

Wheel of Well-being Sock Juggling ‘Thuds’

An activity from Steve Bobs (WoW Advanced Practitioner, Cairns)



Overview

Create your own set of “Thuds”! They get their name from the satisfying *thud* they make when you drop them! Follow the step-by-step guide or watch the video to make your Thuds and learn how to juggle like a pro!

Why do this?

Research indicates that learning a task, like juggling, that requires simultaneous control of multiple movements, balance and swapping attention between a number of objects stimulates the growth of nerve connections in the brain. Juggling is not only fun it’s also a great activity for exercising body and mind. And with this upcycling activity, you are also helping save the planet by making use of all those odd socks. Win, win!

How to make juggling ‘thuds’

You will need:

- 🧦 3 socks (why not recycle some of those odd socks)
- 🧦 A filling for your thud, e.g. sand, rice or bird seed
- 🧦 Patience and sense of humour!



Instructions

- 🧦 Take a sock and fill it to just under a hand full
- 🧦 Twist the sock a few times and feed it through itself
- 🧦 Repeat step two until there is no more to twist
- 🧦 You now have one juggling thud!
- 🧦 Make 2 more, you now have a set of juggling thuds.



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How to juggle

1. Visualise an isosceles triangle. 
2. Take one thud in one hand and throw up past your face and catch in the other hand.
3. Do this three times on each hand or until it the arc of your throw is fairly consistent.
4. Now take 2 thuds, one in each hand. Toss one as before and as it reaches its peak toss the other ball inside the first one to the same height. Say “throw, throw, catch, catch” as you do it.
5. Now take two thuds in your strongest hand and the third in the other. Throw the thud from your fingers (from the hand holding two thuds) when the first thud peaks, toss from the opposite hand. When this ball peaks throw from your first hand, and keep going, say “throw, throw, throw, throw” etc.

Congratulations you are now juggling - it’s good for your mind, body and the planet. Now all you need to do is learn some juggling jokes!

Want a bit of extra help?

Watch this [short video](#) of Steve, WoW Advanced Practitioner from Cairns giving a juggling lesson.



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