

Juggling for Success™

Empowering elementary school students with new skills and confidence.



Coordination

Concentration

Self-Confidence

STAGE PRESENCE

Throwing and Catching Ability

Balance, Rhythm & Reflexes

Visual Tracking Skills

Reading Scores

Sequencing Ability

FINE MOTOR SKILLS

Imagination &

Higher Order

Problem Solving


HANDWRITING

Fitness

Patience

Behavior

Juggling for Success™ is intended to help schools and empower students by teaching new skills and building confidence. Juggling for Success™ and Climate Change is Elementary™ are projects of Congressional District Programs, a non-profit 501c3 foundation. © 2007 Dave Finnigan

 Please Recycle or use as a poster for our program



New Leaf Reincarnation Matte paper is manufactured with electricity that is offset with Green-e® certified renewable energy certificates, 100% recycled fiber and 50% post-consumer waste, and processed chlorine free.

7 Steps to the Juggling for Success Program

A unique full day program involving teachers, and students and families

Step

1

The day starts with a teacher's meeting before school. We discuss how taking activity breaks in the classroom throughout the school day can be good for student health, academics, and behavior. We point out how safe juggling can be, how easy it is to implement the program, and how much the students love the skill progressions. Then every teacher learns to juggle with slow-moving nylon scarves.

Step

2

Throughout the school day teachers bring students to the gym or cafeteria one grade level at a time. Teachers stay so they will get a chance to see their students as kinesthetic learners. Every student in the school learns to juggle at an appropriate level of ability.

Step

3

All day student names go up on a big wall chart with numerous achievement levels. By the end of the day every student and every teacher has their name somewhere on this *Wall of Fame*.

Step

4

The last hour of the school day is saved for an exciting all-school assembly. Students get up and perform one grade level at a time. Older students may move on to beanbags, balls, rings or even clubs. Your Juggling for Success consultant will be the Master of Ceremonies at the show and perform as well.



Program Summary

Step

5

That same evening we hold *Family Juggling Night*. First students perform, then they teach their parents to juggle. Then parents perform and students cheer them on from their seats on the floor. Your consultant performs to close the show.

Step

6

After the show, parents can also put their names on the *Wall of Fame*. This chart becomes the motor for the ongoing program for the entire school.

Step

7

With the help of someone from your school, juggling equipment can be sold for a few weeks to interested families. Proceeds from these sales helps fund the program or help your school purchase juggling equipment.

Wall of Fame

Julie ★ ★ ★

John ★

Melissa ★ ★

Tim ★ ★



Assembly



Teacher workshop



Family Juggling Night



2 Programs *for* personal and planetary Health

Combining the Juggling for Success™ program with Climate Change is Elementary™



Juggling for Success™

This two-day program starts with Juggling for Success.™

DAY ONE:

All the students learn to juggle with nylon scarves, experience the lessons of persistence, confidence, and concentration, and exceed their own expectations. They learn why exercise is important for personal well-being and how it can be fun. In the assembly, at the end of the day, they promise to get plenty of sleep, eat a balanced diet, drink mostly water, and stay physically and mentally active in order to maintain personal health.

Climate Change is Elementary™

DAY TWO:

Everyone comes back to the gym or cafeteria one grade level at a time where the same instructor now leads the learning and fun activities of Climate Change is Elementary.™ In the afternoon assembly, everyone promises to help the planet get healthy and stay healthy. They make the connection between personal health and planetary health, between food grown in a healthy environment and the health of their own bodies, between clean air and their own exercise and breathing, and between clean water and keeping their bodies clean inside and out.

"My Earth My Health" is held on the second evening. The first half focuses on personal health and the second half on planetary health. First, every student gets up and performs their new juggling skills while parents look on in amazement. Then students teach their parents to juggle

with nylon scarves, and parents take the stage to the applause of their kids.

Parents and students work together on their Family Sustainability Plans, and pledge to work on solving local, state, national and planetary problems. There are five mandated hugs in this exciting evening of togetherness celebrating family, community and life-long learning. The energy, dedication and teamwork continue via a novel social network: www.GreenHomeGreenPlanet.com.



Dave Finnigan, who designed both of these programs, has a BA from Cornell in Anthropology and a Masters in Health Education (MPH) from Berkeley. He worked from 1967-1976 in Population and Development Planning Programs in East Asia.

From 1976 through 2005 Dave took the self-esteem and school-esteem program, Juggling for Success™, to over 2,000 elementary and middle schools in North America. Dave's educational preparation, his 10 years of experience working in attitude change regarding

population and family planning in Asia and his 30 years of working in schools has given him a unique set of insights and tools to help design, test, refine, and implement the Climate Change is Elementary™ Program for schools.

To find out more about The Climate Change is Elementary™ or the Juggling for Success™ programs or to book your school to participate, please visit our website at www.climatechangeiselementary.com or contact Encore Performing Arts, Inc. Toll Free at 800-669-9850.