

# Learn to Juggle Patch Program

Leader's Guide



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## **Purpose**

1. To develop skills of concentration and cooperation while building self-confidence and self-esteem.
2. To use this experience and grow when facing other life challenges.
3. To understand the history of juggling and it's place in the cultures of the world.
4. To learn and demonstrate the skill of juggling and have fun in the process.

## **The Learn to Juggle Patch**

Description of the Patch:

The patch reads juggler because once you learn, you will always be a juggler.

The hands are your hands. The balls follow many different paths and so will you, as you develop lifelong friendships through Scouting.

## **Juggler Patch Program Requirements**

Requirements: All starred activities must be done and you must have fun.

Brownie Girl Scouts - Do all \* requirements and 1 other

Junior Girl Scouts - Do all \* requirements, #2 and 3 others

Cadette Girl Scouts - Do all \* requirements, #2, #9 and 3 others

Senior/Ambassador Girl Scouts - Do all requirements

- \*1. Learn to juggle 1, 2, and 3 scarves.
2. Learn tricks with 3 scarves, and juggle with a partner side by side.
3. Pass 6 scarves with a partner.
4. Learn to juggle 3 balls.
5. Make your own juggling props- either bags or scarves.
- \*6. Put on a juggling show for your troop or other troops.
7. Put on a juggling show for an elderly group or at a hospital.
8. Learn or create a juggling game.
9. Teach someone else how to juggle.
- \*10. Read and explore the history of juggling and discuss with your troop.

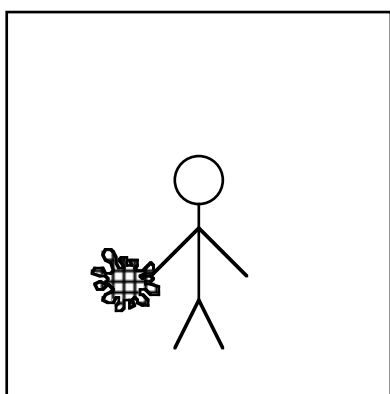
You may obtain the Juggler Patch through the Girl Scouts of Connecticut Shop. Shop online at [www.gsofct.org](http://www.gsofct.org) or contact them at 203-234-6253 or e-mail [shop@gsofct.org](mailto:shop@gsofct.org).

Please submit Evaluation Form found at the end of this booklet when purchasing the patch. Please contact Girl Scouts of Connecticut Program Department with further questions at 203-239-2922 or 800-922-2770 or [program@gsofct.org](mailto:program@gsofct.org).

# ONE SCARF JUGGLING

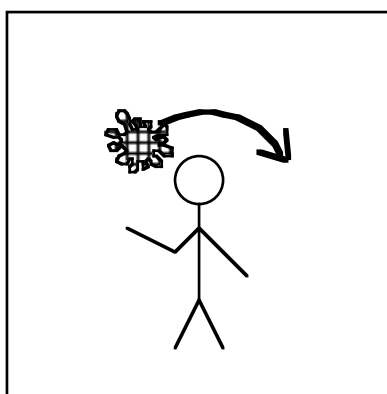
1. Pick up the scarf by the middle and hold it with your hand facing down towards the floor (like you're holding a ghost).
2. Practice throwing the scarf up and over to your empty hand in the shape of a rainbow.
3. To catch the scarf make your hand into a claw shape (like a cat) and claw the scarf out of the air, as it floats down.
4. Throw the scarf up with one hand and claw catch with the other hand, then throw it back.
5. Work on throwing and catching the scarf back and forth.  
Count how many times you can catch it in a row.

## Step 1



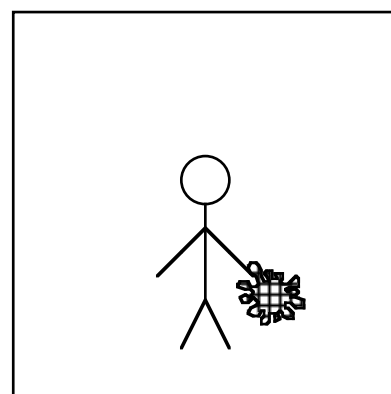
Hold 1 scarf

## Step 2



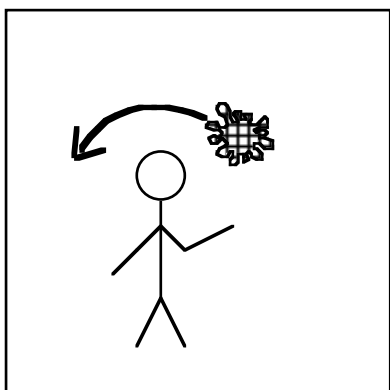
Use your arm to throw up and over to the other hand

