



Easy Read Visual Story

Look Mum, No Hands!

by Daryl & Co and Mimbre

A show about friendships and growing up

What to Expect



What is it?

'Look Mum, No Hands!' is an acrobatic theatre show. In the show two friends play. They push the boundaries of what is possible. In the end, they find the perfect balance of each of their limits.

Who is it for?

It is a show for family audiences



Main themes

- Friendships
- Growing up
- Safety
- Independence
- Vulnerability
- Strength



Length of show

30 minutes

There is no interval



Space and seating

There is seating around the stage. You can sit on the floor if you want to be close to the stage. As you enter you can help yourself to the seats.



Music and Sound

As you enter there will be music playing from the speakers. The music will play throughout the show.



People may clap at various points. You can join in if you want to or not.



It is an outdoor performance so it can be busy and you can hear noises from streetcars, conversations or other things around.



Content and Trigger Warnings

The two friends play, bicker and do acrobatics. Kat falls out of her wheelchair. This might look dangerous, but it's not.



All performances are Relaxed Performance:

You can:

- Wear headphones
- Talk to each other or
- Make noises
- Come and go
- Move around

Cast



My name is Kat
I am one of the performers. I'm a
wheelchair dancer.



My name is Danielle
I am one of the performers. I'm a
circus artist.

Set and Costume



Set

The grey foam matting on the floor is the performance area. Around and in front of it is the seating area. There are yellow half-sphere seats, little blue benches and a few blue folding chairs. The design is inspired by playgrounds.



The costumes are block colours:

- Danielle wears yellow dungarees, long sleeve top and trainers
- Kat wears a purple dress and trainers

The Performance



Pre-show

- Kat and Danielle will say hello to you before the show
- Feel free to say hello to them



Scene 1: We call this scene 'Mimicking'

- Kat and Danielle start the show sat next to each other
- They play a game of copying each other's moves
- Danielle gets carried away and shows off
- Kat decides to go



Scene 2: We call this scene 'Pushing It'

- Danielle calls Kat back
- They start to play the game of copying each others moves again
- This time Kat get carried away and starts to chase Danielle
- Danielle tries to make Kat stop
- But Kat doesn't stop



Scene 3: We call this scene 'The Struggle'

- Danielle gets annoyed and goes to sit back on her chair
- Kat tries to give Danielle a hug, but Danielle doesn't want one.
- Danielle picks up her chair and goes and sits at the side of the stage.



Scene 4: We call this scene 'Coming Together'

- Kat wants Danielle to come back.
- She invites Danielle to play again through dance.
- Danielle joins in.



Scene 5: We call this scene 'Unity'

- Together they start to play and make acrobatic shapes with each other.
- They end up both sat on the floor, with Kat out of her wheelchair.



Scene 6: We call this scene 'Making a Mistake'

- Kat asks Danielle to get her wheelchair.
- Danielle goes to get the wheelchair but gets carried away and starts playing in it on her own.
- Kat starts to get angry as Danielle isn't listening.
- Kat shouts at Danielle, who suddenly stops and gets out of the wheelchair.
- Danielle brings it back to Kat and tips her up with the wheelchair again.
- Danielle realises she has made a mistake and says sorry



Scene 7: We call this scene 'Finding a balance'

- Kat and Danielle start to move around the space, creating different shapes with their bodies, using dance and acrobatics to show a story of friendship





The music will stop and the audience may clap. Feel free to join in.



Post-show

- After the show Kat and Danielle will play a game of copying moves with the audience
- You can stay and join in or just watch
- When that's finished you can talk to the performers now if you would like to.

Find out more

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