



### **One Scarf Juggling**

Throw one scarf and catch it in each hand.  
Throw, clap, catch.  
Throw, say "wait, wait, wait" and catch it just before it lands.  
Throw, clap under one leg, catch.  
Throw, clap under one leg then under the other leg, catch.  
Throw, clap behind the back, catch.  
Throw, touch your shoulders, catch.  
Throw, touch your knees, catch.  
Throw under one leg, catch.  
Throw, catch under the leg.  
Throw and catch on your face.  
Throw, catch on your foot and throw back up with your foot.  
Throw, blow the scarf up and see how long you can keep it up.  
Kick from foot to foot.  
Throw, turn around, catch.  
Throw over your shoulder, catch behind your back.  
Throw and catch the scarf on the back of your neck.  
Throw, turn around, clap your hands and catch.  
Throw, turn around, clap under one leg and catch.  
Throw, call out your favorite car, food, color, person....  
Throw, call out the name of the best place on earth.  
Throw, shake your neighbor's hand, catch.  
Throw, catch your neighbor's scarf.  
Throw, circle your hand once around the scarf, catch.  
Throw, catch on one finger.  
Throw, swing one leg over the falling scarf, catch.  
Throw and pat your neighbor's back.  
Throw to a partner from your right to their left.  
Throw to a partner from your left to their right.  
Throw to a partner, have it land on their head.  
Both partners throw at the same time, catch partner's scarf.  
Both partners throw, try to catch both scarves.

# Things to do with one and two scarves!

### **Two Scarf Juggling**

Throw across, throw across, catch down, catch down.  
Throw straight up with both hands, catch straight down.  
Throw two scarves, clap, catch two.  
Throw across, throw across, catch across, catch across.  
Throw scarves around in a circle, throwing only with left and catching with the right.  
Throw scarves around in a circle, throwing only with the right and catching with the left.  
Throw two scarves, circle arms around them as they are coming down, catch.  
Throw two scarves, turn around, catch two scarves.  
Throw two scarves, catch them on your left foot.  
Throw two scarves, catch them on each foot.  
Throw two scarves, look at them and close your eyes, catch them.  
Throw two scarves, touch your nose and your toes, catch the scarves.  
Throw under the leg, under the leg, catch, catch.  
Throw two scarves, blow to keep them up.  
Throw, throw, catch on your elbows.  
Throw, turn to your back and throw the second, turn again and catch the first, throw and turn and catch and throw the second, see how long you can keep up the pattern.  
Throw, name all of your close relatives on your mother's side, catch.  
Throw, say the birth dates of your immediate family, catch.  
Juggle two in the right hand, then two in the left hand.

**LAUGHTER WORKS®**

269-624-5251 269-624-9044

[www.laughways.com](http://www.laughways.com)