



***JUGGLE YOUR SCHEDULE  
and TURN YOUR SCHOOL  
INTO A CIRCUS!***

Thanks for your interest. Here's the information you requested.

CIRCUS DAY consists of optional workshops for your entire student body and our show. We spend the morning working with a maximum of 150 students per workshop helping them improve hand-eye coordination, persistence, concentration and self-confidence. Students (and teachers!) have lots of fun building these lifelong skills in classes planned as followed:

- **Pre K–2nd:** Pre-Juggling skills with 1 and 2 scarves (their teachers should be present).
- **3rd–6th:** Scarf juggling (1 adult per 50 students).
- **7th and up:** Beanbag juggling (1 adult per 50 students).

At each workshop's conclusion, we open the souvenir table to allow students to take a little time and pick up something that they'd like. Souvenir items range in price from \$1 to \$8.00.

The highlight of CIRCUS DAY is an exciting & entertaining 45-minute performance in your gymnasium or cafeteria designed specifically for schools (juggling, balancing & fire eating {optional} -- no animals or clowns). ADMISSION TO THE CIRCUS IS FREE. Refreshments (popcorn \$2, soft drinks \$1 and cotton candy \$3) are only available when students enter and exit the performance.

Our full day program is usually \$1500. However, we are running a special for Public Schools with over 399 students: 2 workshops and the show for \$500 (additional workshops are optional for \$200 each).

We guarantee CIRCUS to be one of the best programs you'll ever bring to your school; if you don't think so, we'll refund your money!

### **A TYPICAL DAY**

*(will be modified for your school)*

8:45 School begins  
9:00 3<sup>rd</sup>-4<sup>th</sup> workshop  
10:00 5<sup>rd</sup>-6<sup>th</sup> workshop  
11:00 Pre-K thru 2nd workshop (optional)  
12:00 Lunch & Show Preparation  
1:30 Start seating students at circus  
2:00 Performance begins  
2:45 Performance ends - students go to class  
3:00 School dismissed

### **YOU'LL RECEIVE**

- A CONTRACT for you to sign & return.
- A NOTE TO TEACHERS to help them explain to the students what to expect.
- A note to send home with students.
- AN OUTLINE OF THE DAY for you.
- A PRESS RELEASE for the local News Media (inviting the media to the workshops & the performance will generate some good press for your school.)

You'll want to invite parents to the show ... everyone loves good quality entertainment

**CIRCUS OF THE KIDS • 9042 SHOAL CREEK DR • TALLAHASSEE, FL 32312  
(866) CIRCUS-5 (toll free) • (815) 301-1861 (fax)**



# *Juggling And Whole Brain Learning*

## **1. Juggling exercises and integrates the “right” and “left” brain.**

When you first learn to juggle, you are breaking the steps down into small learning steps. You are using what psychologists call the left brain, the logical, analytic, and narrowly focused side. Once you have learned how to juggle, you move into “right” brained thinking, the side that is more intuitive and holistic. When this happens, juggling becomes automatic and relaxing. Some call it a moving meditation. The left and right movement across the body literally changes our focus from left to right and back again.

## **2. Research has shown that there is a direct relationship between hand-eye coordination and the ability to read and write.**

Schools are teaching juggling as a way to enhance academic learning. The eye crosses midline and the movement improves concentration, encourages sequencing, and increases tracking.

## **3. Recent research has found that it is never too late to grow dendrites or connective cells in the brain.**

Nerve cells are designed to be stimulated by new input which in turn builds a richer brain structure. New learning creates a reserve of dense connections partially protecting us from cell loss associated with Alzheimer’s disease. Researchers say that the brain benefits the most from learning that which is “exotic and unusual” — juggling — what could be more exotic!

## **4. Juggling is a self-esteem booster.**

Juggling gives kids and adults tangible evidence of accomplishment. When students can get up and perform successfully for adults or other students, self esteem soars. Learning this newly acquired, yet heretofore seemingly impossible skill, causes all of us to take a second look at the other things we thought we couldn’t do. It challenges all our other beliefs about what is possible.

## **5. Students who get up and move around energetically on a regular basis return to academic tasks refreshed and will learn better as a result.**

A program of classroom breaks can be set up and run by the students themselves. Because students work at their own pace, with their own equipment and in an environment that reinforces effort and accomplishment the activity is completely safe and non-disruptive.

## **6. Juggling turns everyone into a participant.**

We tend to sort ourselves out around the age of 12 into spectators and participants. With juggling, everyone plays. Juggling is non-competitive when done individually, and requires cooperation when two or more work together. For many adults, it is the first new physical skill they have learned in a long time.

## **7. Juggling is joyful.**

Through the context of play, people have always learned best. Juggling breaks people out of their mental ruts and helps them be open to new possibilities and ideas.

