



Lucas Proudfoot

Circular Rhythm



Musician, storyteller, and children's author Lucas Proudfoot is a member of the Tweed Coast Bundjalung/South Sea Islander Community with a background in professional surfing, music and traditional Aboriginal dance.

With his school education program, Circular Rhythm, Lucas has been able to merge his many talents into a brilliant one-man performance that is highly interactive and informative about Australian Indigenous cultures.

Lucas has been spreading the word about the diversity and vibrancy of Indigenous cultures and has performed to hundreds of thousands of children in over 25 countries worldwide. He is an 'Australian Indigenous Education Ambassador' with DEEWR and in 2021 Lucas became an Ambassador with the Australian Literacy & Numeracy Foundation. Circular Rhythm is an Accredited Education program.

Circular Rhythm is a solo performance presenting Indigenous Australian culture in a dynamic, fun and informative show. Students learn about different aspects of Australian Indigenous culture through contemporary and interactive musical performance.

Have a look at what's in store! <https://youtu.be/3gHdbuVJOvo>



Lucas uses guitar, didgeridoo, stomp box, clap sticks, boomerangs, and drums to bring the stories and music to life. This music and Lucas's childhood memories growing up as a member of the Bundjalung and South Sea Islander community inspired his books, and this wonderful musical education programme.

The format is interactive with audience participation a key component. The songs performed in the show are all original compositions by awarded songwriter, Lucas Proudfoot.

Students experience music, dance, multicultural themes, diversity, storytelling and the creative process.

This performance showcases modern indigenous Australia and will complement and enhance your school's studies in:

- **Society & Environment** • **Multicultural**
- **Performing Arts** • **History & Culture**

Lucas has been "a standout" at: Somerset Literature Festival, Sydney Writers Festival, Byron Writers Festival, Ashgrove Literature Festival, Whitsunday 'Voices' Literature Festival, Kimberley Writers Festival

The Proud Fots adventure series, five books for 5-to-12-year-olds, showcases Aboriginal and Torres Strait Island cultures and other indigenous peoples from around the world. Children will delight in reading about the adventures of this talented mob of musicians! **The Proud Fots encourages discussion about cultural diversity and identity, sparking a sense of curiosity and adventure.**



THE PROUD FOTS



LUCAS PROUDFOOT
Illustrated by David Hardy

NEXUS ARTS

Price: \$6.00 +GST per student **Minimum:** 120 students
Suitability: All Primary Year Levels **Duration:** 60 minutes
BOOKINGS & ENQUIRIES: NEXUS ARTS
www.nexusarts.com.au
Ph: +61 3 9528 3416 **Freecall:** 1800 675 897
Email: nexusarts@netspace.net.au

Feedback for Lucas Proudfoot

As a teacher of 30 years experience, and seeing many performers over the years, I would have to say, without a doubt, that Lucas was one the most engaging, entertaining and funny performers I have seen. He had the children in the palm of his hand from the first second, right up until the end. The content within the performance was suited perfectly to the level of the children. Can't wait to see Lucas next year!!!!!!

Debby O'Loughlan, Currans Hill PS, NSW

Dynamic, energetic, engaging, informative, interactive and cultural. A 'tour de force' by Lucas Proudfoot. BRILLIANT!

Students said, "I loved it!" "Hilarious!" "I've never laughed so much!" "He was really talented at playing all his instruments," "I learnt there were over 600 Aboriginal Cultural Groups and the didgeridoo was from the top of Australia," "There were facts that we didn't already know," "Excellent!"

All students were highly engaged, entertained and involved. Seeing Year 7 students interacting so closely was an indicator of his ability to involve all ages – Great!! Lots of humour and students also retained new factual information of Aboriginal Culture. **Williamstown PS, SA**

Students were fully engaged in Lucas Proudfoot's show. They really enjoyed all aspects of the show and laughed heartily at the humorous aspects. Very enthusiastic and highly motivated throughout the show. Participation was excellent. **St Joseph's, VIC**

The students were enthralled and engaged throughout the whole performance.

Bundaberg Special School, QLD

Lucas is not only a delight to work with but he is a formidable performer that captivates audiences of all ages. **Louise Bezzina, Festival Director, Bleach Festival**

Educational in an entertaining way that captured the attention of the whole audience. The performance was engaging, interesting and fun. Lucas was really funny and talented, and did extremely well to keep R-7s listening and attentive for one hour!

