

JUGGLING BALLS

TIME NEEDED

About 30 minutes

MATERIALS

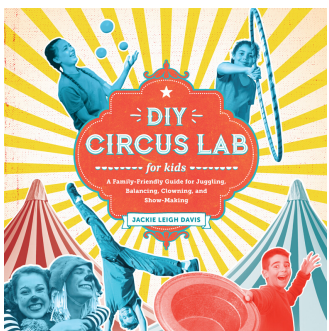
- * sharp utility knife ⚠
- * 3 old (or new) tennis balls
- * funnel
- * about 3 cups (500 g) of birdseed (enough to fill 3 tennis balls)
- * about 1 yard (91 cm) of duct tape
- * scissors
- * 6 bright balloons, 12" (30 cm), in different colors



Filling tennis balls with birdseed makes them heavier for successful juggling.

It also makes them roll farther, so you'll get more exercise when you chase them around the room!

NOTE: Here's the link to our companion online tutorial for making juggling balls: www.DIYCircusLab.com/tutorials.



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Fig. 4 Two ducks throw across...



Fig. 5 ... and snatch down.



Fig. 6 Hold two bags with one duck.

STEP 2: TWO SCARVES

1. Give a bag to each duck.
2. Throw each bag across your face—right THROW, left THROW (Fig. 4)—quickly uncross your arms, and snatch down—left CATCH, right CATCH (Fig. 5). Remember to throw UP ACROSS your body, and catch DOWN ALONGSIDE your body.

STEP 3: THREE SCARVES

1. Hold one bag in your right palm, leaving three fingers to make a baby duck (Fig. 6). Hold a second bag with the baby duck. Hold the third bag with your other duck.
2. Start with the hand that has two bags, THROW R (baby duck), THROW L, CATCH L, THROW R (bag in palm), CATCH R. Continue alternating R, L, R, L until you're juggling!

STEP 4: TAKE THE LEVEL 1 MASTERY TEST

1. Twenty throws and catches with a clean finish.
2. You did it!



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