



Fundația pentru  
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## Juggling

Juggling or Flow Arts, is the ability of an individual to produce forms and patterns by controlling one or more objects (often, in the air, as defined in Webster dictionary). It is an art detached from circus and ancient rituals, creating images with moving objects. It is an art of balance, causing gravity and winning. Playing with weights, you have to guess the location of the space in which the object will fall, to identify precisely the force with which you should take and in which direction to do this. Finally, you will not know how to give answers to technical questions, but will do it reflexively as a skill.

Juggling did not appear today, it is present in China, Egypt, North America, Micronesia and Mesopotamia for more than 4000 years. At the ancient Chinese court, the ladies used to relax by using juggling with diablo, while in North America Devil Stick (Stick Flower's ancestor) was used in shamanic rituals and New Zealand there were used in theater dance and combat trainings. Nowadays and thanks to its public, juggling can be included in street animation but due to strong influences in the development processes of individuals it can be used also as a learning method.

### What is the connection between juggling and nonformal education?

A stereotype about juggling is that it is frivolous in the sense that people play with some objects just for fun. Aside from the educational aspect of the game, everyone can learn something from juggling. Thus, it stimulates (at least) the following types of skills:

- Psychomotor (requires good coordination of the body, especially the hand - eye, which over time helps to foster better knowledge of your own body and discover and exceed your limits)
- Cognitive (to succeed, practitioners of juggling must first understand and movement deconstructed to understand how to use it properly as well as how to imagine new patterns)
- Affective (by setting and exceeding targets, and by working together with other practitioners, including a number of leading positive emotions)

In addition, due to the use of the whole body, even if you're left-handed or right-handed, you will need to use both hands, and in this way, both sides of the brain. It seems that some teachers even bind juggling of getting better academic results.

There are a variety of tools that are used in juggling among which Poi, Diablo, Flower Stick, Staff (stick) and Spheres – Contact.



## Why juggling?

**1 - It is an escape from the routine** - During busy periods of the study of pupils or students, or during overcrowded periods at the office, physical exercise that juggling implies will make the blood circulate and bring more oxygen to the capillaries.

**2 – A learning model step-by-step** - Learning to juggle involves a number of challenges. Whether you hold an object in equilibrium or pass it to someone else, you must pass through a series of steps to achieve the result you want. In juggling you cannot skip the basic steps. Then you can apply this model in various other learning contexts.

**3 – Develops educational abilities** - To learn how to juggle you must be careful, observe the details, plan your strategy, make small steps in learning, focus on the task and learn from the mistakes you make. The learning process of juggling develops patience, perseverance and self-discipline.

**4 – Connects the two cerebral hemispheres** - Juggling stimulates the right brain, responsible for creativity, music, spatial awareness, emotion, color, and connects the left cerebral hemisphere, responsible for the logical thinking, tasks, thinking math by connecting shapes, patterns of movement and the pace of learning objectives phase of juggling.

**5 - Reinforces the open nature of the learning process** - As any subject or course in high school or college, juggling offers you endless opportunities for exploration and (self) development.

**6 - Increase self-esteem and self-confidence** - Self-esteem and self-confidence can increase significantly without the need for competitive games thus juggling can motivate people to practice and persevere in “showing off” their skills to others.

**7 - Improve interpersonal skills** - With the help of juggling, learning in peer group happens for itself, every other participant explaining how s/he managed to execute a new movement and encouraging others to succeed and appreciating each other's success in the group.

**8 - Therapy for Learning Difficulties** - Juggling may have therapeutic value for children (even adults) with attention deficit and/or hyperactivity. Changing learning and group structure can have positive influences on children and some parents argue that learning to juggle their children significantly improved school performance.

**9 - Improves behavior** - Juggling can offer an escape to those who practice it to release the energy and to assert identity. Many schools in the United States that include juggling courses in the program reported significant improvements in the dynamics of the class, including the most difficult classes.

**10 – Because it is fun!**

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