

How to Juggle!

You will need - Your hands & 3 pairs of clean socks!

First, roll your socks up into 3 balls, these are now you're JUGGLING BALLS!

Juggling with 1 ball -

Begin by throwing 1 ball from one hand to the other & back again. Can you do this 5 times? Can you throw then clap before you catch it?

Juggling with 2 balls -

Start with 2 balls, one in each hand.

Imagine you have an imaginary box in front of you.

Throw ball 1 up across your body to the opposite top corner of your box. When it starts to drop this is your cue to throw ball 2 across your body to the other top corner.

Now see if you can reverse this pattern.

Juggling with 3 balls -

Start with 2 balls in one hand & 1 ball in the other.

Throw ball 1 up across your body to the opposite top corner of your box. When it starts to drop, throw ball 2 across your body to the other top corner. When it starts to drop throw ball 3 across your body to the other top corner.

Now see if you can reverse the pattern.

Can you do it 5 times?

YOU ARE JUGGLING!!!