



## DESCRIPTION

So you want to learn how to juggle? Well then get ready for Basic Training with jugglers Nick and Dave! From reach and releasing to balancing they'll teach you the tricks of the trade...it's a blast!

## MATERIALS

- light airy scarf
- peacock feather
- wrapping paper tube

## DIRECTIONS

1. The first thing we are going to have you do is Scarf tossing & spinning. Toss the scarf into the air and then turn around in place and catch it.
2. Toss 2 scarves up in a parallel motion at the same time.
3. Your hands will remain in the same place and don't worry about dropping the scarves. If you drop a scarf it's not because your hands were in the wrong place its b/c you tossed it to the wrong spot (keep your eyes in the air, not on your hands).
4. Today we are going to be using a peacock feather and a roll of tube paper to practice some balancing techniques...if you don't have these at home you can use an empty wrapping paper tube or something similar. The longer the item the easier it is to balance on the tip of your finger or even your nose.