## Step 3



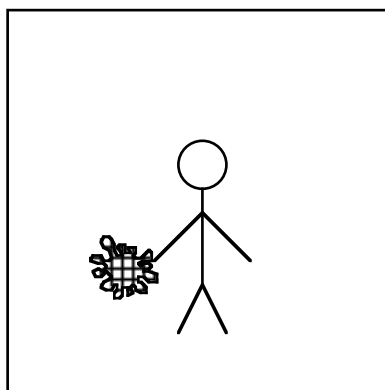
Claw Catch

## Step 4




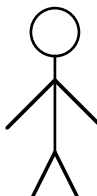
Now throw it back to your other hand

## Step 5



Claw Catch

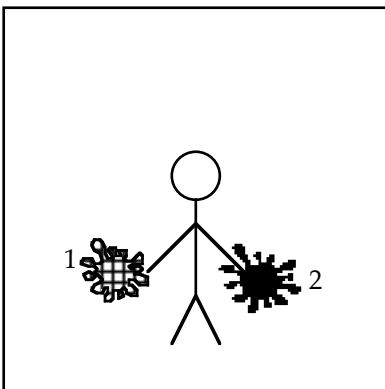
 = scarf

 = Girl Scout

# TWO SCARF JUGGLING

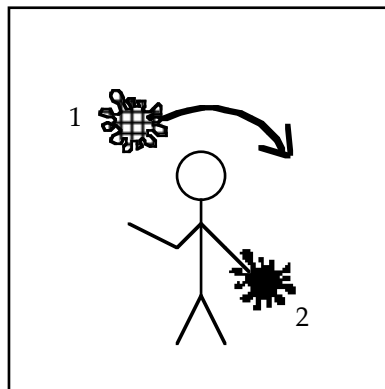
1. Put one scarf in each hand. Think of making the throws in the shape of the letter "X".
2. Throw scarf #1 up and across towards your other hand.
3. As scarf #1 reaches it's highest point (just over your head) Throw scarf #2 across and under scarf #1.
4. Claw Catch scarf #1
5. Claw Catch scarf #2. - The scarves now have switched places.
6. Do this ten times : Throw scarf #1, Throw scarf #2,  
Claw Catch scarf #1, Claw Catch scarf#2

## Step 1



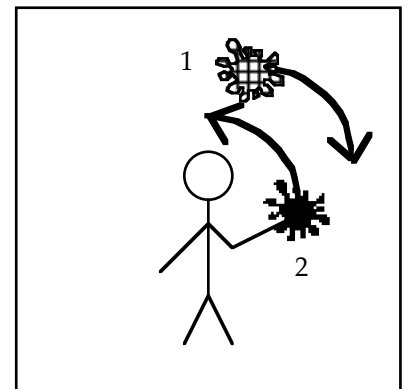
Hold two scarves

## Step 2



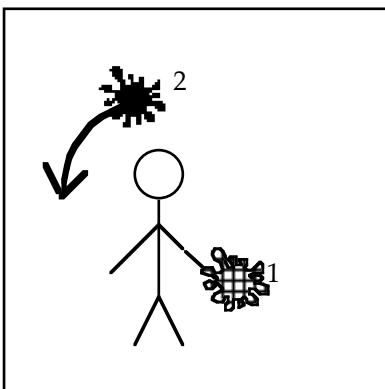
Throw #1 up and over to the other hand

## Step 3



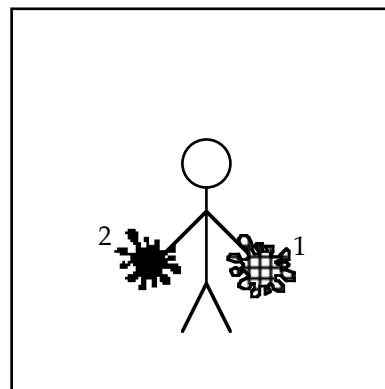
As scarf #1 reaches it's highest point throw #2 under #1

## Step 4



Claw Catch Scarf #1



## Step 5

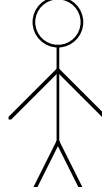


Claw Catch scarf #2

## Step 6

Repeat steps 1 - 5

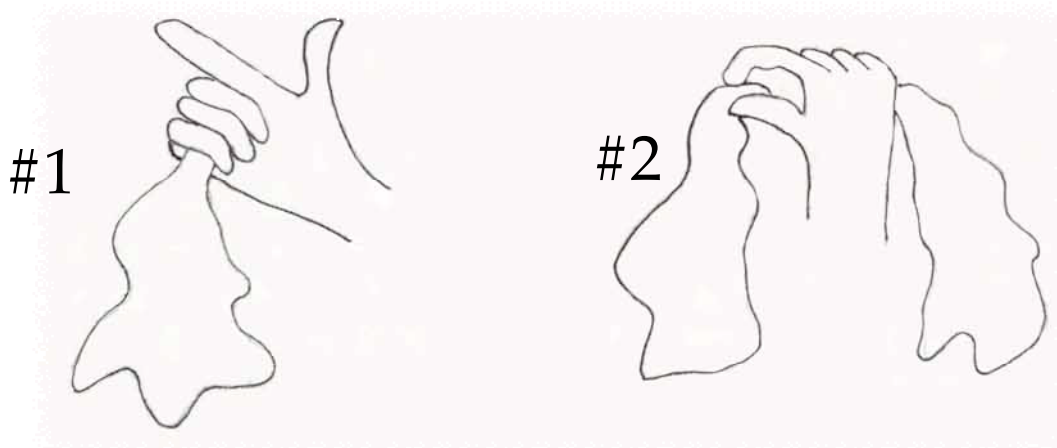
 or  = scarf

 = Girl Scout

# THREE SCARF JUGGLING

## part 1

1. Before you can juggle 3 scarves you have to learn how to hold the scarves in the best starting position. 2 scarves have to start in one hand and 1 scarf in the other. It's best to have your normal writing or throwing hand be the hand that starts with 2 scarves. To put 2 scarves in one hand you hold one scarf using your bottom 3 fingers, while making sure your pointer finger and thumb stay empty.
2. Now pinch the second scarf using your pointer finger and your thumb. Make sure that you are holding both scarves separately so they don't get tangled.



