

GARMIN®

BOUNCE™ 2 WATCH

Owner's Manual

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Introduction


WARNING

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

It is a parent's or legal guardian's responsibility to set up the device before a child uses the device. It is a parent's or legal guardian's responsibility to read and understand this document and ensure that the child uses the device in an appropriate and safe manner.

Setting Up the Watch




To take full advantage of the Bounce 2 features, complete these tasks.

- 1 Hold  to turn on the watch.
- 2 Follow the on-screen instructions to complete the initial setup.
During the initial setup, you can pair your phone with your watch to receive notifications, sync your activities, and more ([Pairing the Watch with a Parent's or Guardian's Phone, page 3](#)).
- 3 Set up the LTE Subscription for the Bounce 2 watch ([LTE Connected Features, page 3](#)).
- 4 Set up boundaries ([Adding a Boundary, page 18](#)).
- 5 Set up Wi-Fi® networks ([Connecting to a Wi-Fi Network, page 6](#)).
- 6 Charge the watch ([Charging the Watch, page 39](#)).
- 7 Check for software updates ([Product Updates, page 41](#)).


For the best experience, you should keep the software on your watch up to date. Software updates provide changes and improvements to privacy, security, and features.

Overview



| | |
|---|---|
|  START button | <ul style="list-style-type: none"> • Hold for 2 seconds to turn on the watch. • Press to open the activities and apps menu, including watch settings. • Hold for 2 seconds to view the controls menu, including power. • Hold until the watch vibrates 3 times to request assistance (Safety and Tracking Features, page 17). |
|  BACK button | <ul style="list-style-type: none"> • Press to return to the previous page. • TIP: During an activity, on-screen tips appear to explain non-default button behavior. • Hold to view the custom shortcut feature (Setting Up a Shortcut, page 16). |
|  Touchscreen | <ul style="list-style-type: none"> • Swipe up, down, left, or right to scroll through glances, features, and menus (Touchscreen Tips, page 2). • Tap to select an option in a menu. • Swipe right to return to the previous screen. |


Touchscreen Tips

- Drag up or down to scroll through lists and menus slowly.
- Tap to select an item.
- Tap to wake the watch.
- From the watch face, swipe up to scroll through the glances on the watch.
- From the watch face, swipe left to view the apps and activities menu, including watch settings.
- From the watch face, swipe down to view the notification center.
- Swipe right to return to the previous screen.
- Tap and hold an item on the watch face to bring up contextual information, such as glances or menus, if available.
- From the glances or apps menu, hold the watch face to reorder or delete the options.
- During an activity, swipe up or down to view the next data screen.
- During an activity, swipe right to view the watch menu, watch face, and glances.
- During an activity, swipe left to view the music player.
- Cover the screen with your palm to return to the watch face and turn down the screen brightness.
- When available, select  or swipe to view menu options.
- Perform each menu selection as a separate action.

Locking and Unlocking the Device

You can lock the device to prevent inadvertent screen touches and button presses.

NOTE: You can customize the controls menu ([Customizing the Controls Menu, page 16](#)).

1 Hold  to view the controls menu.

2 Select .

The device does not respond to touches or button presses until you unlock it.

3 Hold any button to unlock the device.

LTE Connected Features

⚠ CAUTION

The Bounce 2 watch has certain features that require an LTE Subscription and must be set up using the Garmin Jr.™ app. For subscription information, go to garmin.com/subscriptions.

The features listed here require an active LTE Subscription and LTE connection.

- Assistance
- Chores and rewards
- LiveTrack
- Text and voice messaging
- Voice calling

Connectivity

Connectivity features are available for your watch when you pair with your compatible phone ([Pairing the Watch with a Parent's or Guardian's Phone, page 3](#)). Additional features are available when you connect your watch to a Wi-Fi network ([Connecting to a Wi-Fi Network, page 6](#)).

Phone Connectivity Features

Phone connectivity features are available for your Bounce 2 watch when you pair it using the Garmin Jr. app ([Pairing the Watch with a Parent's or Guardian's Phone, page 3](#)). To communicate with the Bounce 2 watch, you must have a Garmin Connect™ account, download the Garmin Jr. app, and be added as a contact for the child ([Adding Messaging Contacts, page 8](#)).

- App features from the Garmin Jr. app ([Garmin Jr. App, page 7](#))
- Glances ([Glances, page 11](#))
- Controls menu features ([Controls, page 14](#))
- Safety and tracking features ([Safety and Tracking Features, page 17](#))


Pairing the Watch with a Parent's or Guardian's Phone

Before you can pair the Bounce 2 watch with a parent's or guardian's phone, the parent or guardian must have or create a Garmin Connect account.

⚠ CAUTION


The Bounce 2 watch has certain features that require an LTE Subscription and must be set up using the Garmin Jr. app ([LTE Connected Features, page 3](#)). For subscription information, go to garmin.com/subscriptions.

The Bounce 2 watch must be paired directly through the Garmin Jr. app, instead of from the Bluetooth® settings on your phone.

- 1 From the app store on your phone, install and open the Garmin Jr. app.
- 2 Log on using your Garmin Connect username and password.
- 3 Follow the instructions in the app to set up your family and add each child.
- 4 If you previously skipped the pairing process or paired the watch with a different phone, press , and select **Settings > Sync & Pair > Pair** to manually enter pairing mode.
- 5 Follow the instructions in the app to complete the setup process.

NOTE: You can pair multiple mobile devices, such as a tablet or another parent's or guardian's phone ([Pairing Multiple Mobile Devices, page 4](#)).

Tips for Existing Garmin Jr. App Users

- 1 From the Garmin Jr. app, select **Home**.
- 2 Select  > **Add a new child or device**.
- 3 Select an option:
 - To add a new watch for an existing child, select the child.
 - To add a new watch for a new child, select **New kid**.
- 4 Follow the on-screen instructions.

Pairing Multiple Mobile Devices

After you complete the initial setup ([Pairing the Watch with a Parent's or Guardian's Phone, page 3](#)), you can pair the Bounce 2 watch with up to two additional mobile devices, such as a tablet or another parent's or guardian's phone.

- 1 From the app store on your phone or tablet, install and open the Garmin Jr. app.
- 2 Log on using your Garmin Connect username and password.
- 3 Follow the instructions in the Garmin Jr. app to join an existing family.
- 4 Bring your mobile device within 3 m (10 ft.) of the Bounce 2 watch and 10 m (33 ft.) away from other paired mobile devices.

NOTE: If you cannot move the devices far enough apart, turn off Bluetooth technology on previously paired mobile devices.
- 5 Follow the instructions in the app to complete the pairing process.




REMEMBER: If you turned off Bluetooth technology on previously paired mobile devices, turn it back on.
- 6 If necessary, repeat steps 1 through 5 for each additional mobile device.

Calling from the Watch

Before you can make a call from the watch, you must activate your LTE Subscription ([LTE Connected Features, page 3](#)).

NOTICE





Do not expose the microphone and speaker openings to sunscreen or other chemicals. Doing so could clog or otherwise adversely affect the microphone and speaker, degrading their performance.

- 1 Press .
 - 2 Select **Phone**.
 - 3 Select an option:
 - To call a phone number from your contacts, select , select a contact name, and select a phone number ([Adding Messaging Contacts, page 8](#)).
 - To view recent calls made or received on the watch, swipe up.
- TIP:** You can select  to hang up before the call connects.

Messages from the Watch



Sending a Message from the Watch

Before you can send messages from the watch, you must activate your LTE Subscription ([LTE Connected Features, page 3](#)).






- 1 Press .
- 2 Select **Messages** > .
- 3 Select a contact.
- 4 Select an option:
 - To send a text message, select **Text**.
NOTE: The list of messages and message text can be customized in the Garmin Jr. app ([Managing Preset Text Messages, page 6](#)).
 - To send a voice message, select **Voice** > .
 - To send a sound emoji, select **Sound Emoji**.
- 5 Select a sound emoji or text message, type a custom text message, or record a voice message.
- 6 Select .

Messages from the Garmin Jr. App

Sending a Text Message from the Garmin Jr. App




- 1 From the Garmin Jr. app, select **Connect**.
- 2 Select your child.
- 3 Enter a message.
- 4 Select  or  to send the text message.

Sending a Voice Message from the Garmin Jr. App

- 1 From the Garmin Jr. app, select **Connect**.
- 2 Select your child.
- 3 Hold , and continue holding while recording your message.
NOTE: The Garmin Jr. app automatically limits your recording time to approximately 20 seconds.
- 4 Select an option:
 - If necessary, select  to play back the message before sending it.
 - Select  to delete the message and try again.
 - Select  or  to send the message.





Viewing Notifications

You can view calling and messaging notifications on your watch from several menu locations.


- When a new message appears on the watch, swipe left and select **Reply** or **Dismiss**.
- When you want to view the list of notifications, select an option:
 - From the watch face, swipe down to view the notification center.
 - From the watch face, press , and select **Messages** to view the messages app.
 - Hold , and select  to view the notifications control.

Managing Preset Text Messages

Your child can use the list of preset text messages to communicate with their contacts ([Sending a Message from the Watch, page 5](#)).

