



# Let's Juggle!

**Mission Mandate****Connection/Project:**

Healthy Living/Arts and Communication

**Life Skills:**

Healthy Lifestyle Choices  
Problem-Solving

**Grade Level:** 3 - adult

**Time:** 20 - 30 minutes,  
depending on size of group

**Supplies Needed:**

- (9) nine-inch latex balloons
- (3) fold top (not zip lock) sandwich baggies
- sharp scissors
- 1/4 cup measure
- 2 1/4 cups wild bird seed mix

**Youth Roles:**

- Help gather and prepare lesson materials.
- Demonstrate how to make the juggling balls.
- Guide other youth in construction of the juggling balls.

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**Background**

Research has shown that juggling can increase brain size and improve physical fitness. It is a low cost activity that requires no special equipment. All that is needed is three things of equal size and weight (about the size and weight of an apple) and a lot of enthusiasm!

**What to Do****I. Activity: Homemade Juggling Balls**

Follow the instructions below to make three juggling balls.

- Cut the necks (about 1 1/2") off of three balloons.
- Measure out 1/4 cup of wild bird seed mix and place it into a sandwich bag. Do this two more times. You should have 3/4 cup of bird seed in the sandwich bag when finished.
- Twist the top of the sandwich bag shut.
- Take one of the balloons and grasp the opening with two fingers from each hand and pull it open.
- Have a friend hold the sandwich bag shut, and place it into the balloon with the twisted top down. This will help keep the sandwich bag shut and the bird seed in.
- Take another balloon and pull it open and have a friend place the juggling ball into the balloon. Do this again, and you should have a total of three balloons over top of the sandwich bag.
- Pat yourself on the back and shake your friend's hand – you have one ball done!
- Repeat the above instructions two more times and you will have created three juggling balls.

**II. Learn to Juggle**

- Now that you have juggling balls, Wisconsin 4-H has a great new juggling project resource to help you learn how to juggle: **4-H Juggling with Andy Talen**. The DVD and booklet have step-by-step instructions that will teach you how to juggle. The DVD can be purchased at the UW-Extension Learning Store (<http://learningstore.uwex.edu>, Item #4H856).

**Hint for younger learners:** Juggling scarves, made from nylon net, float and are easier to handle for new learners.

### **Talk it Over**

#### Reflect

- What were your thoughts about juggling before you tried it?
- What were challenges for you when you first tried to juggle?
- What were some of the ways (strategies) that you used to develop your skill?

#### Apply

- How do you approach something that is probably going to be hard for you to do?
- What sort of things (strategies) help you to be successful in learning something new?
- What other challenges do you have right now?
- How might you approach them? How might your juggling strategies help with your other challenges?