

MAKE SOCKO J-BALLZ

FOR "JUGGLE BY NUMBER" WORKSHOP
NATIONAL MATH FESTIVAL 2021



1. Find three clean long socks. Not ankle socks. Thinner stretchy socks are best.
2. Find three plastic bags. Produce bags not ziplock.
3. Find filler (rice, lentils, beans, popcorn, dirt). About two cups should do.



4. Pour a half cup of filler into a plastic bag and twist the bag to seal the filler in. Now, double it over itself by pulling the opening back over the filler. Repeat the twisting and doubling until it makes a filler ball. A little extra bag hanging out won't matter.

5. Put the bag of filler in a sock then twist the sock around once to hold the bag in. Double it over itself by pulling the opening back over the filler. Repeat the twisting and doubling until it makes a sock ball. A little extra sock hanging out won't matter.



6. Do the same with the other two bags and socks.
7. Start your juggling practice!

