
CIRCUS FOLK

SECRETS BEHIND THE BIG TOP

Jingle, Jangle, Juggle!

In the exhibit, students will encounter the section called *Getting Physical* that explores the skills, strength and daring of circus performers. Students will learn that the perfect show requires hours of practice and discipline.

Francis and Lottie Brunn were famous circus jugglers. Francis was the first man to juggle 10 rings. His sister, Lottie, who practised for 6 hours a day, was billed as “the world’s fastest female juggler”. When she stopped performing she became a juggling teacher at the Ringling Bros. Clown College.

Activity Goal:

Students will explore concepts of physicality, athleticism and performance by

- making their own juggling balls
- practicing the skill of juggling.

Materials and supplies:

- Two balloons
- A funnel (2” in diameter)
- ¼ cup measure
- Rice
- Variety of fabric squares of material (5”x5”)
- Variety of colored ribbons (1/4” wide)

Procedure:

1. Place the funnel into the balloon.
2. Carefully pour a quarter cup of rice into the balloon.
3. Tie off the balloon. The balls need to be the same shape and weight.
4. Wrap fabric square around the balloon
5. Tie off with ribbons.
6. Juggle
 - First juggle scarves or plastic bags; they move slowly and don’t roll away when dropped.
 - As confidence builds, test your skills using the jingle jangle juggle balls.
 - Next, try juggling round balls, hoops or soft toys.
 - Explore by juggling on one foot, using one hand or with a partner.

Juggling Hints:

1. Relax; bend your knees.
2. Start with only one juggling object.
3. Use your elbow to throw, not your wrist or shoulders.
4. Throw the objects from one hand to the other in an arc.
5. Keep your eyes on the objects not your hands; keep your feet still.