

# How to make your own simple juggling balls

1



Using a funnel, pour  $\frac{1}{2}$  cup of uncooked rice into an empty bottle.

2



Blow up a balloon and attach it to the top of the bottle.

3



Turn the bottle upside down to let the filling pour into the balloon.

4



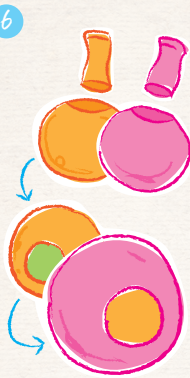
Pull the balloon off the bottle and let out all the remaining air.

5



Cut the top off the balloon stem, fold over and tape in place.

6



Cut whole stem off two more balloons and cover over original rice balloon.

## IN A SNAPSHOT...

- ✓ Physical activity is important for growing and developing well
- ✓ Childhood is a time when healthy habits start
- ✓ All children need regular opportunities to be physically active and reduce screen time
- ✓ Children need to try different physical activities to develop movement skills
- ✓ Parents and carers are important for providing support and role modelling healthy habits
- ✓ Children's physical activity should be fun!



**Check out these links for some great resources, ideas and information to help get your family active:**

- ▶ [www.dhhs.tas.gov.au/mwew/families/move,\\_play\\_and\\_go](http://www.dhhs.tas.gov.au/mwew/families/move,_play_and_go)
- ▶ [www.natureplay.org.au](http://www.natureplay.org.au)
- ▶ [www.health.gov.au/internet/main/publishing.nsf/content/phy-activity](http://www.health.gov.au/internet/main/publishing.nsf/content/phy-activity)
- ▶ [www.parks.tas.gov.au](http://www.parks.tas.gov.au)

**familyfoodpatch.org.au**