



# JUGGLING

## JUGGLING WITH PROPS

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### DESCRIPTION

You don't have to have bean bags and pins to get a juggle going. Watch as Nick and Dave teach you how to juggle with props. You can use fruit, plastic plates and more. So grab some oranges and come join the fun!

### MATERIALS

- baseball cap or hat
- plastic or other hard to break plate
- apples or other fruit
- stack of books

### DIRECTIONS

1. Lift your hat up from the back of your head and pick it with your foot. Kick it up to land it on your head. You want to make the hat do one revolution. For an easier trick, try flipping the hat back into your hands first.
2. Balance a plate on your hand and by curving your arm back, turning it slowly around until it makes one revolution. Be sure to use a plastic or other hard to break plate!
3. Do a basic juggling routine using apples or other fruit, taking bites of them while juggling. You can try ending the routine by catching the fruit in your hat.
4. With a stack of books and help from a partner, follow along with Nick and Dave to do a famous juggling routine.