



Make your Own Juggling Kit

Throughout the Lockdowns Sweet Circus have been providing online 'Learn to Juggle' classes and workshops for children, teens and adults. Juggling uses the brain in a unique way which increases connections in the brain, improving concentration, coordination, and memory. In addition, it aids the release of 'feel good' hormones and aids positive mental health. The sessions are also an opportunity for participants to get together with others, something really lacking in our lockdown lives.

To participate you will need a few bits of equipment, you can buy them (£12) or make them, or if you live in the Langney or Devonshire areas of Eastbourne you can receive one funded by the Devonshire West Big Local and Active Sussex. To buy or claim a free kit visit:

<https://www.sweetcircus.net/collections/isolation-survival-kits/products/eastbourne-learn-to-juggle-kit-with-free-shipping>

To make your own:

1/ First you need to make a ring out of cardboard – A cereal packet will do. It needs to be big enough to put your face through. Notice the red dotted lines around the top and bottom of this page? Try to make the hole inside your ring at least that big.

2/ As well as that grab 3 pairs of socks and ball up each pair to make to make balls – You can put a handful of rice inside to make them heavier if you want to. We have a special way of doing this which we can show you!

3/ Lastly, you will need 3 scarves, these are usually made out of a light chiffon fabric but handkerchiefs/ bandanas will do, or if you have a light pillow case or fabric you are happy to chop up you can cut this in to squares of approx. 40cms.

Then all you need to do is contact us for the times and zoom links for the session. Hope to see you there! 😊

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