- 1 From the Garmin Jr. app, select **Connect**.
 - 2 Select your child.
 - 3 Select .
 - 4 Select **Preset text messages** or **Manage preset messages**.
 - 5 Select an option:
 - Select **Reorder List**, and drag  to reorder the list.
 - Enter text in a blank message to create a custom message.
 - Remove the text from a message to delete it from the list.
 - Select  > **Restore defaults** to remove custom messages and sort the messages in the default order.
 - 6 Select .
- The list of preset text messages is updated on the watch.

Deleting Message History from the Garmin Jr. App

- 1 From the Garmin Jr. app, select **Connect**.
- 2 Select your child.
- 3 Select  > **Delete message history** > **Delete**.

Wi-Fi Connectivity Features

Activity uploads to your Garmin Jr. account: Automatically sends your activity to your Garmin Jr. account as soon as you finish recording the activity.


Audio content: Allows you to sync audio content from third-party providers.

Software updates: You can download and install the latest software.

Connecting to a Wi-Fi Network

Before you can connect to a Wi-Fi network, you must connect the watch to the Garmin Jr. app on your phone ([Pairing the Watch with a Parent's or Guardian's Phone, page 3](#)).

Garmin® recommends connecting the watch to a Wi-Fi network for optimal performance, including improved battery life.

- 1 Move within range of a Wi-Fi network.
- 2 From the Garmin Jr. app, select **Home**.
- 3 Select your child, and select **Settings** > **Wi-Fi** > .
- 4 Select an available Wi-Fi network, and enter the login details.

Garmin Jr. App

The free Garmin Jr. app lets you track your children's daily activity and chore progress.

Activity tracking: Allows you to track your children's daily steps, active minutes, timed activities, and sleep data.

Adventure map: Allows you to view your children's progress each day they reach the 60 minute activity goal, revealing adventures.

Challenges: Allows you to compare steps for the whole family and connections from your Garmin Connect community.

Chore progress: Allows you to create and manage chores, award coins for chore completion, and redeem coins for custom rewards.

More: Allows you to customize your family, update app settings, and view help topics and about information.

Rewards: Allows you to create rewards and redeem coins for rewards.

Settings: Allows you to customize the watch and user settings, including alert tones, emergency contact information, profile pictures, and more.

Sleep tracking: Allows you to view your child's sleep statistics.

Stats: Allows you to view your child's active minutes and steps records.

Steps: Allows you to view your child's step data.

Setting Up Your Child's User Profile

You can update your child's photo, name, avatar, background color, bed time, wake time, birth date, and gender.

- 1 From the Garmin Jr. app, select **Home**.
- 2 Select your child, and select **Settings > Edit Profile**.
- 3 Select an option.

Garmin Jr. Family

Your Garmin Jr. family is made up of members who you can designate as guardians or caregivers. Family members are automatically added as Garmin Jr. contacts.

You can also add connections from your Garmin Connect account to include on your family's steps leaderboards and add their Garmin device as a contact.

NOTE: Family members can belong to only one Garmin Jr. family.

Adding Members to a Garmin Jr. Family

Before you can add members to a Garmin Jr. family, each user must have or create a Garmin Connect account.

- 1 From the Garmin Jr. app, select **••• > Family > Invite member**.
- 2 Enter the email address that is associated with the user's Garmin Connect account.
- 3 Select an option:
 - Select **Guardian** to allow the user to view the child's location and interact with the family and modify kid settings.
 - Select **Caregiver** to allow the user to view the child's location and interact with the family.
 - Select **Communicator** to allow the user to interact with the family.
- 4 Select **Continue > Send invitation**.

The user receives an email invitation to join your Garmin Jr. family.

NOTE: The user's email address appears on the Pending Invitations list until the invitation is accepted. You can resend or cancel the invitation before it is accepted.

Inviting Connections with the Garmin Jr. App

Before you can invite a person as a connection, each person must have or create a Garmin Connect account.

- 1 From the Garmin Jr. app, select **•••** > **Family** > **Connections**.
- 2 Select **Find People** or **+**.
- 3 Select an option:
 - Enter a name or email to search for a person.
 - Select **Your Contacts** to choose a person from your contacts.

- 4 Select the person, and select **Connect** > **OK**.

The person receives an email invitation to connect with your family.

Adding Messaging Contacts

Before you can add messaging contacts, you must connect to people who have messaging-capable Garmin devices in the Garmin Jr. app ([Inviting Connections with the Garmin Jr. App, page 8](#)).


NOTE: Members of your Garmin Jr. family are automatically included in the list of messaging contacts ([Adding Members to a Garmin Jr. Family, page 7](#)).

- 1 From the Garmin Jr. app, select **Home**.
- 2 Select your child, and select **Settings** > **Contacts**.
- 3 Select **+** next to an available contact.
- 4 Select **✓**.

Syncing Your Watch Data with the Garmin Jr. App

The Bounce 2 watch periodically syncs data with the Garmin Jr. app automatically. You can also manually sync data at any time.

- 1 Bring the watch near the paired phone.
- 2 Open the Garmin Jr. app.

TIP: The app can be open or running in the background.
- 3 On the watch, press  to view the menu.
- 4 Select **Settings** > **Sync & Pair** > **Sync**.
- 5 Wait while the data syncs.
- 6 View current data in the Garmin Jr. app.

Viewing History

The Bounce 2 watch keeps track of your child's active minutes, sleep, and daily steps. You can view your child's history in the Garmin Jr. app.

- 1 From the Garmin Jr. app, select **Home**.
- 2 Select your child, and select an option:
 - To view active minutes, select **Activity**.
 - To view sleep, select **Sleep**.
 - To view steps, select **Steps**.
 - To view your child's most active days, select **Stats**.

Data is displayed in daily, 7-day, 4-week, and 12-month increments.

Sleep Tracking

While your child is sleeping, the watch monitors their movement. You can set normal sleep hours in the Garmin Jr. app settings ([User and Safety Settings, page 9](#)). You can view sleep statistics in the Garmin Jr. app ([Viewing History, page 8](#)).

App Settings

You can customize your family and app settings in the Garmin Jr. app. You can also customize user and safety settings ([User and Safety Settings, page 9](#)).

From the Garmin Jr. app, select •••.

Family: Allows you to customize your family settings. For example, you can edit your family name or invite additional parents or guardians.

App settings: Allows you to set the Garmin Jr. app to kid mode, customize notifications, turn music and sound effects on or off, and sign out of your account.

Help: Includes watch fit and care, videos, and other helpful information.

About: Allows you to view version and legal information.

Pair a new Garmin device: Allows you to replace a watch for an existing child or add a new watch for a new child.

Managing Watch Activity Notifications

You can receive notifications on your phone of your child's watch activity, such as location status, device status, and chore updates.

- 1 From the Garmin Jr. app on your phone, select ••• > **App settings** > **Notifications**.
- 2 Select the toggle switches to enable the notifications you want to receive.

User and Safety Settings

You can customize your user and safety settings in the Garmin Jr. app.

From the Garmin Jr. app, select **Home**, select your child, and select **Settings**.

Edit Profile: Allows you to customize your child's profile information. You can set the child's name, avatar, background color, bed time, wake time, birth date, and gender ([Setting Up Your Child's User Profile, page 7](#)).

Display text: Allows you to change the name displayed on the watch face.

Watch faces: Allows you to send more watch faces to the watch.

Alarms: Allows you to set an alarm to send to the watch ([Setting an Alarm, page 31](#)).

Daily steps goal: Allows you to update the daily steps goal.

Parental controls: Allows you to turn on do not disturb during sleep hours and school mode ([Turning On School Mode, page 10](#)).

Contacts: Allows you to add people whom your child may message ([Adding Messaging Contacts, page 8](#)).

Preset text messages: Allows you to update the preset text messages your child can send from the watch ([Managing Preset Text Messages, page 6](#)).

Safety: Allows you to manage family contacts who will receive a notification when your child requests assistance.

Boundaries: Allows you to update boundaries ([Adding a Boundary, page 18](#)).

Wi-Fi: Allows you to connect the watch to a Wi-Fi network ([Connecting to a Wi-Fi Network, page 6](#)).

Connectivity: Allows you to view details of your LTE Subscription (garmin.com/subscriptions).

Find my watch: Helps you locate a lost Bounce 2 watch that is paired using Bluetooth technology and currently nearby ([Locating a Lost Watch, page 42](#)).

Power off: Allows you to power the watch off from the Garmin Jr. app.

Device details: Allows you to view the model, software version, serial number, and owner's manual. You can also reset the watch ([Resetting All Default Settings, page 41](#)).

Pairing: Allows you to register an accessory band, pair a new watch, or unpair the current watch.

Language: Allows you to update the language on the watch.

Turning On School Mode

You can use school mode to automatically silence and restrict the watch during school hours. Your child can use assistance while the watch is in school mode.

- 1 From the Garmin Jr. app, select **Home**.
- 2 Select your child, and select **Settings > Parental controls > School mode**.
- 3 Turn on school mode.


- 4 Select an option:

NOTE: Both options mute vibrations and sounds for all notifications except alarms, assistance, find my watch, and when school mode turns on or off.

