

Hula Hoops and Handstands

Promoting Healthy Eating and Exercise.

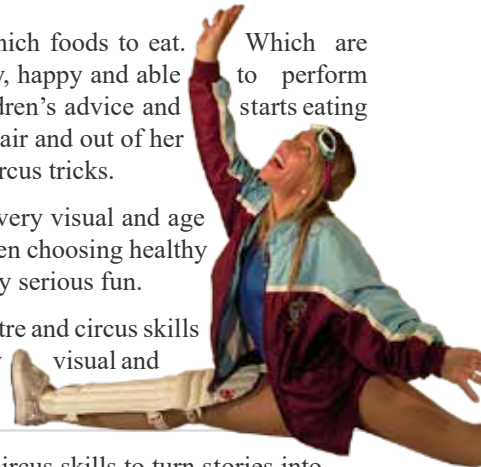
Charlie's goal is to become strong and healthy so that she can perform amazing circus tricks. You see Charlie wants to join the circus. She dreams of being able to walk upside down using her arms and hands as her legs and feet. Charlie wants to be able to spin not just one or two but numerous hula hoops around her waist, arms and legs. She wants to be able to throw and catch just like a juggler. She needs help! Everybody's help!!

Charlie needs the children's help to discover which foods to eat. the right foods that will make her strong, healthy, happy and able to perform the tricks she wants to do. As she takes the children's advice and the best foods, she is able to get out of her armchair and out of her pyjamas and up and doing all sorts of amazing circus tricks.

Which are to perform starts eating

With heaps of audience involvement this lively, very visual and age appropriate performance is designed to get children choosing healthy foods and exercise and of course have some really serious fun.

Performer, Charlie Truscott uses her physical theatre and circus skills to turn this story of eating well into a beautifully visual and engaging experience for her pre-school audience.



Charlie J Truscott uses her physical theatre and circus skills to turn stories into highly physical, engaging experiences. A competitive gymnast from the age of 5 to 17, Charlie went on to pursue performance studies at university before "running away" to join the circus. She has trained at Dell Arte International School of Physical Theatre in California and worked with Sydney Children's Festival, Sydney Royal Easter Show, Merrigong Theatre Company, KISS Arts Festival and Sydney Festival to name to few.

Price: \$11 per student or \$352 (GST included) whichever is greater.

Audience: Maximum of 40 students.

Suitable: 3 to 5 year olds.

Times: Show: 45 minutes. Set up: 30 minutes. Pack up: 30 minutes.

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