

Good morning:

Just like we were going to do at school, let's start juggling (**malabares**). To do this we will create our own balls and then you will watch a video to know the main steps of juggling. Finally, you will be able to juggle on your own (There is a video with some ideas to practice).

## LET'S GO!


Tasks:

1. Hacer nuestras propias pelotas de malabares. Necesitaremos:  
Make our own juggling balls. You will need:
  - a. balloons (about 9)
  - b. Rice
  - c. A plastic Bottle
  - d. Funnel (not required) (**Embudo**)
  - e. Scissors

Here's the video. It's very easy:

<https://www.youtube.com/watch?v=E1sQjS6XSAM>

2. When we get the balls done, we will start practicing. In order to do this, you can watch the following video:  
[https://www.youtube.com/watch?v=HTyIO\\_MlhE](https://www.youtube.com/watch?v=HTyIO_MlhE)
3. Finally, if you are doing well, you can practice more difficult juggling, like the ones I put below.
  - a. <https://www.youtube.com/watch?v=fV07GtHlqBY>



You must send a photo of  
the balls and, if you want,  
send a video juggling

**You can do it!**

Para resolver las dudas que tengas, puedes contactar conmigo en el siguiente e-mail:  
[alberto.bermejo@sanviatorvalladolid.com](mailto:alberto.bermejo@sanviatorvalladolid.com)