- To silence the watch and allow all features during school hours, select **Silent**.
- To silence the watch and restrict games and messages during school hours, select **Silent & restricted**.

- 5 Select **Start time**, **End time**, or **Days** to update school hours.

Turning Off School Mode

- 1 From the Garmin Jr. app, select **Home**.
- 2 Select your child, and select **Settings > Parental controls > School mode**.
- 3 Turn off school mode.
- 4 Select .
- 5 Wait for the Garmin Jr. app to sync with the watch.

Using Kid Mode

You can enable kid mode in the Garmin Jr. app to allow a child to mark chores as complete and redeem rewards without parent or guardian approval. You can also use facial recognition on your phone in place of a passcode to unlock the kid mode settings.

- 1 From the Garmin Jr. app, select **••• > App settings > Kid Mode**.
- 2 Turn on kid mode.
- 3 If necessary, select options to customize kid mode.
- 4 If necessary, select **Change Passcode** to change the passcode.

NOTE: The passcode is required to access certain features in the Garmin Jr. app when kid mode is turned on. The default passcode is 0000.

- 5 Select .

Deleting a Profile

- 1 From the Garmin Jr. app, select **Home**.
- 2 Select your child.
- 3 Select **Settings > Edit Profile > Delete profile**.

Appearance



You can customize the appearance of the watch face and the quick access features in the glance loop and controls menu.

Watch Face Settings

You can customize the appearance of the watch face by selecting the layout, colors, and additional data. You can also create custom watch faces in the Garmin Jr. app.

Customizing the Watch Face

You can customize the watch face information and appearance.

- 1 Press .
- 2 Select **Watch Face**.
- 3 Scroll up to preview the watch face options.
- 4 Select **Add New** to choose from additional watch face options.
- 5 Select a watch face, and select .

- 6 Select an option:

NOTE: Not all options are available for all watch faces.

- To activate the watch face, select **Apply**.
- To change the data that appears on the watch face, select **Data**.
- To add or change an accent color for the watch face, select **Accent Color**.
- To change the color of the data that appears on the watch face, select **Data Color**.
- To remove the watch face, select **Delete**.

Creating a Custom Watch Face

- 1 From the Garmin Jr. app, select **Home**.
- 2 Select your child.
- 3 Select **Settings > Watch faces > Your designs > Create a watch face**.
- 4 Follow the on-screen instructions.
- 5 Select **Install**.

Glances

Your watch comes preloaded with glances that provide quick information ([Viewing Glances, page 12](#)). You can swipe up from the watch face to scroll through the glances, and you can select a glance to view details. Some glances require an LTE Subscription.


Some glances are not visible by default. You can add them to the glances list manually ([Customizing the Glance List, page 12](#)).

| Name | Description |
|------------------------------------|---|
| Active Minutes | Tracks your time spent participating in moderate to vigorous activities, your weekly active minutes goal, and progress toward your goal. |
| Challenges | Displays your current leaderboard ranking if you participate in a Garmin Connect challenge. |
| Chores | Displays a checklist of chores set up in the Garmin Jr. app. You can mark chores as completed and receive coins with parent or guardian approval. |
| Countdowns | Displays upcoming countdown events. |
| History | Displays your activity history and a graph of your recorded activities (Viewing History, page 8). |
| Last Activity | Displays a brief summary of your last recorded activity. |
| Last Ride Last Run Last Swim | Displays a brief summary of your last recorded activity and history of the specified sport. |
| Moon Phase | Displays the moonrise and moonset times, along with the moon phase, based on your GPS position. |
| Music | Provides music player controls for your watch music. |
| Steps | Tracks your daily step count, step goal, and data for previous days. |
| Sunrise & Sunset | Displays sunrise, sunset, and civil twilight times. |
| Weather | Displays the current temperature and weather forecast. |

Viewing Glances

- From the watch face, swipe up.
The watch scrolls through the glance loop.
- Select a glance to view additional information.
- Swipe left to view additional options and functions for a glance.

Customizing the Glance List

- 1 From the watch face, swipe up.
The watch scrolls through the glance list.
- 2 Select **Edit**.
- 3 Select a glance.
- 4 Select an option:
 - To remove a glance from the list, select .
 - To change the location of a glance in the list, select the glance, and drag it to the desired location on the screen.
- 5 If necessary, select **Add** to add a glance to the list.

Updating the Weather Location

- 1 Swipe up to view the weather glance.
- 2 Select the glance to view the current weather for your location.
- 3 Swipe left.
- 4 Select **Weather Options****Update Current Location**.
- 5 Wait while the watch locates satellites ([Acquiring Satellite Signals, page 43](#)).

Chores and Rewards

You can create a list of chores in the Garmin Jr. app to send to the watch. Your child can mark the chores as completed on the watch to earn coins, which can be traded for rewards.

NOTE: An active LTE Subscription is required to use this feature ([LTE Connected Features, page 3](#)).

Using the Chores Glance

Before you can use the chores glance, you must be assigned chores in the Garmin Jr. app ([Assigning Chores, page 13](#)) and have an active LTE Subscription ([LTE Connected Features, page 3](#)).

- 1 Swipe up to view the chores glance.

The watch displays the updated number of chores completed ① and assigned ② for the day.



- 2 Select the chore you completed.

The chore displays Approving until the chore is approved in the Garmin Jr. app ([Approving Chores, page 13](#)). After the chore is approved, the watch displays the updated number of coins earned.

Coins are available to be redeemed in the Garmin Jr. app ([Redeeming Rewards, page 14](#)).

Assigning Chores

You can create a list of chores to send to the watch ([Using the Chores Glance, page 13](#)).

- 1 From the Garmin Jr. app, select **Home**.
- 2 Select your child, and select **Chores** > > **Add new chore**.
- 3 Enter a name for the chore, or select a chore from the list.
- 4 Select or .
- 5 Select the number of coins to award for the chore.
- 6 If necessary, set the time and days when the chore must be completed.
TIP: You can also turn on an alarm for the chore.
- 7 Select .

Approving Chores

After completing a chore, your child can request approval from the Bounce 2 watch ([Using the Chores Glance, page 13](#)).

- 1 From the Garmin Jr. app, select **Home**.
- 2 Select your child, and select **Chores**.
- 3 Select the chore you want to approve.

Your child receives a notification on the watch when chores are approved.

Creating Rewards

You can create a list of rewards, which your child can purchase with coins.

- 1 From the Garmin Jr. app, select **Home**.
- 2 Select your child, and select **Rewards** > **+** > **Add Name**.
- 3 Enter a name for the reward, or select a reward from the list.
- 4 Select **<** or **←**.
- 5 Select **Price** to set the number of coins your child needs to redeem for the reward.
- 6 If necessary, update the icon and description.
- 7 Select **✓**.

You can redeem rewards in the Garmin Jr. app for your child ([Redeeming Rewards, page 14](#)), or your child can redeem rewards using the Garmin Jr. app in kid mode ([Using Kid Mode, page 10](#)).

Redeeming Rewards

Your child can redeem coins earned for rewards ([Creating Rewards, page 14](#)).


- 1 From the Garmin Jr. app, select **Home**.
- 2 Select your child, and select **Rewards**.
- 3 Select **Redeem** on the reward you want to redeem.

NOTE: If necessary, select **Request** when the Garmin Jr. app is in kid mode and the approval option is turned on ([Using Kid Mode, page 10](#)).




















Coins are deducted from the coin total.

Controls

The controls menu lets you quickly access watch features and options. You can add, reorder, and remove the options in the controls menu ([Customizing the Controls Menu, page 16](#)).




From any screen, hold .



| Icon | Name | Description |
|---|------------------|--|
|  | Alarm Clock | Select to open the alarm clocks app (Setting an Alarm, page 31). |
|  | Brightness | Select to adjust the screen brightness (Display and Brightness Settings, page 35). |
|  | Calculator | Select to use the calculator, including the tip calculator. |
|  | Check In | Select to check in with your current location (Checking in From the Watch, page 18). |
|  | Clocks | Select to open the Clocks app to set an alarm, timer, stopwatch, or view alternate time zones (Clocks, page 31). |
|  | Display | Select to turn off the screen for alerts and gestures (Display and Brightness Settings, page 35). |
|  | Do Not Disturb | Select to enable or disable do not disturb mode to dim the screen and disable alerts and notifications. For example, you can use this mode while watching a movie. |
|  | Flashlight | Select to turn on the screen to use your watch as a flashlight. |
|  | Get Help | Select to send an assistance request (Requesting Assistance, page 17). |
|  | Lock Device | Select to lock the buttons and the touchscreen to prevent inadvertent presses and swipes. |
|  | Music | Select to control music playback on your watch. |
|  | Power Off | Select to turn off the watch. |
|  | Red Shift | Select to turn the screen to shades of red to use the watch in low light conditions. |
|  | Settings | Select to open the settings menu. |
|  | Stopwatch | Select to start the stopwatch. |
|  | Sunrise & Sunset | Select to view sunrise, sunset, and twilight times. |
|  | Sync | Select to sync your watch with your paired phone. |
|  | Timer | Select to set a countdown timer. |
|  | Voice Command | Select to open the voice command app and say a command (Using Voice Commands, page 21). |
|  | Volume | Select to open the watch volume controls. |
|  | Water Ejection | Select to play tones to eject water from the speaker and microphone ports. |
|  | Weather | Select to view the current weather forecast and current conditions. |






Customizing the Controls Menu

You can add, remove, and change the order of the shortcuts in the controls menu ([Controls, page 14](#)).

