



## Willowbank School

**Be the best you can be!**

Grassyards Road, Kilmarnock, KA3 7BB

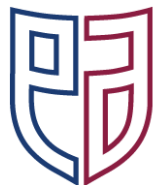
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**East Ayrshire Council**  
Comhairle Siorrachd Àir an Ear

## Rebound Therapy



## Rebound Therapy

This is a chance for the children to experience movement on a trampoline with support from staff.

### Physical/Verbal/Visual support:

- to help maintain/increase physical abilities
- to help keep safe within the trampoline area
- to help keep rhythm, improve and remember skills; towards independent performance



## What are the benefits for pupils?

Health benefits for all: whether we work out on the trampoline either moved by others or under our own steam, our **circulation and lung functions increase.**

For some pupils this is an opportunity to **maintain and/or improve mobility, strength, balance** in different positions with/without support and/or use of a peanut/cylinder.

**Wellbeing:** It is **FUN** and exciting for all pupils; also very **RELAXING** for some.

The positive effects on health and wellbeing **help communication.** Pupils can **choose:**

- 1 activities
- 2 relaxation
- 3 songs
- 4 stories
- 5 use of peanut/cylinder
- 6 to team with friend/staff



## What do pupils learn?

Feeling good and safe and happy makes a great environment for pupils become involved and to:

- **listen to instruction and make choices**
- **increase ability and or resilience**
- **Succeed in performing**
- This can be really basic as in: being able to endure the movement of the trampoline without tiring out for longer; sitting up supported for longer; standing without support for longer; to performing different jumps and sequencing etc.
- **Understand what their body and mind wants/needs relaxation or activity or both, one first before the other**
- **Making eye contact**
- **Gain confidence**
- **Increase ability to join instructions in a sequence**
- **Gain an activity to enjoy for life**