3. The third scarf is placed in your other hand.
4. Always start with the hand that's holding 2 scarves.
5. The first throw is the scarf in your pincher fingers up and across towards your other hand. From now on this will be called Scarf #1.
6. The next throw comes from your other hand. As Scarf #1 reaches it's highest point, throw Scarf #2 up and under Scarf #1.
7. As Scarf #2 reaches it's highest point throw Scarf #3 (the last scarf) up and under Scarf #2.
8. These are the first 3 throws of a juggling pattern.

Juggling is about throwing and catching, but first you work on making good throws. Throw scarves #1, #2, #3 in an alternating pattern. Or maybe think of it as throw right, left, right, left. One scarf will always be in the air but it will be a different scarf switching places with the other scarves.

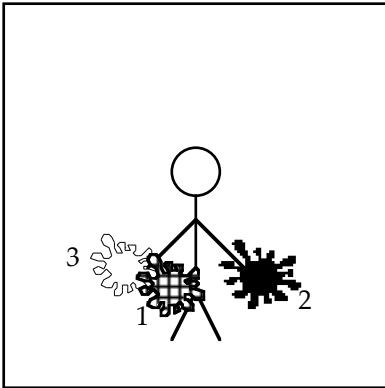
That's what juggling is all about.

# THREE SCARF JUGGLING

## part 2

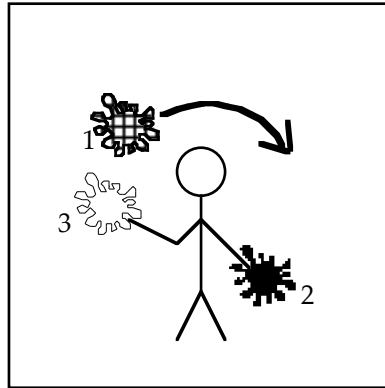
### three throws and stop

Step 1



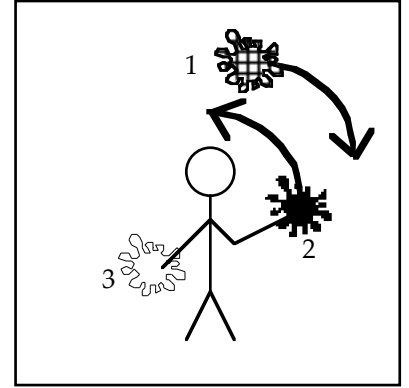
Hold two scarves in your starting hand and one in the other

Step 2



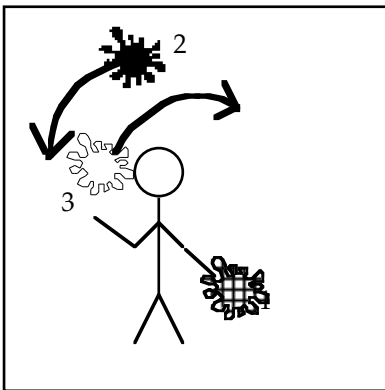
Throw #1 up and over to the other hand while holding scarf #3

Step 3



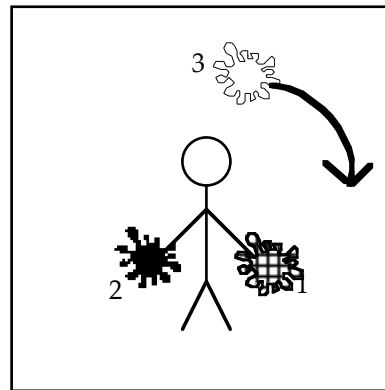
As scarf #1 reaches it's highest point throw #2 under #1

Step 4



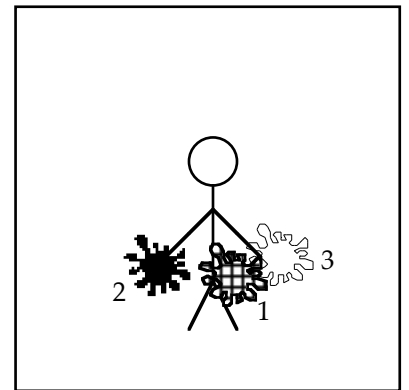
Claw Catch Scarf #1  
As scarf #2 reaches it's highest point throw #3 under #2