- 1 Hold .
The controls menu appears.
- 2 Swipe down.
- 3 Select **Edit**.
- 4 Select a shortcut:
 - To change the location of the shortcut in the controls menu, drag it to the desired location on the screen, and select .
 - To remove the shortcut from the controls menu, select .
- 5 If necessary, select **Add** to add a shortcut to the controls menu.



Using the Flashlight Screen

NOTE: Using the flashlight can reduce battery life.

- 1 Hold  to view the controls menu.
- 2 Select .
- 3 Select  or  to adjust the brightness.
- 4 Press  to turn off the flashlight.

Using Do Not Disturb Mode


You can use do not disturb mode to turn off vibrations and the display for alerts and messages. This mode disables the gesture setting ([Display and Brightness Settings, page 35](#)). Your child can use the Bounce 2 watch to request assistance while the watch is in do not disturb mode.

- To manually turn on or off do not disturb mode, hold , and select .
- To automatically turn on do not disturb mode during your child's sleep window, in the Garmin Jr. app ([User and Safety Settings, page 9](#)), select your child and select **Settings > Parental controls > Do not disturb during sleep**.

You can select Silent to silence the watch and allow access to all watch features, or you can select Silent & restricted to silence the watch and restrict access to the watch features.

Setting Up a Shortcut

You can set up a shortcut to your favorite app, glance, or control, such as your alarm clock or the music controls.

- 1 Press .
- 2 Select **Settings > System > Shortcuts**.
- 3 Select a button or button combination to customize.

Safety and Tracking Features

⚠ CAUTION

The safety and tracking features are supplemental features and should not be relied on as a primary method to obtain emergency assistance. The Garmin Jr. app does not contact emergency services on your behalf.

The safety and tracking features require an LTE Subscription and must be set up using the Garmin Jr. app. For subscription information, go to garmin.com/subscriptions.

The Bounce 2 watch has safety and tracking features that require a phone paired with the Garmin Jr. app. Guardians and caregivers in your Garmin Jr. family are notified when your child requests assistance. You can manage Garmin Jr. family members in the Garmin Jr. app.

For more information about safety and tracking features, go to www.garmin.com/safety.

Assistance: Allows your child to start a LiveTrack session and send a notification to guardians and caregivers in your Garmin Jr. family.

LiveTrack: Allows guardians and caregivers in your Garmin Jr. family to send a request to view your child's location in real time.


Requesting Assistance

⚠ CAUTION

Assistance is a supplemental feature and should not be relied upon as a primary method to obtain emergency assistance. The Garmin Jr. app does not contact emergency services on your behalf.

NOTICE

Before you can request assistance, you must set up emergency contacts in the Garmin Jr. app ([Adding Assistance Contacts, page 17](#)). An active LTE Subscription is required to request assistance, and the watch must be in an area of network coverage where data is available. Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

- 1 Hold .
- 2 When you feel three vibrations, release the button to activate the assistance feature.
The countdown screen appears.
TIP: Before the countdown is complete, you can hold any button to cancel the message.

Adding Assistance Contacts

Assistance contact phone numbers are used for the safety and tracking features. You can add guardians or caregivers from your Garmin Jr. family to the assistance call list.

- 1 From the Garmin Jr. app, select **Home**.
- 2 Select your child, and select **Settings > Safety**.
- 3 Follow the on-screen instructions.

LiveTrack

⚠ CAUTION

It is the responsibility of the user to use discretion when sharing location information with others. Always ensure you are aware of and comfortable with whom you share your location information.

The LiveTrack feature lets you track your child's current location, recently visited locations, and the path of their recent travels in real time.

Starting a LiveTrack Session

Before you can start a LiveTrack session, you must pair the watch with the Garmin Jr. app on your phone ([Pairing the Watch with a Parent's or Guardian's Phone, page 3](#)).

- 1 From the Garmin Jr. app, select **Location**.
- 2 Select your child, and select **LiveTrack**.
LiveTrack continues running in the background.

Ending a LiveTrack Session



The LiveTrack session ends automatically after 30 minutes unless you choose to extend it.

From the Garmin Jr. app, select **Location** > **End LiveTrack**.

Location Tracking

Checking in From the Watch

Before your child can check in at a location, you must pair the watch with the Garmin Jr. app on your phone ([Pairing the Watch with a Parent's or Guardian's Phone, page 3](#)).

- 1 Hold  to view the controls menu.
- 2 Select .
- 3 Select **Send**.
The watch sends a message to the parent or guardian and vibrates if vibration is turned on ([Sound & Vibe Settings, page 35](#)).

Viewing Your Child's Current Location


Before you can locate your child, you must pair the watch with the Garmin Jr. app on your phone ([Pairing the Watch with a Parent's or Guardian's Phone, page 3](#)).

- 1 From the Garmin Jr. app, select **Location**.
The last reported location of the watch and the time of the report appear.
- 2 Select **Refresh** to update the location.

Viewing Your Child's Location History

Before you can view your child's location history, you must pair the watch with the Garmin Jr. app on your phone ([Pairing the Watch with a Parent's or Guardian's Phone, page 3](#)).





All approved family members can view your child's location history in the app.

- 1 From the Garmin Jr. app, select **Location** > **History**.
- 2 Select  to view up to seven previous days.

Boundaries


Adding a Boundary

Before you can add a boundary, you must pair the watch with the Garmin Jr. app on your phone ([Pairing the Watch with a Parent's or Guardian's Phone, page 3](#)).


- 1 From the Garmin Jr. app, select **Location** >  > **Add a new boundary**.
- 2 If necessary, tap the default address to update the boundary center.
- 3 If necessary, use the slider to adjust the size of the boundary.
- 4 Select  or .
- 5 Enter a name for the boundary.
- 6 Select **Alerts** to enable alerts when the watch leaves or enters the boundary.
- 7 Select  to save the boundary.

Adding a Temporary Boundary

You can use a temporary boundary to receive an alert when your child leaves a location. The temporary boundary is removed after you receive the alert. You can also set a permanent boundary ([Adding a Boundary, page 18](#)).


- 1 From the Garmin Jr. app, select **Location**.
- 2 Select your child's location.
- 3 Swipe up, and select **Temporary boundary**.
- 4 If necessary, use the slider to adjust the size of the boundary.
- 5 Select .

Deleting a Boundary

- 1 From the Garmin Jr. app, select **Location** >  > **Manage boundaries**.
- 2 Select a boundary.
- 3 Select **Delete boundary** > **Delete**.

Turning On and Off Boundary Alerts

When boundary alerts are turned on, parents and guardians receive a notification when the watch enters or exits a boundary ([Adding a Boundary, page 18](#)).

- 1 From the Garmin Jr. app, select **Location** >  > **Manage boundaries**.
- 2 Select a boundary.
- 3 Select **Alerts** to turn alerts on or off.

Apps and Activities

Your watch includes a variety of preloaded apps and activities.


Apps: Apps provide interactive features for your watch, such as playing games or calling someone from your watch ([Apps, page 20](#)).

Activities: Your watch comes preloaded with indoor and outdoor activity apps, including running, cycling, pool swimming, and more.

For more information about activity tracking and fitness metric accuracy, go to garmin.com/ataccuracy.

Apps


You can customize your watch using the apps menu, which lets you quickly access watch features and options. Some apps require an LTE Subscription. Many apps can also be found in the glances ([Glances, page 11](#)) or controls ([Controls, page 14](#)).

From the watch face, press  to view the apps list.





| Name | More Information |
|------------------|---|
| Calculator | Select to use the calculator, including the tip calculator. |
| Check In | Select to check in with your current location. |
| Clocks | Select to set an alarm, timer, stopwatch, alternate time zone, or countdown event (Clocks, page 31). |
| Countdowns | Displays upcoming countdown events. |
| Games | Select to open a list of games on your watch. |
| History | Select to view your recorded activity history, records, and totals (Viewing History, page 8). |
| Messages | Select to send messages or check for new messages. |
| Moon Phase | Select to view the moonrise and moonset times, along with the moon phase, based on your GPS position. |
| Music | Select to control audio playback using your watch (Listening to Music, page 36). |
| Phone | Select to open the phone controls, such as contacts and the dial pad (Calling from the Watch, page 4). |
| Settings | Select to open the settings menu. |
| Steps | Select to view your daily step count, step goal, and data for previous days. |
| Sunrise & Sunset | Select to view sunrise, sunset, and twilight times. |
| Tips | Select to view interactive watch tips and scan a direct link to support.garmin.com to access the owner's manual for your watch. |
| Voice Command | Select to speak a command for your watch to perform (Using Voice Commands, page 21). |
| Watch Face | Select to customize your watch face. |
| Weather | Select to view the current weather forecast and conditions. |

Starting a Game

- 1 Press .
- 2 Select **Games**.
- 3 Select a game.
- 4 Follow the on-screen instructions.



