

# JUGGLING



GET LEARNING



1 HOUR



IN THE CUPBOARD

## ▶▶ GETTING INTO THE ACTIVITY

Learn a new skill which you can impress your family with - Juggling.

With a bit of practise and a lot of patience, juggling is a circus skill which you can learn easily at home. You will need three small balls or beans bags. If you don't have these, then try creating balls out of scrunched up tin foil or with socks.

Watch the YouTube video - **How to Juggle Three Balls** at <https://youtu.be/kCt1bmSASCI> for a step by step guide. This video keeps it simple by starting with just one ball and working your way up to all three.

Take a video of your best attempt at juggling and share it with your BB group or post on social media using #BBatHOME.



## WHAT YOU'LL NEED

- 3 Small Balls or Beanbags
- YouTube



## NOTES FOR PARENTS & CARERS

An adult should initiate any contact with the BB group and/or share on social media.