Step 5

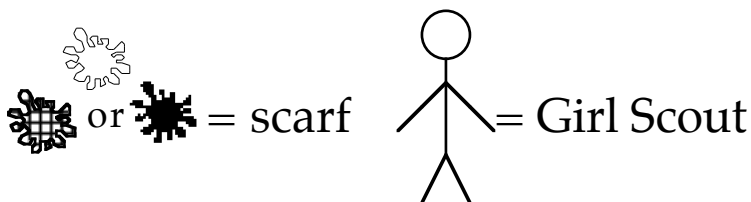


Claw Catch Scarf #2

Step 6

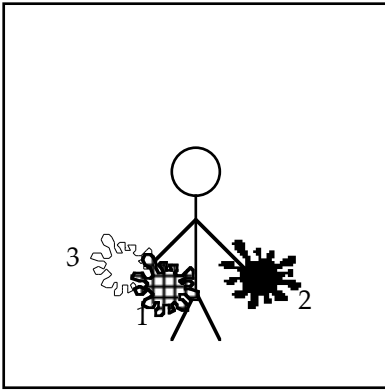


Claw Catch Scarf #3



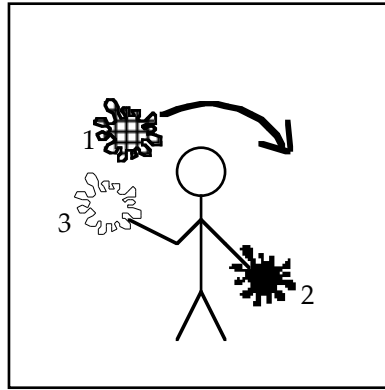
# Three Scarf Juggling - part 3 - Continuous Throws

## Step 1



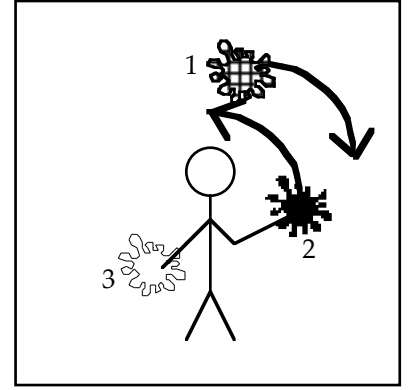
Hold two scarves in your starting hand and one in the other

## Step 2



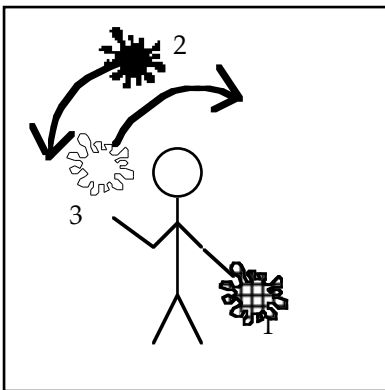
Throw #1 up and over to the other hand while holding scarf #3

## Step 3



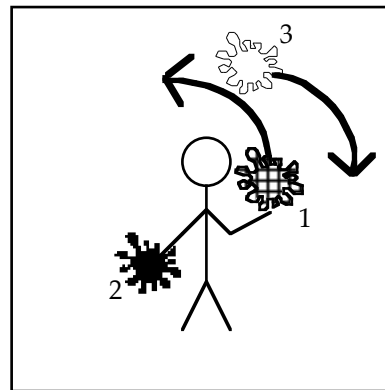
As scarf #1 reaches it's highest point throw #2 under #1

## Step 4



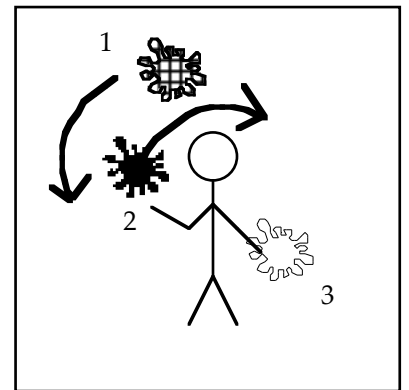
Claw Catch Scarf #1  
As scarf #2 reaches it's highest point throw #3 under #2

## Step 5



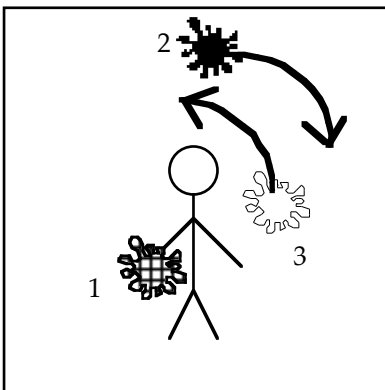
Claw Catch Scarf #2  
As scarf #3 reaches it's highest point throw #1 under #3

## Step 6



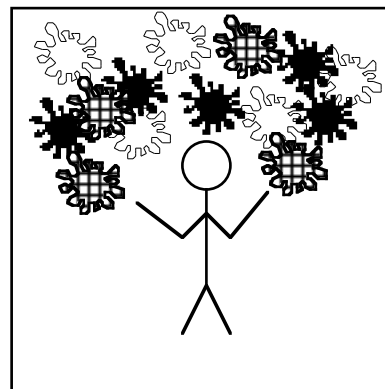
Claw Catch Scarf #3  
As scarf #1 reaches it's highest point throw #2 under #1

## Step 7





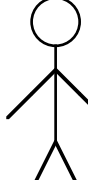
Claw Catch Scarf #1  
As scarf #2 reaches it's highest point throw #3 under #2

## Step 8



Claw Catch Scarf #2  
and continue throwing right,left,right,left, right,left,right,left.....