Game Settings

These settings allow you to customize each preloaded game. Not all settings are available for all game types. Press , select **Games**, select a game, select a level, and select .

Timer: Allows you to earn more points by setting a time limit.

Sounds & Vibe: Turns the sounds and vibrations on or off for the game only ([Sound & Vibe Settings, page 35](#)).

Using Voice Commands

- 1 Select an option:
 - From the watch face, press , and select **Voice Command**.
 - Hold , and select **Voice Command**.

NOTE: You can customize the controls menu ([Customizing the Controls Menu, page 16](#)).
- 2 Say a voice command for the watch to perform ([Watch Voice Commands, page 22](#)).

Watch Voice Commands

The voice command system is designed to detect natural speech. This is a list of commonly used voice commands, but the watch does not require these exact phrases. You can try saying variations of these commands in a way that is natural to you. Go to garmin.com/voicecommand/tips for voice command tips and troubleshooting information.

| Voice Help Command | Function |
|--------------------|---------------------------------------|
| What can I say? | Shows a list of common voice commands |

Device and Screen Functions

| Voice Command | Function |
|------------------------|--|
| Disable do not disturb | Disables do not disturb mode to dim the screen and disable alerts and notifications. |
| Turn on airplane mode | Enables airplane mode to turn off all wireless communications. |
| Increase brightness | Raises the brightness level. |
| Decrease brightness | Lowers the brightness level. |
| Set brightness to 80 | Sets the brightness level to a specified percent. Available numbers are 0-100%. |

Clock Functions

| Voice Command | Function |
|---------------------------------|--|
| Set a timer for fifteen minutes | Sets a countdown timer for the specified time. |
| Pause timer | Pauses the currently running countdown timer. |
| Resume timer | Resumes the paused countdown timer. |
| Cancel timer | Cancels the currently running countdown timer. |
| Start stopwatch | Starts the stopwatch. |
| Stop stopwatch | Stops the stopwatch. |
| Wake me up at 3:15 a.m. | Sets a one-time alarm for the specified time. |

App and Activity Functions


| Voice Command | Function |
|---------------------|------------------------|
| Show me the weather | Opens the weather app. |
| Start a run | Starts a Run activity. |

NOTE: The apps and activities listed are examples, but you can control all of the default apps and activities with voice commands ([Apps, page 20](#)), ([Activities, page 23](#)).

Media Functions

| Voice Command | Function |
|--------------------|--|
| Change volume to 8 | Adjusts the volume to the specified level. Available numbers are 0-10 or 0-100%. |
| Increase volume | Raises the audio volume. |
| Decrease volume | Lowers the audio volume. |
| Play music | Plays the currently selected media. |
| Next song | Plays the next media track. |
| Previous song | Plays the previous media track. |
| Pause music | Pauses the currently playing media. |
| Mute | Silences all audio. |
| Unmute | Turns on all audio. |

Activities

From the watch face, press , select **Activities**, and swipe up to scroll through the activities. Your favorite activities list appears at the top of the list ([Customizing Your Favorite Activities List, page 27](#)).

NOTE: Some activities appear in more than one category.



| Category | Activities |
|---------------|---|
| Running | Indoor Track, Run, Track Run, Trail Run, Treadmill |
| Cycling | Bike, Bike Commute, Bike Indoor, BMX, eBike, Gravel Bike, MTB, Road Bike |
| Swimming | Pool Swim |
| Gym | Boxing, Cardio, Elliptical, Jump Rope, Mixed Martial Arts, Row Indoor, Stair Stepper, Walk Indoor, Yoga |
| Outdoor | Archery, Disc Golf, Hike, Horseback, Inline Skating, Mountaineering, Walk |
| Winter Sports | Ice Skating, Ski, Snowboard, Snowshoe, XC Classic Ski |
| Water Sports | Boat, Kayak, Row, Snorkel, SUP |
| Team Sports | American Football, Baseball, Basketball, Cricket, Field Hockey, Ice Hockey, Lacrosse, Rugby, Soccer/Football, Softball, Volleyball, Ultimate Disc |
| Racket Sports | Badminton, Padel, Pickleball, Platform Tennis, Racquetball, Squash, Table Tennis, Tennis |



Activity Goal


To improve children's health, organizations such as the U.S. Centers for Disease Control and Prevention recommend at least 60 minutes of physical activity each day. This can include moderate intensity activity, such as brisk walking, or vigorous intensity activity, such as running.

The watch encourages children to be active by displaying their progress toward the 60 minute daily goal.

Starting an Activity



When you start an activity, GPS turns on automatically (if required).

- 1 From the watch face, press .
- 2 Select an option:
 - Select a pinned activity ([Customizing Activities and Apps, page 27](#)).
 - Select  or **Activities**, and select an activity from your favorites list or an activity category.
- 3 If the activity requires GPS signals, go outside to an area with a clear view of the sky, and wait until the watch is ready.

The watch is ready after it acquires GPS signals (if required).
- 4 Press  to start the activity timer.






The watch records activity data only while the activity timer is running.

Tips for Recording Activities

- Charge the watch before starting an activity ([Charging the Watch, page 39](#)).
- For some activities, press  to record laps, start a new set or pose, or advance to the next workout step. You can select  to discard a lap for certain activities ([How can I undo a lap button press?, page 43](#)).
- Swipe up or down to view additional data screens.

Stopping an Activity






Not all options are available for all activity types.

- 1 Press .
- 2 Select an option:
 - To resume your activity, select **Resume**.
 - To save the activity and view the details, select , and select an option.
 - To mark a lap, select **Lap**.
You can select  to discard a lap for certain activities ([How can I undo a lap button press?, page 43](#)).
 - To discard the activity, select , and press .

NOTE: After stopping the activity, the watch saves it automatically after 30 minutes.

Running





Going for a Run

- 1 Press .
- 2 Select **Activities > Run**.
- 3 Go outside, and wait while the watch locates satellites.
- 4 Press  to start the activity timer.
The watch records activity data only while the activity timer is running.
- 5 Go for a run.
- 6 Press  to record laps (optional).
- 7 Swipe up or down to scroll through data screens.
- 8 After you complete your activity, press , and select .

Going for a Track Run

Before you go for a track run, make sure you are running on a standard-shape, 400 m track.

You can use the track run activity to record your outdoor track data, including distance in meters and lap splits.

- 1 Stand on the outdoor track.
- 2 From the watch face, press .
- 3 Select **Activities > Running > Track Run**.
- 4 Wait while the watch locates satellites.
- 5 If you are running in lane 1, skip to step 8.
- 6 Select **Lane Number**.
- 7 Select a lane number.
- 8 Press .
- 9 Run around the track.
- 10 After you complete your activity, press , and select .




Tips for Recording a Track Run

The Garmin track database contains over 10,000 tracks from all over the world.

- Wait until the watch acquires satellite signals before starting a track run.
- If your watch does not recognize the track, run four laps to calibrate your track distance.
You should run slightly past your starting point to complete the lap.
- Run each lap in the same lane.
NOTE: The default Auto Lap[®] distance is 1600 m, or four laps around the track.
- If you are running in a lane other than lane 1, set the lane number in the activity settings.



Calibrating the Treadmill Distance



To record more accurate distances for your treadmill runs, you can calibrate the treadmill distance after you run at least 2.4 km (1.5 mi.) on a treadmill. If you use different treadmills, you can manually calibrate the treadmill distance on each treadmill or after each run.

- 1 Start a treadmill activity ([Starting an Activity, page 24](#)).
- 2 Run on the treadmill until your watch records at least 2.4 km (1.5 mi.).
- 3 After you finish the activity, press  to stop the activity timer.
- 4 Select an option:
 - To calibrate the treadmill distance the first time, select .
 - The device prompts you to complete the treadmill calibration.
 - To manually calibrate the treadmill distance after the first-time calibration, select **Calibrate & Save** > .
- 5 Check the treadmill display for the distance traveled, and enter the distance on your watch.

Cycling

Going for a Ride







- 1 Press .
- 2 Select **Activities** > **Cycling** > **Bike**.
- 3 Go outside, and wait while the watch locates satellites.
- 4 Press  to start the activity timer.

The watch records activity data only while the activity timer is running.
- 5 Start your activity.
- 6 Swipe up or down to scroll through data screens.
- 7 After you complete your activity, press , and select .

Swimming

Going for a Pool Swim

NOTE: The touchscreen is not available during swim activities.

- 1 Press .
- 2 Select **Pool Swim**.
- 3 Select your pool size, or enter a custom size.
- 4 Press  to start the activity timer.
- 5 Start swimming.
- 6 Press  after each pool length.
- 7 After you complete your activity, press  to stop the activity timer.
- 8 Select an option:
 - To save the activity, hold .
 - To discard the activity, hold .

Winter Sports

Viewing Your Ski Runs





Your watch records the details of each downhill skiing or snowboarding run using the auto run feature. This feature is turned on by default for downhill skiing and snowboarding. It automatically records new ski runs when you start moving down hill.

- 1 Start a skiing or snowboarding activity.
- 2 Swipe right.
- 3 Select **View Runs**.
- 4 Swipe up to view details of your last run, your current run, and your total runs.
The run screens include time, distance traveled, maximum speed, average speed, and total descent.

