

Dear staff,

Steve and I look forward to bringing “OFF Balance” to your school and have a few suggestions to help you get the most out of the show.

SEATING: If it is possible, I recommend that you use tiered seating (perhaps with older kids on chairs or on a higher level) since some of the action does happen close to the ground. Not many schools have a large enough stage area, but if your school does, that would be even better!

CEILING HEIGHT:

We do have some acrobalance skills that require high ceilings and adequate space. Also, we have a portable aerial rig, and hope to include an aerial item if space allows. 4.5 m clearance is required for the aerial item, and at least 3.5 m for the acrobalance items. A modified show will be performed in venues with lower ceilings, and some acts will need to be cancelled for safety reasons.

FOLLOW UP: Below are some ideas which may help you and your co-teachers think of ways to encourage deep learning of the topics covered in the show. Enjoy!

If you have any queries, don't hesitate to call Robin on 0417301884, email robinalgodfrey3@gmail.com or else contact School Performance Tours on 1800221509. Thank you for having “OFF Balance” at your school!

Yours sincerely, Robin Godfrey

FOLLOW UP LESSON IDEAS FOR “OFF Balance”

Circus Performers need to try new things, perhaps get them wrong, and then keep trying.

Writing activity: Describe something that you found difficult, but that you have improved at through practise and determination.

Circus Performers need to trust each other and be trust worthy.

Try trust activities including blindfolding a friend and guiding them through obstacle course.

Internet

Some people get too wound up in what people think or say about them on the internet. Discuss.

Self-thought

People can control their thoughts to some extent. Role-play negative self-talk choices, and then constructive self-talk choices. Discuss.

Rest

Draw a graph of how many hours you sleep for each day of the week. Is this the recommended amount for your age group? Why do we need to sleep? Rest is different from sleep. Why do athletes need to rest their bodies?

Do the things you love

If people are interested in things, they can enjoy working hard at those things. Are there things you love doing? Are there things you are interested in learning about? Discuss.

Use your imagination

Steve liked to imagine a beautiful spot to go fishing. Describe and draw the most peaceful, beautiful place that you can imagine. You can imagine you are there anywhere, anytime!

Make your own juggling balls

<https://www.youtube.com/watch?v=gL3Pg1ThiW0>

Learn circus skills!

Discuss the circus skills used in the show:

Acrobalance, juggling, hooping, hat juggling, aerial silks.

Draw pictures of what you remember from the show.

If possible, hold workshops to develop these skills.