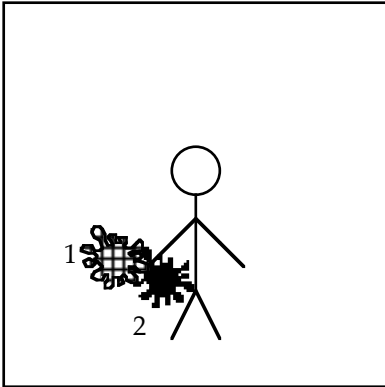
  =scarves

 = Girl Scout

# TRICKS WITH SCARVES

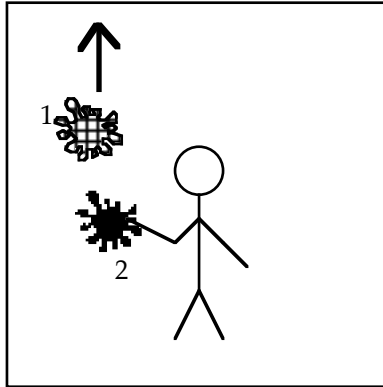
## TWO SCARVES IN ONE HAND

Step 1



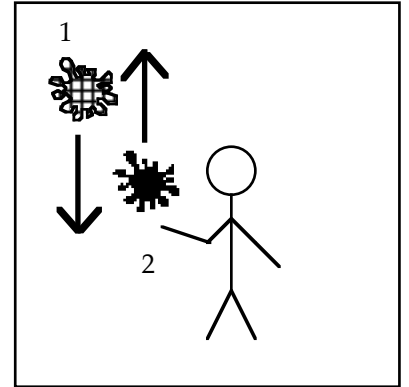
Hold two scarves  
in one hand

Step 2



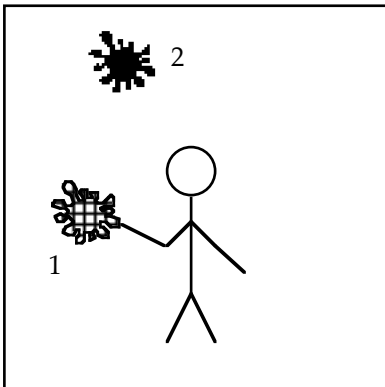
Throw #1 straight up  
while holding #2

Step 3



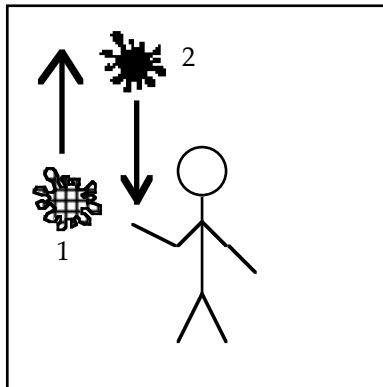
As scarf #1 reaches  
it's highest point  
throw #2 straight up

Step 4



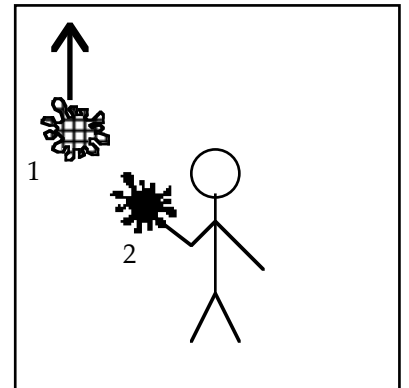
Claw Catch # 1

Step 5



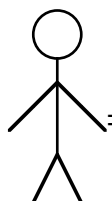


As scarf #2 reaches  
it's highest point  
throw #1 straight up

Step 6

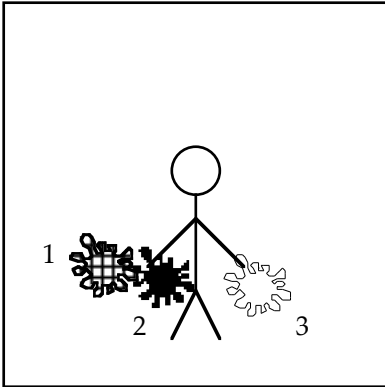


Claw catch #2  
Continue alternating  
throws.

 or  = scarf
  = Girl Scout

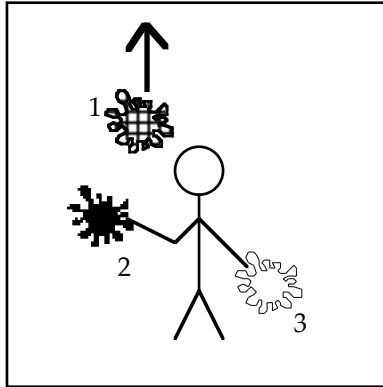
# TRICKS WITH SCARVES ONESY-TWOSY

## Step 1



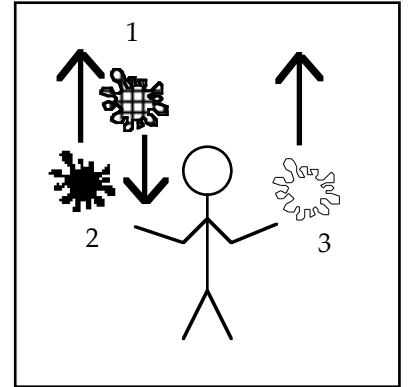
Hold two scarves in one hand and one scarf in the other