Customizing Activities and Apps




You can customize the activities and apps list, data screens, data fields, and other settings.

Customizing the App List

- 1 Press .
- 2 Select **Edit**.
- 3 Select **Add**, and select one or more apps to add to the app list.
- 4 Select an option:
 - To change the location of an app in the list, select the app, scroll up or down to move the app, and press  to select the new location.
 - To remove an app from the list, select the app, and select .
- 5 Select .



Customizing Your Favorite Activities List

Your favorite activities list provides quick access to the activities you use the most.

- 1 Press .
- 2 Select **Activities**.
If you have already selected your favorite activities, they appear at the top of the list.
- 3 Select **Edit**.
- 4 Select an option:
 - To change the location of an activity in the list, select the activity, scroll up or down to move the activity, and press  to select the new location.
 - To remove a favorite activity, select the activity, and select .
 - To add a favorite activity, select **Add**, and select one or more activities.

Pinning a Favorite Activity to the List


You can pin up to three favorite activities to the top of the apps and activities list.

- 1 Press .
- 2 Select **Activities** > **Edit**.
- 3 Scroll to a favorite activity ([Customizing Your Favorite Activities List, page 27](#)).
- 4 Select  next to the favorite activity.

The next time you open the apps and activities list, the pinned activity appears at the top of the list.

Activity Settings

These settings allow you to customize each preloaded activity based on your needs. For example, you can customize data screens and enable alerts and training features. Not all settings are available for all activity types. Some activity types have separate settings lists.

From the watch face, press , select **Activities**, select an activity, scroll down, and select the activity settings.

Alerts: Sets the training or navigation alerts for the activity ([Activity Alerts, page 29](#)).

Auto Lap: Sets the options for the Auto Lap feature to automatically mark laps. The **By Distance** option marks laps at a specific distance. When you complete a lap, a customizable lap alert message appears. This feature is helpful for comparing your performance over different parts of an activity.

Auto Pause: Sets the options for the Auto Pause® feature to stop recording data when you stop moving or when you drop below a specified speed. This feature is helpful if your activity includes stop lights or other places where you must stop.

Auto Run: Automatically detects ski and snowboard runs using the built-in accelerometer ([Viewing Your Ski Runs, page 27](#)).

Auto Scroll: Automatically scrolls through all of the activity data screens while the activity timer is running.

Edit Weight: Prompts you to add the weight used for an exercise set during a cardio activity.

Jump Mode: Sets the jump rope activity target to a set time, number of reps, or open ended.

Lane Number: Sets your lane number for track running.

Laps: Configures the settings for the **Auto Lap**, **Lap Key**, and **Lap Alert** options.

Lap Alert: Sets the data fields to show for laps.

Lap Key: Enables the  button for recording a lap or rest during an activity.

Rename: Sets the activity name.

Restore Defaults: Resets the activity settings.

Touch Lock: Enables swiping down from the top of the screen to unlock the touchscreen.

Activity Alerts

You can set alerts for each activity, which can help you to train toward specific goals, to increase your awareness of your environment, and to navigate to your destination. Some alerts are available only for specific activities. There are three types of alerts: event alerts, range alerts, and recurring alerts.


Event alert: An event alert notifies you one time. The event is a specific value. For example, you can set the watch to alert you when you burn a specified number of calories.

Range alert: A range alert notifies you each time the watch is above or below a specified range of values. For example, you can set the watch to alert you when exceed a certain speed during a cycling activity.

Recurring alert: A recurring alert notifies you each time the watch records a specified value or interval. For example, you can set the watch to alert you every 30 minutes.

| Alert Name | Alert Type | Description |
|-------------|------------------|--|
| Cadence | Range | You can set minimum and maximum cadence values. |
| Calories | Event, recurring | You can set the number of calories. |
| Distance | Event, recurring | You can set a distance interval. |
| Pace | Range | You can set minimum and maximum pace values. |
| Proximity | Event | You can set a radius from a saved location. |
| Run/Walk | Recurring | You can set timed walking breaks at regular intervals. |
| Speed | Range | You can set minimum and maximum speed values. |
| Stroke Rate | Range | You can set high or low strokes per minute. |
| Time | Event, recurring | You can set a time interval. |
| Track Timer | Recurring | You can set a track time interval in seconds. |

Setting an Alert

- 1 Press .
- 2 Select **Activities**, and select an activity.
NOTE: This feature is not available for all activities.
- 3 Scroll down, and select the activity settings.
- 4 Select **Alerts**.
- 5 Select an option:
 - Select **Add New** to add a new alert for the activity.
 - Select the alert name to edit an existing alert.
- 6 If necessary, select the type of alert.
- 7 Select a zone, enter the minimum and maximum values, or enter a custom value for the alert.
- 8 If necessary, turn on the alert.

For event and recurring alerts, a message appears each time you reach the alert value. For range alerts, a message appears each time you exceed or drop below the specified range (minimum and maximum values).

History



History includes time, distance, average pace or speed, and lap data.

NOTE: When the device memory is full, your oldest data is overwritten.

Using History

History contains saved activity data, records, and totals.


The watch has a history glance for quick access to your activity data ([Glances, page 11](#)).

- 1 Press .
- 2 Select **History**.
A bar graph of your recent activities appears.
- 3 Swipe left to view options.
- 4 Select an option:
 - To change the time period for the bar graph, select **Graph Options**.
 - To view your personal records by sport, select **Records** ([Personal Records, page 30](#)).
 - To view your weekly or monthly totals, select **Totals** ([Viewing Data Totals, page 31](#)).
- 5 Press  to return to the bar graph.
- 6 Scroll down to view your activity history.
- 7 Select an activity.
- 8 Swipe left to view options.

Personal Records



When you complete an activity, the watch displays any new personal records you achieved during that activity. Personal records include your fastest time over several typical race distances, highest strength activity weight for major movements, and longest run, ride, or swim.

Viewing Your Personal Records

- 1 Press .
- 2 Select **History**.
- 3 Swipe left to view options.
- 4 Select **Records**.
- 5 Select a sport.
- 6 Select a record.
- 7 Select **View Record**.




Restoring a Personal Record

You can set each personal record back to the one previously recorded.

- 1 Press .
- 2 Select **History**.
- 3 Swipe left to view options.
- 4 Select **Records**.
- 5 Select a sport.
- 6 Select a record to restore.
- 7 Select **Previous** > .

NOTE: This does not delete any saved activities.


Clearing Personal Records

- 1 Press .
- 2 Select **History**.
- 3 Swipe left to view options.
- 4 Select **Records**.
- 5 Select a sport.
- 6 Select an option:
 - To delete one record, select a record, and select **Clear Record** > .
 - To delete all records for the sport, select **Clear All Records** > .

NOTE: This does not delete any saved activities.

Viewing Data Totals



You can view the accumulated distance and time data saved to your watch.

- 1 Press .
- 2 Select **History**.
- 3 Swipe left to view options.
- 4 Select **Totals**.
- 5 Select an activity.
- 6 Select an option to view weekly or monthly totals.


Clocks

Setting an Alarm





You can set multiple alarms.

- 1 Press .
- 2 Select **Clocks** > **Alarms**.
- 3 Select an option:
 - To set and save an alarm for the first time, enter the alarm time.
 - To set and save additional alarms, select **Add Alarm**, and enter the alarm time.
- 4 Scroll down for more options.
- 5 Select .


Editing an Alarm

- 1 Press .
- 2 Select **Clocks** > **Alarms**.
- 3 Select an alarm.
- 4 Select an option:
 - To turn the alarm on or off, select **Status**.
 - To change the alarm time, select **Time**.
 - To set the alarm to repeat regularly, select **Repeat**, and select when the alarm should repeat.
 - To select the type of alarm notification, select **Sound & Vibe**.
 - To select a description for the alarm, select **Label**.
 - To select an icon for the alarm, select **Icon**.
 - To delete the alarm, select **Delete**.




Using the Countdown Timer

- 1 Press .
- 2 Select **Clocks > Timers**.
- 3 If you have never saved a timer, select a timer or enter a custom timer.
- 4 If you previously saved a timer, select an option:
 - To set a new countdown timer without saving it, select **Quick Timer**, and enter the time.
 - To set and save a new countdown timer, select **Edit > Add Timer**, and enter the time.
 - To set a saved countdown timer, select the saved timer.
- 5 Press  to start the timer.
- 6 If necessary, select an option:
 - To stop the timer with the remaining time, select .
 - To restart the timer, select .
 - To stop the timer and reset it, swipe left and select **Cancel Timer**.
 - To save the timer, swipe left and select **Save Timer**.
 - To automatically restart the timer after it expires, swipe left and select **Auto Restart**.
 - To customize the timer notification, swipe left and select **Sound & Vibe**.

Deleting a Countdown Timer



- 1 Press .
- 2 Select **Clocks > Timers > Edit**.
- 3 Select a timer.
- 4 Select **Delete**.

Using the Stopwatch


- 1 Press .
- 2 Select **Clocks > Stopwatch**.
- 3 Press  to start the timer.
- 4 Press  to restart the lap timer ①.




The total stopwatch time ② continues running.

