

How to Make Juggling Balls

with tennis balls and popcorn!

Tennis balls are a good size for juggling, but they are a little light and bouncy. Here is a way to modify them, with adult supervision.

MATERIALS:

- tennis balls (any color)
- 1/4 cup unpopped popcorn per ball
- spring clamp or vice
- sharp fixed-blade knife or box cutter
- funnel



- ① Hold a tennis ball with a clamp or vice (not your hand). Use a sharp fixed-blade knife or box cutter to cut a 3/4 inch opening.

⚠ Tennis balls are hard to cut. Kids, have an adult help with this step. Be careful to protect yourself and the cutting surface.



- ② Push a funnel in the opening. Pour in 1/4 cup of popcorn. Remove the funnel from the ball.

☑ Now it will not bounce or roll away as easily. The opening will stay closed with normal use, so there is no need to seal it.



- ③ Make two more and you're ready to juggle! For more ideas and resources, see the links at InJest.com/fun.

☎ Want a large quantity for a nonprofit organization or event? Contact your local tennis club about donating used balls.