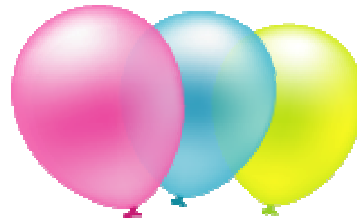


# THE HILL AT HOME

## Hacky Sack

### What you need:

- 3 balloons
- Dried beans, like split peas or lentils
- Paper
- Plastic bottle
- Scissors



### What to do:

1. To start, blow up a balloon and then let the air out. This loosens up the balloon.
2. Fold a piece of paper in half; use it as a funnel to pour the beans into the bottle
3. Stretch the balloon over the top of the bottle. Turn the bottle over and pour the beans into the balloon.
4. Now, blow up your second balloon and let the air out. Cut off the top of the second balloon and stretch it over the balloon with the beans in it; this is to make sure the beans won't come out.
5. Blow up a third balloon and let the air out.
6. Cut off the top of the balloon and stretch it over the second balloon.
7. And there's your Hacky Sack!
8. If you want, you can make a few Hacky Sacks and juggle!

### Nico's Juggling Tips:

- Start with one ball! Get used to throwing an arc back and forth with both hands.
  - With 2 balls throw the second one inside the arc of the incoming ball.
  - All throws should go to the same height, no cheating by passing straight across!
  - When you move up to 3 balls, aim to make 3 clean catches then add 1 more catch at a time.
  - Once you make 6 clean catches, you are a 3 ball juggler!
  - Experiment with throwing on the outside of the arc of the incoming ball

