| NAME of <br> activity | Making of juggling balls |
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| duration | 1H for 3 balls |
| audience | From 5 years old. 15 participants per trainer max |
| Pedagogical goal | Acquire new technics <br> Use 2nd hand material |
| Description | Take a tennis ball and put a 2-3 cm hole through it with a knife (fig 1) <br> Take rice or sand and fill it with a funnel or a cardboard cone (fig.2) <br> Once it is filled, glue the hole with mastic. Let it dry one night (fig.3) <br> Do it as many times as necessary (depending on the number of balls you <br> need) <br> Take 2 balloons and cut the mouth (fig.4) <br> put the ball into the balloons, one on each side, so we don't see the ball <br> anymore. <br> Ready. <br> It is posible to use only balloons and to fill them directly with flour. |
| Material | Tennis balls, cutters, rice, mastic, balloons |
| Space | Space for tinkering |
| Comments | Learn how to juggle, then |
| Restitution |  |



