

in jest

presents ***Juggling for Success***

ABOUT THE PRESENTER

Nels Cremean ("Kre-MEEN") of *In Jest, Inc.* has won the hearts of audiences throughout North America and abroad. Drawing from his diverse background in performing arts including training with instructors from Ringling Brothers and Cirque du Soleil, Nels presents several programs for schools and others that blend physical theater, variety arts, music, humor, and a theme.

ABOUT THE PROGRAM

This one- to five-day residency teaches juggling, promotes positive decision-making, and involves the entire school community. It includes one or two assembly programs, age-appropriate juggling workshops, and *Family Juggling Night* for students, teachers, and their families. After the residency, Nels can provide ideas and resources for your physical education program and for those who are interested in juggling as an ongoing activity.

PROGRAM OBJECTIVES:

- To teach age-appropriate juggling skills, and provide resources for those who are interested in juggling as an ongoing activity
- To promote excellence and making positive choices

GRADE LEVEL: K-6

CURRICULUM CONNECTION:

Juggling develops self-confidence and self-discipline as well as tracking, fine motor, and sequencing skills used in reading, handwriting, math, and science. In addition, this guide provides activities with many connections to New York State Learning Standards (see AFTER THE PROGRAM).

GETTING READY FOR THE PROGRAM:

- Nels will provide a packet of information for your school's *Juggling for Success* coordinator to help students and teachers prepare for the program.
- Students do not need to practice juggling before the residency. Nels teaches age-appropriate skills using specific techniques, and generally finds it best to "start from scratch."
- Topics for exploration: physical theater, variety arts, humor, juggling, circus, vaudeville
- Online resources: www.juggle.org - International Jugglers' Association official web site; www.jugglingdb.com - database with juggling help, videos, articles, etc.

AFTER THE PROGRAM:

- Check out www.injest.com/links to find info on the history of juggling and physical comedy, instructions for how to juggle, puzzles related to the program, and more.
Mathematics, Science, & Technology—Information Systems
English Language Arts—Language for Information and Understanding
- Discuss and/or write about the experience. How did it affect you? What did you learn?
The Arts—Responding to and Analyzing Works of Art
English Language Arts—Language for Information and Understanding
- Create an art project or poster that features juggling, humor, or the theme of the program.
The Arts—Creating, Performing, and Participating in the Arts
- Read stories, poems, or articles about juggling, humor, or a topic related to the program. Write your own story, poem, or report.
English Language Arts—Language for Information and Understanding
English Language Arts—Language for Literary Response and Expression
- Use the library or the internet to find out more about juggling, humor, or things mentioned in the program.
Mathematics, Science, & Technology—Information Systems
- Research the role of juggling in various cultures throughout history. (Try www.injest.com/links for starters.) Create a timeline or world map with descriptions or illustrations.
The Arts—Understanding the Cultural Contributions of the Arts
Social Studies—World History
- Research the history of circus, vaudeville, or other venues where variety artists have performed in the United States. If possible, interview variety artists from New York.
Social Studies—History of the United States and New York
- Investigate applications of juggling in the study of science, mathematics, and other fields. Search *Discover*, *Scientific American*, and other periodicals for articles on these topics.
Mathematics, Science, & Technology—Analysis, Inquiry, and Design
- Juggle! It's a fun and safe activity that develops patience, persistence, self-discipline, and more. Below are ways to benefit from juggling as an ongoing activity.
Physical Education—Personal Health and Fitness
The Arts—Creating, Performing, and Participating in the Arts
The Arts—Knowing and Using Arts Materials and Resources

Learn new skills. If you can juggle scarves or beanbags, try other things such as rings, clubs, devil sticks, diabolo, hats, cigar boxes, tops, yoyos, spinning plates, etc.

Get connected. Go to www.juggle.org to join the International Jugglers' Association and get JUGGLE magazine. Go to www.jugglingdb.com to find jugglers and events near you.

Share the joy. Teach others how to juggle. Join a juggling club or start one of your own. Put on shows or demonstrations for your friends, family, school, or community.