

Resource Guide: Juggling Kit

Juggling Programs

You don't have to know how to juggle to hold a juggling program at your library. Simply invite the teens to view the "Anyone Can Juggle" DVD and practice the tricks together.

The DVD also gives instructions on how to make a juggling ball from a balloon and bird seed. The library could provide the supplies and the teens could make their own juggling balls at the program to take home.

You can find examples of ring, scarf, and pin juggling on the "Juggling" CD-ROM and in the online resources below.



Juggling Resources



How to Basics from the International Jugglers' Association:
<http://www.juggle.org/howto/howtobasics.php>

Instructions on basic juggling and tricks:
<http://www.jugglinginstructions.com/>

Instructions for basic juggling and tricks using simple animations: <http://learnhowtojuggle.info/>

Large selection of juggling videos: <http://juggling.tv/channels>
Note: Always preview any videos you show off the web for teens.

Information about World Juggling Day: <http://www.juggle.org/wjd/>

World Juggling Federation Highlights Video shows juggling as a competitive sport:
<http://www.thewjf.com/videos.php?PHPSESSID=c6c5d399ecce8da0f3c196015ed81c77>

Note: Players sites on this page lead to their own personal You Tube accounts and don't really have anything to do with juggling.

Article about the benefits of practicing juggling for soccer players:
<http://www.google.com/url?sa=t&rct=j&q=&esrc=s&frm=1&source=web&cd=4&ved=0CFsQF>

http://www.kysoccer.net/assets/pdfs/The_Purpose_of_Juggling.pdf&ei=ojHWT8_nDoKQ8wS0-OTwAw&usg=AFQjCNGaUJIpXzrV40LVP6p0N0zVc4t0gA&sig2=cHookR26Rfjoj5dSG1IEg

Good set of devil stick or flower stick tutorials:

<http://www.youtube.com/playlist?list=PL371C6C5908CDE991>

Tips and instructions for using devil sticks: <http://www.twjc.co.uk/singlesticking.html>

Other Programming Ideas

- Make juggling one component of a larger circus-themed program. Invite a local gymnastics instructor to demonstrate and teach a trick, a clown to talk about clowning or applying clown make-up, and a dog-trainer to demonstrate dog tricks. Set up a low balance beam and allow the teens to practice walking the “highwire.” This blog has some more ideas: <http://cathwood.blogspot.com/2008/09/30-cool-circus-tricks-that-you-can.html>
- Read one of the following circus-themed books in a book discussion group and use the juggling equipment as an extension activity:

The Night Circus by Erin Morgenstern

Cirque du Freak by Darren Shan (*younger teens*)

Water for Elephants by Sara Gruen (*older teens*)