## Step 2



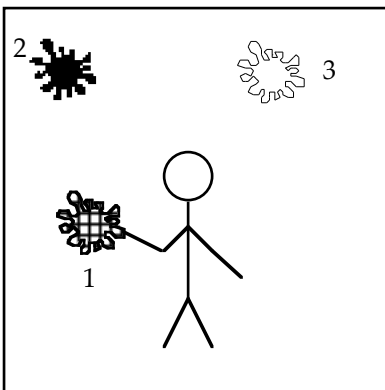
Throw scarf #1 straight up in the middle, while holding #2 & #3

## Step 3



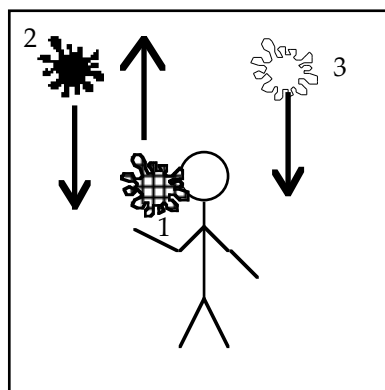
As scarf #1 reaches it's highest point throw #2 & #3 straight up on the outside of #1

## Step 4



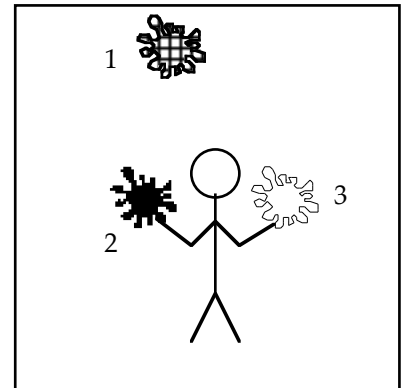
Claw Catch # 1

## Step 5

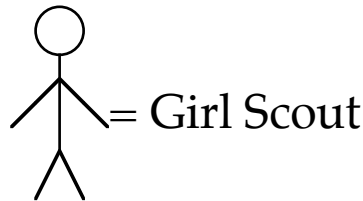
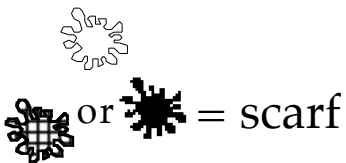


As scarves #2 & #3 reach the highest point throw #1 straight up in the middle.

## Step 6



Claw catch #2 & #3  
Continue alternating throws : one, two, one,two - onesy-twosy



# Juggling with a Partner

Both partners should know how to juggle 3 scarves

1. Stand side by side.
2. One person puts 2 scarves in their right hand and the other person puts one scarf in their left hand.
3. The person with 2 scarves starts.  
The starter says something like 1, 2, 3, Go and throws up scarf #1.
4. The other person waits for scarf #1 to be up in the air, then throws scarf #2 up and under scarf #1.
5. When scarf #2 is in the air, the starter throws scarf #3 up and under scarf #2. Each person takes turns throwing and then you're juggling together.

# Passing 6 Scarves with a Partner

Both partners should know how to juggle 3 scarves.

Each person starts with 2 scarves in their right hand and 1 scarf in their left hand.

In order to pass 6 scarves both people must juggle at the same speed at the same time, so it is important to learn to start off juggling together. A common way to start together is for both people to stand about 3 feet apart facing each other and to raise their right hands at the same time and lower them down and start throwing as their hands come down to their waists.

Usually one person counts out loud in this manner:

“Up” (hands up) “Down” (hands down) “Right Throw” (make your first throw).

You also must learn to count the throws from your right hand. The first 2 right hand throws to yourself are counted 1,2, and the third right hand throw is thrown straight across to your partner. Both people catch the incoming throw from their partner with the left hand and continue juggling.

Practice starting: “Up”

“Down”

“Right Throw 1” (to yourself)

“Right Throw 2” (to yourself)

“Right Pass” (to your partner)

It is normally called out this way by the starter:

**“Up, Down, 1,2,Pass,1,2,Pass,1,2,Pass”**

This is the first unit of 3 passes in a pattern called a 3,3,10. This pattern is recognized and used throughout the world by jugglers.

The next part is:

1 Right hand throw to yourself then the next right hand throw is passed straight across to your partner. It is called this way: “**1, Pass, 1, Pass, 1, Pass**”

This is the second unit of 3 passes in the 3,3,10.

Now try to put these together:

Up, Down, 1,2,Pass,1,2,Pass,1,2,Pass  
1,Pass,1,Pass,1,Pass

The final part is where all the right hand throws are passes to your partner although the left throws are still going to yourself.

