



CHALLENGE

Engaging in tricky things helps us to grow, learn and, connect with others.

Activity overview

Learn how to keep multiple items in the air at once

Equipment required

Juggling balls (or pairs of socks)

Patience

Time required

Aim for 10 minutes a day

JUGGLING

Juggling is a physical skill involving the manipulation of objects to keep them in the air at the same time. It is a challenging but rewarding skill to learn, and helps to build your coordination, focus and engages

Step 1: Stand in a comfortable stance with your feet shoulder-width apart and your elbows bent at about a 90-degree angle.

Step 2: Start with one ball. Start by practicing throwing one ball back and forth between your hands in a nice, gentle arc. You want to keep your elbows in and your throws consistent, with the ball arcing at about eye level.

Tip *Using socks or beanbags when you first begin can be helpful, since they won't roll away when you drop them! Practice above a table or bed so you don't have to keep bending down so far.*

Step 3: Practice with your eyes closed. You'll probably find that your throws go awry a little at the beginning, so keep practicing until you can throw the ball back and forth with your eyes closed.

Step 4: Add another ball. With one in each hand, throw a ball as before and—before it comes down—throw the other ball underneath so it lands in your other hand. Practice catching both balls.

Tip *As you practice, alternate starting with either hand.*

Step 5: Add a third ball. Put two balls in your dominant hand and one in the opposite hand. Toss the balls just as before, but add a third throw right before the second ball comes down. Keep practicing until you can make three throws and three catches.

Step 6: Keep practicing!



Juggling is a skill which takes practice, so keep working at it. While it might seem like it takes a while, once you get it you won't forget!

Source: <https://www.wikihow.com/Teach-Juggling>

This information is not for sale. It is for educational purposes only.

Contact us: Breathing_Space@maroonoec.eq.edu.au