

Sand Northrup, One Woman Circus

Workshops and Residencies

KNOW

About the Artist



- Veteran children’s educator and entertainer Sand Northrup has an unflagging enthusiasm for circus arts. In 1980, Sand ran away to the circus in Quebec City to study juggling, unicycle, acrobatics, clown and mime. She has written and performed solo, duo and troupe shows in French and English across Canada. With a solid reputation as an outstanding teacher, mentor and role model, she currently performs and teaches circus arts in public schools and at circus camps. Sand also collaborates on numerous social circus projects and runs the therapeutic clown programs at BC Children’s Hospital and Sunny Hill Centre.
- “You are an outstanding teacher and coach and we really enjoyed working with you. We have seen our students grow in their skills and confidence. We hope you come back... each year!” (Grade 2 teaching team, Jennie Elliott Elementary, AB)
- “The best hands on residency ever!” (many BC school principals, dozens of teachers and hundreds of students)

About the Workshops

- Age appropriate, hands-on circus activities (object manipulation, juggling, equilibratics, etc) for K through Grade 12 with an emphasis on quiet focus, concentration, personal effort and understanding incremental steps needed to learn new physical challenges. Circus arts are used as a medium to introduce the joy of committing to practise and the excitement of positive and concrete results through personal engagement
- One to ten day residencies in the school gym with up to six workshops daily with six divisions/class groups
- Students need name tags, gym shoes and a willingness to try something new and exciting.
- Requires the school gym or similar open space appropriate for physical activities.

About the Art Form

Circus arts have always been popular but hands-on circus training is usually reserved for specialized circus schools. European and American circuses differ in their artistic presentations but circus performances typically display a high degree of physical skill (juggling, acrobatics and tumbling, aerials, etc.) combined with artistic skills like clowning, physical comedy, choreography and live music. In Canada, Cirque du Soleil has taken the presentation of circus arts to a whole new level, inspiring numerous artists and companies to popularize informal circus training for all ages.

- www.nationalcircusschool.ca , www.cirquedusoleil.com , www.ringling.com

Links to Curriculum

- Students learn to be better general learners. Concepts explored include focus, concentration, effort, commitment to practise, self-regulation, incremental learning.
- Age appropriate motor, physical and social skills development

Pre-Workshop Discussion Questions

- Do you need to be an athlete to learn how to juggle?
- What might be required to learn something like object balancing or unicycling?

Post-Workshop Activities

- In gym class, use Sand Northrup’s exercises for balls or scarves (available by request from sandnorthrup@gmail.com) to explore motor skills development and the concept of practicing to move toward personal excellence. Introduce fun and challenging physical skills to enhance learning, focus, concentration and self-discipline.
- Draw a picture or write a paragraph describing your favourite circus skill
- Make juggling balls or beanbags (available in Sand Northrup’s study guide on line at Artstarts.ca)

Post-Workshop Discussion Questions

- Identify the next step(s) in your own circus training.
- What equipment in your school equipment room can be used for juggling?
- Will learning to juggle make you a better learner and if so, why. If not, why not?

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