

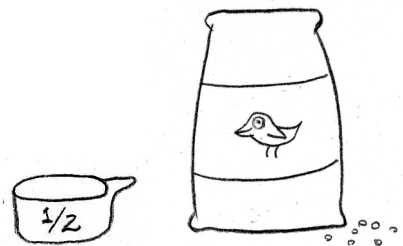
# How to Make Juggling Balls the Easy Way

© Written by Wayne van Wijk  
Illustrations by Katy Spencer

For each ball you will need...



3 round balloons  
(size- 25 cm)



1/2 measuring cup of millet  
(small round bird seed)

**Important:** The above ingredients are needed to make one juggling ball. As most people will make three balls each you will need three times the amount of balloons and seed per person.

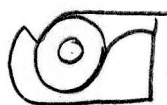
For the construction of the balls you will need... (1 set per 4 or 5 participants)



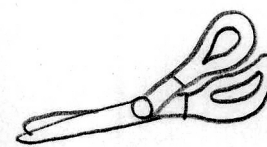
Large plastic bottle  
(to make a funnel)



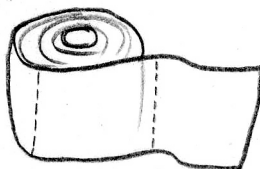
A pin



Sticky tape



Sharp scissors



Thin cardboard  
(the inside of a toilet roll works well)



Small plastic bottle

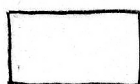
Before the workshop make a 'wide neck' funnel.



1. Cut the top off the large plastic bottle.



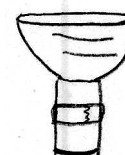
2. Keep the top bit.  
(recycle the bottom bit)



3. Cut a 3.5 cm x 12 cm  
rectangle of cardboard,

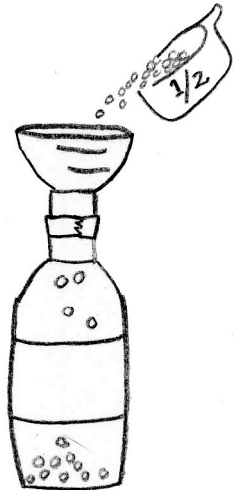


4. ...wrap it around the neck

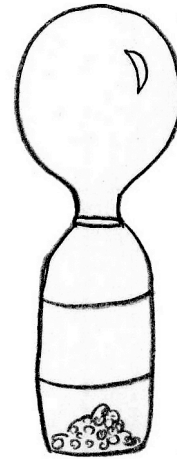


5. ...and tape it in place.

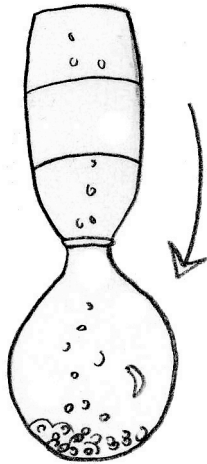
## Making the balls



1. Using your funnel, pour  $\frac{1}{2}$  a cup of seed into the small bottle. →



2. Blow up a balloon and stretch it over the small bottle without letting the air out. This can be tricky to do. One easy way is to twist the neck of the balloon about 3 times after you have blown it up. This will hold the air while you put the balloon over the bottle. →



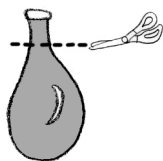
3. Turn the whole lot upside down. The seed will fall into the balloon. ↗



4. Let out the air and tie a knot in the balloon as close to the seed as you can. If there is any air left in the balloon make a tiny hole with the pin to let the air out. ↓



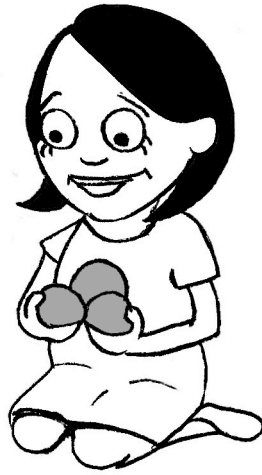
5. Cut the neck off the seed filled balloon (cut above the knot so the seed won't escape). →



6. Cut the neck off the next balloon... →



7. ...and stretch it over the ball, making sure the knot is covered. Repeat this with the third balloon. →



8. Now make two more balls and you are ready to learn how to juggle.

### **Teacher Tips**

#### ***Save time measuring***

*To make sure all the balls end up the same size pour  $\frac{1}{2}$  a cup of seed into the small bottle and mark the seed line with a permanent marker. This way you can save time measuring the seed and just pour in the birdseed until it comes up to the line.*

#### ***Save time in large workshops – pre making the balloons***

*To save time in a large workshop with children you can pre fill and knot 2 balloons for each participant. You can also cut the necks off the covering balloons. Each participant can make one ball from beginning to end and then finish off the other 2 balls.*

#### ***Keep it tidy***

*Store your birdseed in a large plastic bottle with a lid. It is easier and less messy to pour seed from a bottle than from the plastic bag that the seed comes in.*