: Hold your child's hand and practice jumping up and down together.

Jumping on the bed: Hold your child's hand and have him practice jumping on the bed.

Jumping on a small trampoline: Hold his hand and have him jump on the trampoline.

Jumping with a hula hoop: Place a hula hoop on the floor. Hold your child's hand and have him jump inside and then outside the hula hoop.

Jump over line or crack in pavement: Tape a long piece of masking tape on the floor and have him jump over it. Your child can also jump over a line outside, crack in the pavement or over a stick.

Jumping down a step: Hold your child's hand and have him jump down off a short step, curb or piece of playground equipment.

Animal walks: Have him jump like a frog, bunny or kangaroo.