- 5 Press  to stop both timers.
- 6 Select an option:
 - To reset both timers, select .
 - To save the stopwatch time as an activity, swipe left, and select **Save Activity**.
 - To enable or disable lap recording, swipe left, and select **Lap Key**.


Adding a Countdown Event

- 1 Press .
- 2 Select **Clocks > Countdowns > Add**.
- 3 Enter a name.
- 4 Select a year, month, and day.
- 5 Select an option:
 - Select **All Day**.
 - Select **Specific Time**, and enter a time.
- 6 Select an icon.

Editing a Countdown Event

- 1 Press .
- 2 Select **Clocks > Countdowns**.
- 3 Select a countdown event.
- 4 Swipe left, and select **Set As Favorite** to show the countdown event in the glances list (optional).
- 5 Swipe left, and select **Edit Countdown**.
- 6 Select an option to edit:
 - To rename the event, select **Name**.
 - To change the date, select **Date**.
 - To change the time, select **Time**.
 - To change the event type, select **Type**.
 - To add an abbreviated name for the event, select **Abbreviation**.
 - To add event reminders, select **Reminders**.
 - To repeat the event every year, select **Repeat Annually**.
 - To remove the event, select **Delete Countdown**.

Notifications and Alerts Settings

From the watch face, press , and select **Settings > Notifications & Alerts**.

Calls


Sets the ringtone and vibrations for incoming call alerts ([Customizing Call Alerts, page 34](#)).

Texts


Sets the tone and vibrations for incoming text alerts ([Customizing Message Alerts, page 34](#)).

Time: Sets time alerts ([Setting Time Alerts, page 35](#)).


Customizing Call Alerts

- 1 Press .
- 2 Select **Settings > Notifications & Alerts > Calls**.
- 3 Select an option:
 - To customize the ringtone for incoming calls, select **Ringtone**.
 - To customize the vibration pattern for incoming calls, select **Vibration Options**.


Customizing Message Alerts

- 1 Press .
- 2 Select **Settings > Notifications & Alerts > Texts**.
- 3 Select an option:
 - To customize the ringtone for incoming text, voice, or emoji messages, select **Ringtone**.
 - To turn vibrations on or off for incoming text, voice, or emoji messages, select **Vibration**.
 - To customize the vibration pattern for incoming text, voice, or emoji messages, select **Vibration Options**.

Setting Time Alerts

- 1 Press .
- 2 Select **Settings** > **Notifications & Alerts** > **Time**.
- 3 Select an option:
 - To set an alert to sound a specific number of minutes or hours before the actual sunset occurs, select **Til Sunset** > **Status** > **On**, select **Time**, and enter the time.
 - To set an alert to sound a specific number of minutes or hours before the actual sunrise occurs, select **Til Sunrise** > **Status** > **On**, select **Time**, and enter the time.
 - To set an alert to sound every hour, select **Hourly** > **On**.

Sound & Vibe Settings

From the watch face, press , and select **Settings** > **Sound & Vibe**.

Volume: Mutes all sounds or adjusts the speaker volume.

Alert Tones: Plays a tone for alerts.

Button Tones: Plays a tone when you press a button.

Vibration: Sets watch vibrations for the watch, alerts, and button presses.

Display and Brightness Settings

From the watch face, press , and select **Settings** > **Display & Brightness**.

: Sets the brightness level of the screen.

Theme

Sets the color theme of the watch display.

Text Size: Adjusts the size of the text on the screen.

Red Shift: Turns the screen to shades of red, green, or orange so that you can use the watch in low light conditions and help preserve your night vision.

Gesture: Turns on the screen when you raise and turn your arm to look at your wrist.

Timeout: Sets the length of time before the screen turns off.

Touch Lock: Locks the screen to prevent inadvertent screen touches. Turning on this option requires you to swipe down from the top of the screen to unlock the touchscreen.

Music

On a Bounce 2 watch, you can download audio content to your watch from a third-party provider. To listen to audio content stored on your watch, you can connect Bluetooth headphones. You can also listen to audio content directly through the speaker in your watch.

Setting Up Music on the Watch

- 1 Enable music in the Garmin Jr. app settings ([Enabling Music from the Garmin Jr. App](#)[Enabling Music from the Garmin Jr. App](#), page 35).
- 2 Select a music provider from the child's settings in the Garmin Jr. app ([Setting Up Music on the Watch](#), page 35).

Enabling Music from the Garmin Jr. App

From the Garmin Jr.app, select **•••** > **App settings** > **Music**.

Setting Up Music on the Watch



- 1 Enable music in the Garmin Jr. app settings ([Enabling Music from the Garmin Jr. App](#), page 35).
- 2 Select a music provider from the child's settings in the Garmin Jr. app ([Setting Up Music on the Watch](#), page 35).

Enabling Music from the Garmin Jr. App

From the Garmin Jr.app, select ●●● > **App settings** > **Music**.


Connecting Bluetooth Headphones

To listen to music loaded onto your Bounce 2 watch, you can connect Bluetooth headphones or use the internal speaker in the watch.

- 1 Bring the headphones within 2 m (6.6 ft.) of your watch.
- 2 Enable pairing mode on the headphones.
- 3 Press .
- 4 Select **Music**.
- 5 Select a music provider, and select a playlist.
- 6 Select ●●● >  > **Audio Output** > **Add New**.
- 7 Select your headphones.

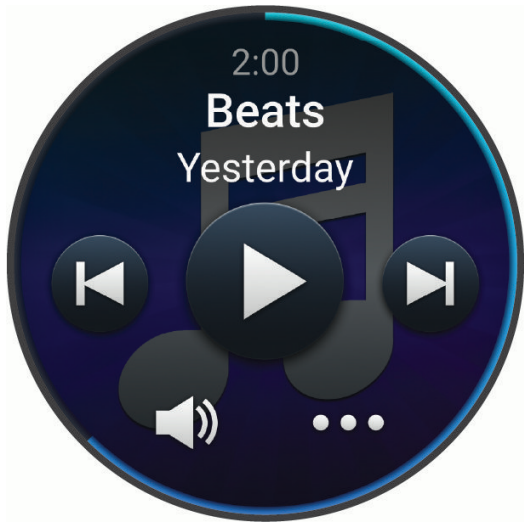
Listening to Music

Before you listen to music on your watch, a parent or guardian must enable music and add a provider ([Setting Up Music on the Watch](#), page 35).

- 1 If necessary, connect your Bluetooth headphones ([Connecting Bluetooth Headphones](#), page 36).
- 2 Open the music controls.
- 3 Select a playlist.
- 4 Select .

Music Playback Controls

NOTE: During an activity, you can swipe left to view the music playback controls. Music playback controls may look different, depending on the selected music source.



| | |
|-----------------|---|
| ... | Select to view more music playback controls. |
| Speaker icon | Select to adjust the volume. |
| Play/Pause icon | Select to play and pause the current audio file. |
| Next icon | Select to skip to the next audio file in the playlist. Hold to fast forward through the current audio file. |
| Previous icon | Select to restart the current audio file. Select twice to skip to the previous audio file in the playlist. Hold to rewind through the current audio file. |
| Repeat icon | Select to change the repeat mode. |
| Shuffle icon | Select to change the shuffle mode. |

System Settings

From the watch face, press , and select **Settings > System**.

Shortcuts: Assigns shortcuts to buttons ([Customizing the Button Shortcuts, page 38](#)).

Time: Adjusts the time settings.

Units

Sets the units of measure ([Changing the Units of Measure, page 38](#)).

Do Not Disturb: Enables do not disturb mode to dim the screen and disable alerts and notifications ([Using Do Not Disturb Mode, page 16](#)).


Airplane Mode

Enables airplane mode to turn off all wireless communications.

Software Update: Installs downloaded software updates, enables automatic updates, and allows you to manually check for updates ([Product Updates, page 41](#)).

About: Displays device, software, license, and regulatory information ([Viewing Device Information, page 40](#)).

Date and Time Settings


From the watch face, press , and select **Settings > System > Time**.

Time Format: Sets the watch to show time in a 12-hour, 24-hour, or military format.

Date Format: Sets the display order for the day, month, and year for dates.


Changing the Units of Measure

You can customize units of measure for distance and temperature.

- 1 Press .
- 2 Select **Settings > System > Units**.
- 3 Select a measurement type.
- 4 Select a unit of measure.

Customizing the Button Shortcuts

You can customize the hold function of individual buttons and combinations of buttons.

- 1 Press .
- 2 Select **Settings > System > Shortcuts**.
- 3 Select a button or combination of buttons to customize.
- 4 Select a function.

Device Information

About the AMOLED Display

By default, the watch settings are optimized for battery life and performance ([Maximizing Battery Life, page 43](#)).

Image persistence, or pixel "burn-in," is normal behavior for AMOLED devices. To extend the display life, you should avoid displaying static images at high brightness levels for long time periods. To minimize burn-in, the Bounce 2 display turns off after the selected timeout ([Display and Brightness Settings, page 35](#)). You can turn your wrist toward your body, tap the touchscreen, or press a button to wake the watch.