Practice this sequence first:

“**Up,Down, 1,2,Pass,Pass, Pass, Pass, Pass.....**” and see how long you can do it. Some people find this easier because they are throwing all their passes from the right hand away to their partner. Remember juggling looks fast and is slow. For a traditional 3,3,10 the 10 means 10 passes and you stop together. The starter counts the 10 passes so you don't forget. Take turns starting.

Now put the 3,3,10 together:

“**Up,Down, 1,2,Pass, 1,2,Pass, 1,2,Pass  
1,Pass,1,Pass,1,Pass,**

**1,Pass,Pass,Pass,Pass,Pass,Pass,Pass,Pass,Pass,Pass”**

# How To Juggle 3 Balls

1.  
Get 1 ball. Hold your hands facing up towards the ceiling or sky, depending where you are. Put one ball in your hand and throw it up and across in the shape of a rainbow. This should seem familiar to you because you already learned scarves this way. Once you catch the ball, throw it up and across back to the other hand. Do this and count how many times you can catch it in a row.  
When you can catch it 10 times in a row move on to the next step.

2.  
Get 2 balls. Place one ball in each hand. Think of the letter “X’ because that’s how the balls will fly in the air in this pattern. Throw ball #1 up and across towards your other hand. Wait until ball #1 reaches it’s highest point, then throw ball #2 up and under ball #1. Catch ball #1, then catch ball #2.  
Try again and think of it this way: Throw #1, Throw #2, Catch #1, Catch #2  
You can also say this out loud: “Throw , Throw, Catch , Catch”  
When you can do this sequence 10 times move on to the next step.

3.  
Get 3 balls. Place 2 balls in your starting hand. Hold the bottom ball with your pinkie finger and your ring finger. Hold the top ball using your middle finger, index finger, and thumb. The third ball goes in your other hand. Remember what you learned with 2 balls. The first two throws are exactly what you already know how to do. The trick is to add the third ball.  
Throw ball #1 up and across, then Throw ball #2 up and under ball #1, as ball #2 reaches it’s highest point throw ball #3 up and under ball #2.

It’s important just to make 3 good throws and then you’re halfway there.  
Don’t worry about the catches right now. Practice good throws even if that means just throwing all the balls up in order 1, 2, 3, and letting them drop.  
When you are comfortable with your throws, then try catching if you can.

Remember to throw the balls up about as high as your head. Try to keep your feet in one place and let your hands move to make the catches. Throw the balls up in the air in a rainbow shape so it lands in your other hand. Most of all remember to relax.  
Juggling is slower than you think.  
When you have mastered the first 3 throws, you should try to continue juggling. The trick is to keep throwing in the alternating rhythm throwing with one hand then the other. Think or say aloud as you throw: Right, Left, Right, Left, Right. If there’s a ball in the air then there should be a ball in your hand that’s about to be thrown up and under that ball as it’s coming down. You always throw the ball in your hand up before the ball in the air is at it’s highest point.

# Teaching Someone How to Juggle

Before you teach someone to juggle, you should be able to juggle. If you can do 10 throws of a juggling pattern, then you can help someone else learn to juggle. When you are a teacher, you have to remember that you are there to help your student learn and you have to be patient. Before you start to teach remember what it was like to learn. Reread all the steps on learning how to juggle, so you can teach them in the right order. It's O.K. to have the juggling instructions with you when you teach, so you don't forget anything. Give the student time to learn each step and make sure they can do each step by themselves before you teach them the next step. Be very patient with them and make it fun. Try to tell them what they are doing the right way so they know. Remember that everyone learns at a different speed, so if your student takes longer to learn than you did, don't rush. Show them the way to do each step and have them imitate what you do. If they are doing something the wrong way, tell them to try a different way, and show them how to do it again. Let them experiment for a while because some students like to figure things out by themselves. Ask them to tell you what they don't understand and listen carefully so you can help them. Your job as a teacher is to help a student to learn something they don't know how to do. Think of your favorite teacher in school and why you like them. Try to do things the way your favorite teacher does and you will help your juggling student learn. If you can have fun learning together then you are a good teacher.

## Making Your Own Props

Scarves may be hard to find, but it is easy to find plastic grocery bags to juggle. The best part is you can make your own juggling equipment and recycle at the same time! All you do is cut the handles off plastic grocery bags and turn them upside down and you have something that you can juggle.

## Making Nylon Juggling Scarves

Go to a fabric store and find the lightest, cheapest nylon fabric. It should be thin enough that you can see through it. If possible get 3 different colors, because that will make it easier to juggle. Each scarf should measure about 17"x17" when it is finished and you need to allow a little extra for a small seam. After cutting out the squares of fabric you will need to sew a seam to finish the edges, so they don't unravel while you're juggling. The smaller the seam the better.

## Putting Together a Routine

First think of all the juggling patterns you can do with scarves or balls. If you like to dance or do gymnastics think of ways you can move as part of your juggling. For example throw one scarf up and do a pirouette. Listen to music and try to see if you can juggle to it. Find music that seems to go with the juggling . Write down the juggling patterns that you can do in a list and practice them with the music you have chosen. You can also juggle with a partner, but sometimes that takes longer, because you both have to learn the routine together and practice together.

