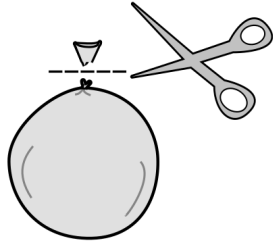
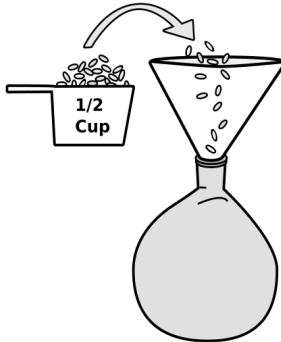




DIY Juggling Balls!

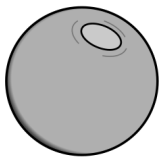
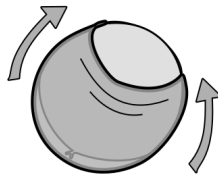
(Adult supervision is recommended)

1) Using a funnel, fill a balloon with 1/2 cup of birdseed (millet), rice, or sand. Experiment and see what you like best!



2) Tie a knot in the balloon. Trim off the top of the nozzle (above the knot). Now you've got a ball--but we're not done!

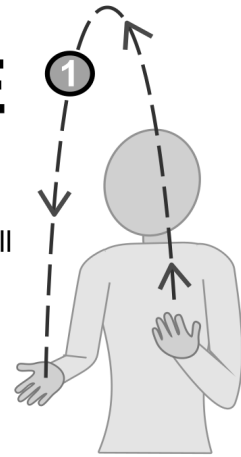
3) Cut the nozzle off of a second balloon. Carefully, stretch the opening over the ball. Make sure to cover the knot of the first balloon. Repeat this step to add another layer of balloon.



4) That's it! Now, repeat these steps to make as many juggling balls as you want!

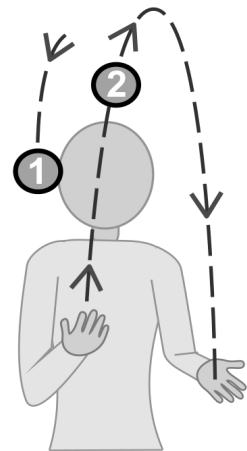
How to JUGGLE 3 balls!

(Step #1) Toss one ball back and forth, from hand to hand. Make each toss the same height (a little above your head) every time.



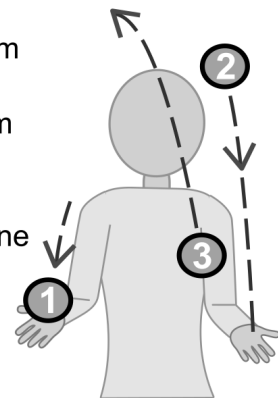
(Step #1)

(Step #2) Place one ball in each hand. Toss the 1st ball, as you did before. When the 1st ball starts to fall, toss the 2nd ball crossing underneath it, to the opposite hand.



(Step #2)

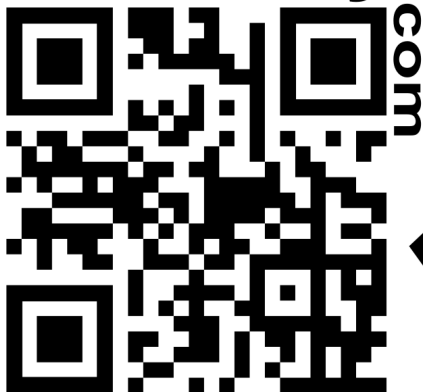
(Step #3) Place two balls in your right hand and one ball in your left. Toss the 1st ball from your right. When it reaches its peak, toss the 2nd ball from your left hand, then toss the 3rd ball from your right. All of the balls should have crossed in the air (one throw at a time) and landed in opposite hands.



(Step #3)

Keep It Going! Continue to toss a ball each time one starts to fall to your hand. Left, Right, Left, Right and so on...Every toss goes above your head and lands in the opposite hand. Now just practice, practice, PRACTICE!

MattTardy.com



How to Juggle Video!