

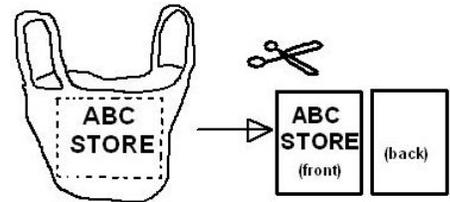
# Permission to Play: The Leadership Juggle

**Objective:** Learn or improve on simple juggling with low-cost materials. Experience the power of PLAY and how to translate these skills into valuable leadership lessons.

**Duration:** 15-45 minutes

**Materials:** Plastic Shopping bags (2-3/ person), scissors, paper, tape, or have people bring tennis balls or bean bags. 3 per person is best, but 2 people can partner up and share 3.

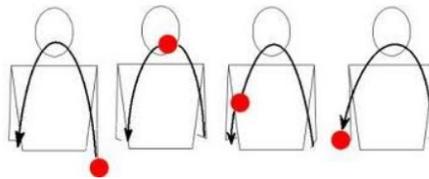
For Scarves: Cut plastic Shopping bags into squares to make "scarves." Try to get 3 per person, and also try to get 3 different colors.



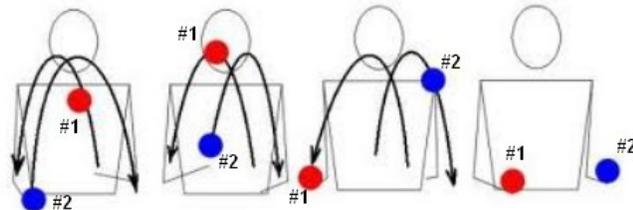
For Balls: DIY version – wad up paper and tape it up. OR use bean bags or tennis balls.

Now you have three objects, #1, #2, and #3. Starting with Scarves is easier, since they fall slowly. Either way, follow these steps to juggle. One at a time, and PRACTICE PRACTICE PRACTICE!

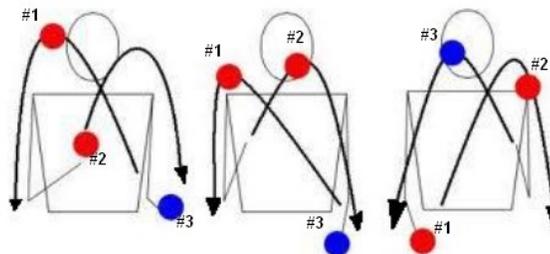
**ONE Object** – Hold #1, toss it across your body to the other hand. Then switch directions and toss back to first hand. Repeat until comfortable. Keep each toss the same height.



**TWO Objects** – Hold #1 and #2 in separate hands. Toss #1 just like before, and when it gets to the top of the arc, toss #2 up and across to the other hand. Catch #1 first, then catch #2. DO NOT toss both at the same time. Wait for #1 to hit the top of the arc before tossing up #2. Easy slogan: Toss-Toss-Catch-Catch



**THREE Objects** – Hold #1 and #3 in one hand, ball #2 in the other. Always start by tossing #1 first. At the top of the arc, toss ball #2 from the other hand and catch #1. At the top of #2's arc, toss #3 and catch #2. The hand with #1 in it will also now catch #3. Repeat until comfortable, gradually increase number of throws.



**WRAP-UP:** Discuss aspects of leadership in juggling. One project at a time. One person at a time. One team at a time. One idea at a time. We might work on several of those in a given day or week, but when we are on one, be on one. Accept failure as a vital step for team progress and individual growth.

Check out [www.joefingerhut.com/juggling](http://www.joefingerhut.com/juggling) for juggling videos, accompanying material

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