Think of a costume or brightly colored things you can wear while juggling. Make sure that you can move your arms and legs easily so what you're juggling doesn't get tangled in your clothes.

Practice your juggling routine doing the patterns the same way to the same music until you know it without looking at your list.

If you have a group of juggling routines that you can do, make a list of them and put on a short show for your troop or other troops. If your show looks good then find a place to do it again for people that need to be entertained like at a hospital or find a group of elderly people that might enjoy it.

## Juggling Games

### **Musical Scarves** (Musical Chairs with scarves)

Have everyone stand in a circle.

The leader will operate the music, starting and stopping at random.

To get used to throwing scarves, each person starts with one scarf. The leader says 1,2,3, Go! and everyone throws one scarf to the person on their right and catches one scarf from the person on their left. This way everyone learns how to throw and catch the scarves. Then the music stops and the leader removes one scarf.

The leader starts the music again and everyone keeps throwing and catching the scarves until the music stops. Whoever doesn't have a scarf is out of the game but can have fun juggling on their own. The game proceeds, removing one scarf at a time until one person remains.

### **Juggler Says** (Simon Says with Scarves)

Depending on the group, use 1,2 or 3 scarves and take turns creating a Simon Says game. All the movements must use throwing or catching scarves, but remember you can move your body along with throwing the scarves around.

# History

The earliest record of any juggling is a 4,000 year old Egyptian painting of a group of women juggling balls. A picture of women juggling on Greek pottery shows them having fun while juggling. Later in history, men dressed as jesters juggled to entertain the Kings and Queens of Europe.

In North and South America juggling was part of religious ceremonies for the tribes in those areas. Asian jugglers used balls, plates, sticks, and yo-yos called diabolos for juggling.

From 1800-1930 jugglers appeared in vaudeville shows in theatres and in circuses throughout the world. By the 1950's the first TV sets were in the stores and everyone was staying home to watch this new electronic gadget. Many circuses and theatres had to close and the jugglers were wondering where they could go to perform. A man by the name of Ed Sullivan had a popular TV show every week that featured the best jugglers from around the world. Juggling began to get popular again and by the 1970's juggling was showing up everywhere. Today there are still theatres in Germany where the best jugglers are featured every week. In the United States many people are learning to juggle and they are able to appreciate the skill of professional jugglers that can be seen performing shows from coast to coast.

## Optional Projects and Resources

“Juggling - It's History and Greatest performers” by Francisco Alvarez  
You can read this book online at:

<http://www.juggling.org/books/alvarez/>

Research a juggler and write a biography.

Create a board game to illustrate the history of juggling.

Discuss how different cultures have used juggling.  
(in chapter 1 of the above book)

## Learn to Juggle Patch Program - Evaluation Form

Troop/Group # \_\_\_\_\_ Grade Level \_\_\_\_\_ Service Unit \_\_\_\_\_

Leader's Name \_\_\_\_\_

1. We have completed the following number of activities from the content areas:
  - \*1. Learn to juggle 1, 2, and 3 scarves. \_\_\_\_\_
  2. Learn tricks with 3 scarves, and juggle with a partner side by side. \_\_\_\_\_
  3. Pass 6 scarves with a partner. \_\_\_\_\_
  4. Learn to juggle 3 balls. \_\_\_\_\_
  5. Make your own juggling props- either bags or scarves. \_\_\_\_\_
  - \*6. Put on a juggling show for your troop or other troops. \_\_\_\_\_
  7. Put on a juggling show for an elderly group or at a hospital. \_\_\_\_\_
  8. Learn or create a juggling game. \_\_\_\_\_
  9. Teach someone else how to juggle. \_\_\_\_\_
  - \*10. Read and explore the history of juggling and discuss with your troop. \_\_\_\_\_
2. Was this Leader's Guide useful in helping your Girl Scouts complete the requirements for the patch?
3. How many girls participated in this program?
4. What were the age levels for the girls who participated in this program?
5. What did the girls in your troop learn the most by participating in this patch program?
6. What were some of the troop/groups favorite activities?
7. Were there any activities that your Girl Scouts did not like?  
If so, which one(s) and why?
8. What is your overall evaluation of this patch program?
9. Do you have suggestions for additional activities?

Please return this completed Evaluation Form when purchasing Learn to Juggle Patches

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This Learn to Juggle Patch Program was developed and written by Susan Kirby (a former Girl Scout). It has been submitted to Girl Scouts of Connecticut for review on June 18, 2008

The husband and wife team of Susan Kirby and Joe Murray are the Airborne Jugglers. During their 20 year career they have performed in Japan, Europe, The Caribbean, and most of the 50 states. This patch program was developed at the request of Girl Scouts of Connecticut.

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Website: [airbornejugglers.com](http://airbornejugglers.com)

Girl Scouts of Connecticut members may also earn  
The Learn to Juggle Patch by reserving the Juggling Program Box.  
Further information may be obtained by contacting:

Girl Scouts of Connecticut  
Program Department  
North Haven Service Center  
20 Washington Avenue, North Haven CT 06473  
203-239-2922 or 800-922-2772  
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