**2 Clown Tricks: Juggling & Balloon Twisting!**

**USE THESE INSTRUCTIONS WITH Juggling–Balloon Twisting BRAINSTORMING PACKET**

**Overview**  Two essential clown tricks are juggling and balloon twisting that match circus traditions. Delight your audience!

<table>
<thead>
<tr>
<th>Why?</th>
<th>Why?</th>
</tr>
</thead>
<tbody>
<tr>
<td>By the end of this activity, child will</td>
<td>Brainstorm pg. 1</td>
</tr>
</tbody>
</table>

- Learn basics of juggling and how to integrate into your story & “show”
  - Learn simple juggling act that is appropriate to the circus clown
  - Instructional video may be purchased & many videos are available on the web

- Select specific balloon characters to twist to go with your story and “show”
  - Clown traditions are that juggling and twisting balloons are unique to a character
  - Select clown name and character sketch. Set emotional tone thru juggling / balloons
  - Remember that the story behind juggling & twisting is an important part of the “show”

- Create a comfortable “show” to go with your juggling and balloon twisting
  - Does juggling-twisting engage audience? How do the acts fit with the story?
  - What does the act communicate about the clown character to the audience?

<table>
<thead>
<tr>
<th>What?</th>
<th>Get Ready</th>
<th>Brainstorm pg. 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Find instructional videos of juggling and balloon twisting on TV, movies or the web</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Make notes of fun design features and choreography</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Buy or recycle necessary props and balloons</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Make PROJECT PLAN - Step 1-follow instructional videos; Step 2- simple steps; Step 3- simple designs; Step 4-match act to clown’s story</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**TIME ESTIMATE**
- Min. 2 – 4 hrs.
- (song itself is less than 2 – 3 min.

**MATERIALS**
- Computer with internet access
- Study instructional video for simple start
- Props?  Balls for juggling
- Special balloons for twisting
My Multiple Intelligences engaged

- **Kinesthetic** – multi-step coordination of hands; dexterity for balloon twisting
- **Visual-Spatial** – balloon design for shape or visual characterization
- **Linguistic** – verbal patter and story-telling during physical performance
- **Musical** – physical rhythm during juggling
- **Interpersonal** – Does the trick performance engage the audience?
- **Intrapersonal** – stress and performance anxiety management during physical tricks

### Preparation

- Search for instructional videos for simple juggling and balloon twisting.
- Consider how the child’s clown “character” development benefits from the addition of juggling and balloon twisting for maximum audience engagement
- Consider will the juggling and twisting be a serious skill or a funny and silly act of the character?

### Project Plan

**Get Ready!** Review the Brainstorming packet for Topic 6.

**Step 1.** Go online and look up video tutorials for juggling and balloon twisting. Look for beginner instructions. Avoid starting with too difficult of a trick.

**Step 2.** Think about the kind of clown character that you are creating and how the juggling and twisting tricks will fit that clown’s character and story. Is your character skilled, silly, joyful, daring?

**Step 3.** Pick the juggling video you like the most. Choose the objects you want to juggle with. Start practicing! One step at a time. Make it fun.

**Step 4.** Pick balloon twisting video you like the most. Start practicing that too!
**Step 5.** When you feel confident with both tricks, practice making funny noises when you juggle (laugh loudly when you get it right, take a noisy inhale when you want the audience to think you are going to miss a ball...). Then try and tell a story when you twist balloons. You can tell the audience what you are doing, maybe tell them a few jokes, or imagine a story for the animal or object you are creating.

**Fun & Thrills!**

How can you make juggling and balloon twisting fun and exciting with special circus word patter that engages the audience? How do these routines enhance the character’s engagement with the audience? Use rhymes & rhythms & voice quality to enhance performance.

- Words? Phrases? Music? Sound effects?

**FINAL Reflections**

The parent should *not* provide an evaluation or grade of the child’s performance but instead the child can be queried on the difficult process of learning to juggle balls and twist balloons:

- What did you do?

- What stands out for you about this activity?

- What surprises you?

- What would you do differently, if you were to do it again?

- What would you like to do next?
Resources

Juggle Three Balls

Juggling Clown  https://www.youtube.com/watch?v=fb_rqF_QsAk
Clown Juggling Tutorial  https://www.youtube.com/watch?v=LfyBWY92_k4
Ringling Clowns show  https://www.youtube.com/watch?v=cpz8Y_4WADY
How to be a Clown  https://www.youtube.com/watch?v=KbSn5mKFWps&t=880s

Balloon Twisting

How to make your first balloon animal  https://www.youtube.com/watch?v=841sE2I8kkY
Make your first flower balloon  https://www.youtube.com/watch?v=nL7S5-YU8rA
Make balloon flower  https://www.youtube.com/watch?v=vN-jJSMb4jY

Tip: Community Connections. Is there anyone in your family, neighborhood or community child can talk with about juggling?

Learning Objectives / Common Core Standards

- Physical Education (hand-eye coordination; dexterity)
- Speech (audience engagement, emotional expression)
- Language Arts (narrative structure, story-telling, character development)

Adapt speech to a variety of contexts (CCSS.SL.6)

SAMPLES