

Juggling with Scarves

Single Scarf Throws

Take the scarf and hold it in the middle of the scarf with your thumb, index, and middle finger. Hold the scarf with palm down at waist level.

Lift your arm as high as you can reach. Just before you reach the highest point, gently flick your wrist and toss the scarf in the air.

As the scarf floats down, catch it at waist level, palm down. Practice with right and left hand.

Right hand throws - Left hand catches. Left hand throws - Right hand catches.

Two Scarf Throws

Hold the scarves in both right and left hands. Lift your right arm across your body and let go of the scarf on your left side. Repeat on the other side. Catch the scarves at waist level. Catch with left hand: then catch with right hand.

Three Scarf Throws

Place one scarf in your hand and wrap your little finger and ring finger around the scarf. Hold the second scarf, with your thumb, index, and middle finger of the same hand. Hold the third scarf with your other hand.

- A. Lift and release the scarf that is held by the thumb, index, and middle finger in the hand that has two scarves. Lift and release this scarf on the opposite side. Let it drop.
- B. Lift and release the first scarf (as in step A). Then, lift the scarf from the other hand, and release it on the opposite side of the body. Let both scarves fall. The scarves should land on the opposite sides of the body.
- C. Lift and release the first scarf from the hand, which has 2 scarves. Lift the scarf from the opposite hand, and release it on the opposite side. Lift and release the remaining scarf on the same side as the first scarf. Let all of the scarves fall.
- D. Lift and release the first scarf in the hand that has 2 scarves. Then lift the scarf from the other hand, and release it on the opposite side. Grab the first scarf with the other hand. Grab the second falling scarf, and lift, and release the first scarf, again with the other hand. Grab the first scarf and release the second scarf with the other hand. Continue...

This activity can facilitate achievement of the following outcomes:



Activity	
Basic Skills	
Application of Basic Skills	



Benefits Health	
Functional Fitness	
Body Image	
Well-being	



Cooperation	
Communication	
Fair Play	
Leadership	
Teamwork	



Do it Daily...for life	
Effort	
Safety	
Goal Setting	
In the Community	