

Family Activity: A Simple Space

The seven audacious acrobats of [A Simple Space](#) like to keep things, well...simple. Who needs circus rigging, sparkly costumes or even shoes when you've got each other? Balancing, climbing and swinging on one another's heads, hands and shoulders, this talented, tight-knit troupe and their dynamic drummer saturate their stripped-down spectacle with remarkable athleticism.

In this Family Activity, practice trust falls, engage in some friendly competition and create your own family circus troupe!

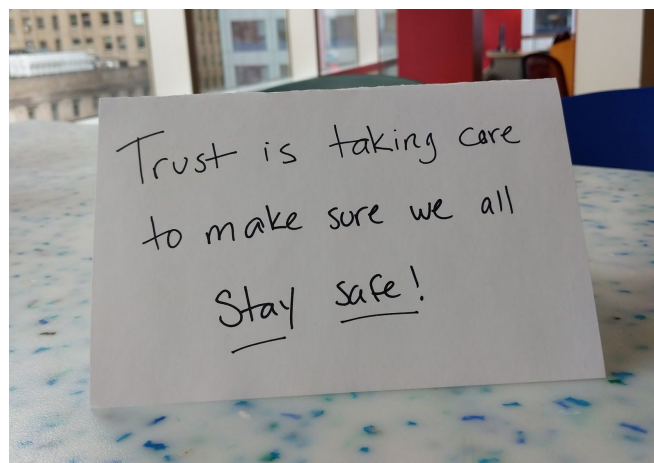
AT HOME

Gravity & Other Myths, the company behind [A Simple Space](#), was founded by a group of friends who rely on one thing more than anything else: trust. In this activity, follow their lead and practice trust falls with your friends and family!

Step One: Talk to your family about the idea of trust. Ask each other:

- What does it mean to trust someone?
- What makes you feel safe?
- What can I do to continue to earn your trust?

Step Two: Based on your responses, create a family definition of trust that everyone agrees upon. Write it down somewhere where everyone can see it. An example is...



Here are some tips to succeed at trust falls:

- Choose a room with enough space and with no sharp objects or corners in your way.
- Always start by practicing trust falls with contact first. This means that the person catching should begin with their hands on the other's back.
- Verbal communication is the key to safety—always call out, “Falling!” when you are about to fall back. It’s just like calling a ball with “I got it!” in baseball.
- Your trust fall partner should be about the same size as you. If not, the taller person should always be the catcher.

Step Three: Watch [this video](#) to learn how to do simple trust falls safely with contact.



Step Four: Watch [this video](#) to try trust falls that begin with no contact. Stay very close to your partner, then back up, little-by-little, to see how far apart you can be and still feel comfortable.



Step Five: Watch [this video](#) for a full family challenge. Start with one person as the faller and see if the rest of the family can catch them!



When everyone has had a turn, ask each other:

- How does falling into the arms of one partner feel different from falling into the arms of your whole family?
- Does one feel more comfortable than the other?
- Is one more fun? Why?

ON YOUR WAY

In [A Simple Space](#), you will see the performers partake in a bit of good-natured one-upmanship. They test their limits in a series of breathtaking and brave challenges. In this activity, challenge family members in some wholesome competition!

Step One: On your way to The New Victory Theater, try these travel challenges.

Can you...

- Hold your breath for more than 10 seconds? 20? Even 50?
- Sing "Twinkle, Twinkle, Little Star" with your mouth closed?
- Dance on your tippy toes without losing balance?
- Name five blue things you see in your environment?
- Find three patterns around you, like stripes, dots or zig zags?
- Balance on your heels?
- Wink one eye 10 times in one second? Make sure to try both eyes!
- Keep a straight face without laughing for one minute? Five minutes?
- Stay balanced on the train or bus while standing on one foot, like Siena below?



Step Two: What other daring challenges can you come up with? Take a photo or video of your challenge in action and tag us on Instagram [@NewVictoryTheater](#).

AFTER THE SHOW

Now that you've seen [A Simple Space](#), here are some things to talk about on your way home.

- Were there moments in the show that surprised, wowed or scared you the most?
- If you have seen other circus shows, what made this one different?
- How did the performers work together? Did one member seem like a leader? Why or why not?

Your family has mastered trust falls, completed some silly travel challenges and seen the show. Now you're ready to become your own family circus! In this activity, envision what acts might be in your own family circus troupe.

Step One: Watch [this video](#) to learn some simple acro skills.



Step Two: Watch [this video](#) for some helpful juggling tips.



Step Three: Take it to the next level. In [A Simple Space](#), the performers take traditional circus acts and add their own unconventional spin. Now it's your turn to brainstorm activities and add your own special style. Try a few of these examples.

- Hula hoop, but only with your arms.
- Throw a ball and catch it, but blindfolded.
- Hop on one foot, but synchronized with a partner.
- Tap your head while rubbing your tummy, while singing the ABCs at the same time.

Step Four: Now, create your own family circus with the following steps.

- Get as many people involved as possible to perform two to five skills you just practiced.
- Create an opening pose
- Choose an order for your acts.
- Rehearse a final bow.
- Rehearse your entire show until you feel ready to share it.
- Perform it for friends and family, or take a photo or video and tag us on Instagram at [@NewVictoryTheater!](https://www.instagram.com/NewVictoryTheater/)



AND BEYOND

To up your game, check out classes at [Circus Warehouse](#) and [STREB](#) or the book [DIY Circus Lab for Kids](#).