



Juggling Balls

For this project you will need:

- 6 balloons
 - 3 produce bags (thin plastic bags you use to pick out fruits and veggies at the grocery store)
 - scissors
 - rice
 - large bowl
 - 1/3 cup measuring cup
1. Cut the necks off of the 6 balloons.
 2. Measure 1/3 cup of rice into the produce bag in the large bowl. You can adjust the amount of rice to make smaller or larger juggling balls.
 3. Twist the produce bag so there is no air around the rice and cut off the excess bag.
 4. Stretch a balloon over the produce bag filled with rice.
 5. In the opposite direction, stretch a second balloon over the first balloon now filled with the rice bag.
 6. Now you have 1 juggling ball!
 7. Repeat steps 1-5 twice to create two more juggling balls.
 8. Not sure how to juggle? Inspyral Circus can teach you! Check out this video:
https://www.youtube.com/watch?v=9hIMhhU_kiA&feature=youtu.be

This creative project is brought to you by Kelsey and Jeremy Philo of Inspyral Circus.