

Quick and Easy Juggling Balls



You will need:

- 3 old/odd children's socks
- 6 elastic bands or bobbles
- A choice of filling such as rice, sand, lentils, marbles, dried beans and dried peas.

1. Start with the first sock, two bands and the filling.



2. Next, use your filling to fill your sock to about one third full and fasten a band around the top. A paper funnel might be useful if you are using sand or rice.



3. Fold the top of the sock back over your filling.



4. Fasten a band securely around the top.



5. Finally, fold the top of the sock one last time over the ball of filling which has been created.



6. There! You have a quick and easy juggling ball.



7. Repeat for the other two socks until you end up with a set of three juggling balls. Now the fun really begins! Start with two balls and practise juggling them, move on to using all three balls.

GOOD LUCK and remember...

Practice makes progress!