

HIGHLYSPRUNG
THEATRE THAT MOVES

Sarah Trist
Dance Management Agency

Grow



An Eco-Themed Theatre Experience for
early years

***“Mesmerising, engaging, magical, and
interactive. Amazing!”*** Teacher

Highly Sprung creates physical theatre performances which inspire children and young people to discover their talents and grow their voice. The work is pioneering, bold, playful and inclusive, with an approach which aims to lay the foundations for better futures for the young people who take part as audience members or as participants.

Grow is Highly Sprung's interactive, multi-sensory physical theatre performance specially created for children aged 3-7. The production aims to ignite a love for the environment amongst the young and enhance their connection to nature. It brings together dance, sound and colourful large-scale props, drawing audiences into a heart-warming story of the fictional Elemos who travel up to the skies, dive into the oceans and journey through lush jungle, all the while exploring the vital role we all need to play in caring for our planet.





The production of **Grow** is 100% self-contained and is designed as a flexible performance that can be presented in indoor and outdoor settings, with minimal set up and get out time required. Locations include school halls and playgrounds, libraries, arts venues, parks and outdoor festivals.



Grow can accommodate an audience of up to 60 sitting on a canvas floor cloth so they enjoy the magic of nature and theatre up close, with additional capacity for 40 sitting on chairs around.

Grow is created with accessibility at its heart, offering a highly sensory experience with a gentle soundtrack and incorporating elements of both Makaton and British Sign Language. An easy-read resource supports audiences before and after the show. Performers are trained to deliver touch tours, inviting audiences to “meet the Eremos” and explore the set. A full transcription of the audio narrative is available, ensuring that everyone can engage with the story in the way that best suits their needs.

“I am going to help fix the flowers by giving them water and giving them earth for food so that they can breathe and that they have lots of sunlight” Audience member, age 6







“The performance was so engaging and all of the sensory elements were beautiful!” Teacher

“The props were brilliant, ideas to make back at school in our art lesson.” Teacher



Booking Details

Availability: From June 2026
Running time: 40 minutes (no interval)
Number on stage: 3 + performing stage manager/gardener
Number on the road: 5
Get in: one hour
Get out: one hour

Trailer: [Follow link](#)

Full Show: [Follow link](#)

Technical requirements: Minimum performance area 6m x 7m
If performing outside the backdrop frame is weighted by three 25kg weights (supplied by the company) and can be further anchored into the ground if required.
The performance uses a sound system which runs off its own discreet power supply. No mains power is required.

Contact: Sarah Trist at Sarah Trist Dance Management Agency stdma.com
sarah@stdma.com 07757 654790

