



Juggling

Juggling can be done using scarfs, balls, or socks. Juggling will increase your hand eye coordination. Juggling will also increase your focus and concentration.

Watch this video for an overview of how to juggle.

<https://youtu.be/4aHcmUAWo7I>

Below is a detailed step by step guide on how to juggle in 3 easy steps!

Level 1: One Object (Toss-Catch)

Begin with the object in your right hand.

Toss it in a high arc so that it passes in front of your face (or higher) and comes down to be caught in your left hand.

Now, repeat that tossing pattern from your left to your right hand.

Continue practicing this (back and forth) for 3 to 5 minutes.

Level Two: Two Objects (Toss-Toss-Catch-Catch)

Begin with one object in each hand.

Toss the right object as you did in Level 1.

Next, toss the left object up and under the right object.

Catch first with your left hand, and then catch with your right hand. The objects should have switched hands.

Continue practicing this (toss-toss-catch-catch) for 5 minutes.

Level Three :Three Objects

Start with one object in your left hand and two objects in your right hand.

It helps to hold each object between your different fingers so you can release them one at a time. For example, hold one object between your thumb and index finger, and the other between your index and middle finger.

The first toss must be from your right hand. Release one object in the same high arc you've been using from level 1.

Next, toss the object from your left hand up and under as you did in level 2. As you bring your left hand back into starting position, catch the object cascading down on that side.

At the same time, toss the third object up and under the second object.

Repeat the catching/tossing figure-8 pattern to continue your juggling sequence.

TIPS:

Toss the objects high and in an arc to the opposite hands. This gives you more time to track and catch each one.

If you are left-handed, begin with a toss from your left hand.