**8. Juggling offers an effective “brain break” similar to the effect of sleeping on a problem.**

Juggling is being used by businesses to help increase creativity and innovative problem solving.

**9. A large percentage of students come to school as “couch potatoes” and the typical classroom setting turns them into “desk potatoes.”**

Juggling gets students up and moving bringing much needed oxygen to the brain.

**10. Juggling is an activity at which males and females can be equally adept, and where size and strength are not advantages.**

Everyone participates, even those who are usually side-lined by athletics. Because juggling is a subjective art/sport, it is hard to make negative comparisons about the skill of others. Praise is built into the process.

**11. Because you can only learn to juggle step by step, juggling is a great model for learning in general.**

We learn to juggle drop by drop. It is not through success, but through many small mistakes (drops) that we learn to juggle. We learn from these mistakes and keep on trying until we accomplish the skill. Through juggling we learn that with practice we can accomplish great things.

**12. Juggling takes little space.**

Students will not require more space than their own classroom and possibly a small piece of a hallway or a bit of playground once they move on beyond scarves. Adults can go off discretely to a side office and silently practice with scarves. The equipment is absolutely transportable.

**13. Juggling provides a great deal of carry-over to learning other physical skills.**

Many athletes have learned that juggling improves reflexes and spatial awareness, accuracy in throwing, confidence in catching and brings an innate sense of grace and rhythm.

**14. If students become involved in the teaching process, they learn a great deal more than if they are simply taught a skill by a teacher.**

Juggling isn't just for the athlete or the artist. Everyone is a student, as there is always more to learn. Everyone can become a teacher and students gain by teaching adults their newly acquired skill.

**15. Juggling is a perfect metaphor for life in general.**

We are all continually being asked to juggle more projects, priorities, and people. Learning to juggle is a perfect way to alleviate stress from our mental balancing acts.

© Laurie Young, M.A., L.P.C. and Kay Caskey, A.C.S.W. are Holistic Health Specialists who give programs on the therapeutic benefits of laughter, play, and the use of toys and juggling to manage stress, have fun, and leap tall buildings in a single bound. For more information contact:

***Laughter Works***  
34125 CR 352 • Decatur, MI 49045

# We want to bring CIRCUS OF THE KIDS to our School

(This does not constitute a binding contract.)

To invite us to your school, fill in all blanks and fax to **(815) 301-1861**.

School Name			
Phone Number: (     )     —	8 digit number on address label	Enrollment (approx.)	Grade Levels

Product	Qty \$500	Qty Extra (if any)	\$200 ea Extra	Qty Sister School	Total Cost (or put \$500)	Note: For each <i>sister school</i> you book, you get 1 additional free show or workshop.
Workshop	2		\$		\$	
Performance	1		\$		\$	

Please list a Sister school you've contacted that wants to book CIRCUS:

Contact Name \_\_\_\_\_  
 Additional (optional) Contact Phone \_\_\_\_\_

- \_\_\_\_\_ 1. *Please initial this* if it's possible for us to park on your school grounds the night before & the night of the event in our in a 38' Recreational Vehicle and a 27' trailer. We request to park within 100 feet of 3 separate 110 volt, 20 amp power outlets (these are standard power outlets -- no special wiring needed -- we cannot use GFI sockets check with your electrician) & within 100 feet a water spigot for a standard garden hose delivering potable water. We prefer there be no steps between our parking spot & the performance area as we have a lot of heavy equipment on wheels to unload. We'd also like to park in one place overnight and not move in the morning.
  
- \_\_\_\_\_ 2. *Please initial this* to indicate that you understand on Circus Day Souvenirs (\$1.00 to \$10.00 available after each workshop and at the performance) and Refreshments (only after lunch at the afternoon performance (Popcorn \$2 & canned soft drinks \$1, cotton candy is \$3) will be made available to students.
  
- \_\_\_\_\_ 3. *Please initial this* to indicate that you agree to send home with your students a flyer, provided to you by CIRCUS, notifying students & parents that these items will be available for purchase.
  
- \_\_\_\_\_ 4. *Please initial this* to indicate that you can provide the assistance of 5 adult volunteers to be at our disposal all day. In addition, we also need the use of long 5 tables (approximately eight feet each).

List dates we **CANNOT** visit you. I'll call you with a date that works for us both

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Tour Dates: **LA & MS** Feb 1 – Mar 4, 2010; **NY NJ PA** April 1-30, 2010

Thank you for reviewing these points. Successful communication is key to developing an atmosphere of trust and mutual cooperation. Feel free to contact me with a phone call or fax as questions arise. I appreciate your interest and your assistance. I look forward to bringing an exciting and rewarding experience to both you and your students.

\_\_\_\_\_  
Principal or Head Master

\_\_\_\_\_  
Date

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