



JUGGLING AND CIRCUS SKILLS

What is this workshop about?

Juggling and Circus Skills is lively, active and great fun. Young people (and their workers) get to have a go at a range of different activities such as juggling, plate spinning, diabolo, pedal-go's and devil sticks.

There is more to this workshop than just having fun. The young people must take on board instructions and learn to use new pieces of equipment whilst considering their own safety and the safety of those around them. In fact, this is an excellent workshop to get young people thinking about safety in general and assessing the risks they face in their day to day lives.



What actually happens?

The session begins with making juggling balls – see the list below to find out what you need to provide for this. Once the juggling balls are made time is spent trying out all the different activities.



Outcomes for Young People

- A chance to learn and think about personal safety, assessing risks and the importance of following instructions (Staying Safe)
- Physically active (Being Healthy)

WHAT YOU NEED TO PROVIDE

- Tables and preferably chairs (enough for everyone to fit comfortably around)
- Scissors (rounded end scissors are more than adequate for the purpose)
- Plastic sheeting for the floor (a good idea to make clearing up easier)
- Access to hand washing facilities (necessary after handling bird seed/rice)
 - Bin liner or bin (to collect up all the rubbish)
- Large container, at least 1 (such as washing up bowl or bucket to put the bird seed/rice in)
 - Teacup or plastic cup (for pouring the bird seed/rice)
 - 120 round balloons
 - 10/15lbs (4-6kg) of bird seed or equivalent amount of rice
- 60 plastic money bags

Please note – this is enough for 20 young people to make 3 juggling balls each. We strongly recommend that you provide extra balloons and moneybags as these can get torn or damaged during the making process.

