

Weekend NOTES

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Big Tops and Tiny Tots Circus Show - Review

by [Mistress of Culture Vultures](#) ([subscribe](#))

I am a freelance writer living in Melbourne who loves to travel and devour culture.

Event: 17/09/2016 - 25/09/2016

A magic suitcase and circus skills for little ones

On Saturday I headed to 'Emerald City' at the Meat Market in North Melbourne to see the *Big Top and Tiny Tots Circus* by Luth Wolff at the [Melbourne Fringe Festival](#). This is a special circus show for little kids aged 3- 6 year of age, and it's on every day from Tuesday to Sunday 25 September. Book your tickets [here](#).



Luth Wolff and Hula Hoops
[large image](#)

So what can kids learn from circus?

Kids learn confidence and to trust their own instincts and to work with others towards a common goal. For littlies, these skills build resilience and physical strength and coordination. Creative play is an important and natural part of child development and an essential component of circus.

Luth is a touring circus performer and visits schools, kindergartens and festivals all over Australia. She has a lovely warm and positive presence on stage and has designed this show specifically with 'tiny tots' in mind.

After a safety briefing, Luth talks to the kids about what makes a good audience member and slowly introduces circus skills like balancing, hula hooping, riding a unicycle, juggling, song and spinning plates. Luth also incorporates 'healthy eating' into her spinning plates performance, to encourage kids to identify and eat healthy food. Little guests from the audience are invited to join Luth on stage to participate in the show.

You can watch more of Luth's work [here](#) or visit her website www.solidstatecircus.com.au/.

Watching how kids respond to Luth and the circus tricks is impressive, and you just want to become a kid again. So head down to the Meat Market with your little tribe to the Big Tops and Tiny Tots show or invite Luth to come and visit your school or child care centre.