Charging the Watch

⚠ WARNING

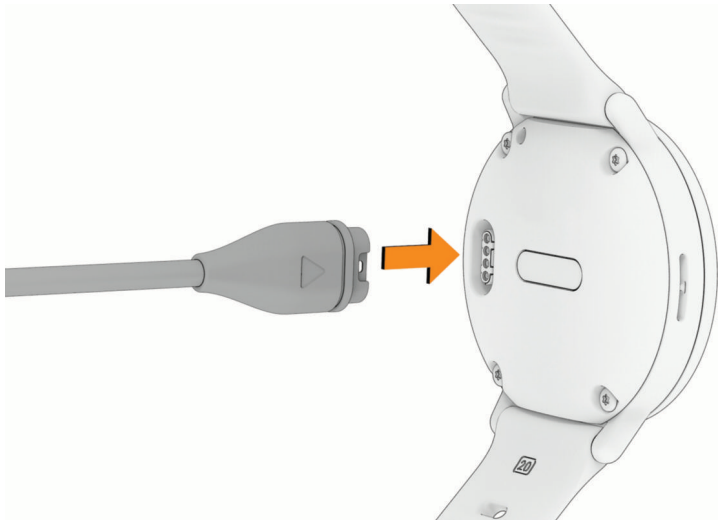
This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions.

Your watch comes with a proprietary charging cable. For optional accessories and replacement parts, go to buy.garmin.com, or contact your Garmin dealer.

- 1 Plug the cable (▲ end) into the charging port on your watch.



- 2 Plug the other end of the cable into a USB-C® computer port or AC adapter (5 W minimum power rating).
The watch displays the current battery charge level.
- 3 Disconnect the watch after the battery charge level reaches 100%.

Specifications

| | |
|--|--|
| Battery type | Rechargeable, built-in lithium-ion battery |
| Water rating | 5 ATM ¹ |
| Operating and storage temperature range | From -20° to 60°C (from -4° to 140°F) |
| USB charging temperature range | From 0° to 45°C (from 32° to 113°F) |
| EU wireless frequencies and transmit power | 2400 – 2483,5 MHz: < 20 dBm 5150 – 5250 MHz: < 23 dBm 5725 – 5850 MHz: < 20 dBm LTE (B3, B8, B20): < 25 dBm |
| EU SAR values | < 1,94 W/kg limb, < 0,51 W/kg/head |

Battery Information

The actual battery life depends on the features enabled on your watch, such as notifications, GPS, and music. The estimated battery life is up to 2 days.

¹ The device withstands pressure equivalent to a depth of 50 m. For more information, go to www.garmin.com/waterrating.


Viewing Device Information

You can view device information, such as the unit ID, software version, regulatory information, and license agreement.

- 1 Press .
- 2 Select **Settings** > **System** > **About**.

Viewing E-label Regulatory and Compliance Information

The label for this device is provided electronically. The e-label may provide regulatory information, such as identification numbers provided by the FCC or regional compliance markings, as well as applicable product and licensing information.

- 1 Press .
- 2 From the settings menu, select **System**.
- 3 Select **About**.

Device Care

NOTICE

Do not use a sharp object to clean the device.

Never use a hard or sharp object to operate the touchscreen, or damage may result.

Do not expose the microphone and speaker openings to sunscreen or other chemicals. Doing so could clog or otherwise adversely affect the microphone and speaker, degrading their performance.

Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.

Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

Cleaning the Watch

⚠ CAUTION

Some users may experience skin irritation after prolonged use of the watch, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the watch and give your skin time to heal. To help prevent skin irritation, ensure the watch is clean and dry, and do not overtighten the watch on your wrist.

TIP: For more information, go to www.garmin.com/fitandcare.

- 1 Rinse with water, or use a damp lint-free cloth.
- 2 Allow the watch to dry completely.

Band Replacement

The adjustable band is designed to fit children 6 and older. The watch is compatible with 20 mm bands. You can contact Garmin customer support for information about replacement parts.

Troubleshooting

Product Updates

Your device automatically checks for updates when paired with a phone using Bluetooth technology or when connected to Wi-Fi. You can manually check for updates from the system settings ([System Settings, page 37](#)). On your computer, install Garmin Express™ (garmin.com/express). On your phone, install the Garmin Jr. app. This provides easy access to these services for Garmin devices:

- Software updates
- Data uploads to the Garmin Jr. app on your phone
- Product registration


Getting More Information


You can find more information about this product on the Garmin website.

- Go to support.garmin.com for additional manuals, articles, and software updates.
- Go to buy.garmin.com, or contact your Garmin dealer for information about optional accessories and replacement parts.

Restarting the Watch

If the watch stops responding, you may need to restart it. This does not erase any of your data.

- 1 Hold  until the watch displays .

NOTE: You must keep holding  to avoid sending an assistance alert (approximately 10 seconds).

- 2 Release .

The watch restarts.

Resetting All Default Settings

You can reset all of the watch settings to the factory default values.

NOTE: Resetting the watch also clears all data, such as activities. You should sync the watch with the Garmin Jr. app to upload activity data before you reset the watch.

- 1 From the Garmin Jr. app, select **Home**.
- 2 Select your child.
- 3 Select **Settings** > **Device details** > **Remotely reset Bounce 2** > **Reset now** > **Reset**.

Is my phone compatible with my watch?


The Bounce 2 watch is compatible with phones using Bluetooth technology.

Go to www.garmin.com/ble-jr for Bluetooth compatibility information.

Go to for voice functionality compatibility information.

My watch is in the wrong language


You must change the watch language in the Garmin Jr. app.

- 1 From the Garmin Jr. app, select **Home**, select your child, and select **Settings** > **Language**.
- 2 Select a language.
- 3 Select .

The watch language updates the next time the watch syncs with the Garmin Jr. app.

My phone will not connect to the watch

If your phone will not connect to the watch, you can try these tips.

- Turn off your phone and your watch, and turn them back on again.
- Enable Bluetooth technology on your phone.
- Update the Garmin Jr. app to the latest version.
- Remove your watch from the Garmin Jr. app and the Bluetooth settings on your phone to retry the pairing process.
- If you bought a new phone, remove your watch from the Garmin Jr. app on the phone you intend to stop using.
- Bring your phone within 10 m (33 ft.) of the watch.
- On your phone, open the Garmin Jr. app, and select **Garmin Devices > Add Device** to enter pairing mode.
- From the watch face, press , and select **Settings > Sync & Pair > Pair**.

How do I pair an additional watch with the Garmin Jr. app?

If you have already paired a watch with the Garmin Jr. app, you can add a new child and watch from the kid menu. You can pair up to eight watches.

NOTE: You must remove a watch from a child before adding a new watch for that child.


- 1 Open the Garmin Jr. app.
- 2 Select **Home > + > Add a new child or device**.
- 3 Select an option:
 - To add a new watch for an existing child, select the child.
 - To add a new watch for a new child, select **New kid**.
- 4 Follow the on-screen instructions.

Can my child send messages to other children?

Other children must be set up as contacts in the Garmin Jr. app ([Adding Messaging Contacts, page 8](#)).

My watch doesn't display the correct time

The watch updates the time and date when it syncs with a paired phone or when the watch acquires GPS signals. You should sync the watch to receive the correct time when you change time zones and to update for daylight saving time.


- Press , and select **Settings > Sync & Pair > Sync**.
- Go outdoors to an open area with a clear view of the sky, start an activity, and wait while the watch acquires satellite signals.

Locating a Lost Watch


You can use this feature to help locate a lost Bounce 2 watch that is within range of a paired phone.

TIP: If you are unable to find the watch nearby, try to view the current location of the watch ([Viewing Your Child's Current Location, page 18](#)).

- 1 From the Garmin Jr. app, select **Home**.
- 2 Select your child, and select **Settings > Find my watch**.

The phone begins searching for the paired Bounce 2 watch. The watch vibrates and also beeps if audible tones are turned on ([Sound & Vibe Settings, page 35](#)).
- 3 Press  on the watch to stop searching.

How can I undo a lap button press?

During an activity, you might accidentally press the lap button. In most cases,  appears on the screen next to a button, and you will have a few seconds to press the button and discard the most recent lap. The lap undo feature is available for activities that support manual laps, such as running and walking. The lap undo feature is not available for activities that trigger automatic laps, runs, rests, or pauses, such as skiing and pool swimming.

Activity Tracking

For more information about activity tracking accuracy, go to garmin.com/ataccuracy.

My step count doesn't seem accurate

If your step count doesn't seem accurate, you can try these tips.

- Go to garmin.com/ataccuracy.
- Wear the watch on your non-dominant wrist.
- Carry the watch in your pocket when actively using your hands or arms only.
NOTE: The watch may interpret some repetitive motions, such as clapping your hands or brushing your teeth, as steps.

Maximizing Battery Life

You can do several things to extend the life of the battery.

- Reduce the display brightness and timeout (*Display and Brightness Settings, page 35*).
- Turn off wrist gestures (*Display and Brightness Settings, page 35*).
- Reduce the vibration level (*Sound & Vibe Settings, page 35*).

Acquiring Satellite Signals

The watch may need a clear view of the sky to acquire satellite signals.

- 1 Go outdoors to an open area.
The front of the watch should be oriented toward the sky.
- 2 Wait while the watch locates satellites.
It may take 30 to 60 seconds to locate satellite signals.