Melaleuca Park PS, SA

Really enjoyed the performance, the student participation and the comedy of Lucas. Didn't want to leave. **McDonald Park Schools, SA**

Fantastic, really engaging and informative. Children were highly engaged, performance was entertaining and educational. **Mulga St Primary School, SA**

Great. They loved his wit and fast paced performance. Fantastic audience involvement. Music and humour a great combination – blended with a wonderful cultural awareness message – *what an awesome role model.* **Australind PS, WA**

Lucas was phenomenal. He had the children eating out of the palm of his hand and the teachers in hysterics. One of the teachers commented, "He was the best indigenous performer I have seen in 40 years!" **Lisa Williams, Chapman PS, ACT**

Excellent presentation. I loved the inclusion of the children and that Lucas remembered their names. **Mirrabooka Primary School, WA**

This was a top performance. He really hit the right note with our students. A wonderful mixture of fun and learning. **Campbell Town DHS, TAS**

Lucas's performance was very strong, invited audience participation, very relevant and very professional. **Fahan School, TAS**

Lucas is a truly positive and powerful role model for all Australian youth.

Benowa State High School, QLD

Feedback for Lucas Proudfoot

Very enjoyable, entertaining and engaging. Students loved joining in. They were desperate to share ideas and feelings. Excellent hand on activities. [Canterbury PS, VIC](#)

Excellent - lots of laughing, 'ahhs' of amazement and just the right amount of questions and involvement for kids. [St Maria Gorettis School, WA](#)

The students were fully engaged for the duration of the performance. They participated enthusiastically and laughed heartily. [Euroa PS, VIC](#)

Excellent - it was engaging, interactive and funny. It was fast moving and visual enough to keep the children engaged. He was able to pass on information while making it fun. [Fremantle Language Development Centre, WA](#)

THEY LOVED IT! Watching their faces and hearing their laughter was awesome. Educational, amusing and interactive: they loved being a part of the show. Even the older students – usually 'too cool' to participate – must have temporarily forgotten it and got carried away today. Teachers loved the little 'adult' jokes thrown in. Right over the kids' heads but gave us a laugh. We liked how many kids were involved as well.

[Newborough PS, WA](#)

Brilliant, Lucas had all the students in the palm of his hand at all times. He developed an instant rapport through his use of humour and audience participation and was also able to get them to listen quietly for more serious discussion. It was very clever, informative and entertaining and a great starting point for discussion and follow up work around indigenous culture and related issues. Thanks Lucas [St Thomas PS, Drysdale VIC](#)

It was one of the best incursions I've seen in 14 years of teaching. Relevant, fun, informative and well planned and performed. I loved this session, audience participation and engagement was high. All students returned to class loving the session and feeling they have learnt something new! [Deputy Principal, Arbor Grove PS, WA](#)

Funny! Enjoyable and entertaining. We learnt about the culture, musical instruments and information about the various tribes. Fantastic!

Excellent. We all loved having Lucas come to our school. The students loved him and he made them laugh and was very informative about indigenous culture. [Eagle Point PS, VIC](#)

The students loved it. They were engaged and entertained the whole time. There were lots of opportunities for individuals and all the students to join in. The performance was kept at a great pace and Lucas had an instant rapport and connection with the students. We would highly recommend this performance [Harcourt Valley PS, VIC](#)

Excellent. Students thoroughly enjoyed the whole musical experience and jokes etc. Teachers loved it too. Good fun and informative and appealed to ages from 5 to 50

[Boolara PS VIC](#)

Lucas certainly delivers a dynamic and interactive one man show! His session taught the kids about their culture through dance, music and song. Lucas was amazing, the students and teachers loved his performance. He was entertaining and the students were fully engaged from start to finish. Lucas was highly professional and a very positive role model for Aboriginal students. Can't wait to have you back!

[Amber Young, Galuwa Coordinator - Aboriginal Education & Training Directorate, Department of Education & Communities](#)

Lucas engaged our students brilliantly! Many teachers have stopped me around the school to tell me how great the performance was. Even teachers who weren't there have told me that they wished they were! And lots of the kids are jumping 'round the pathways like kangaroos. [C. Rolfe, Dakabin SHS, QLD](#)

Feedback for Lucas Proudfoot

Students engaged and enthusiastic about the performance. It was very interactive which was great. **Caralee PS, WA**

The children had a ball! I have never seen them delight so much in a performance. His music knowledge and rapport were amazing and much appreciated. Engaging, exciting, humorous on all levels, great information and aspects of Aboriginal culture.

Chapman PS, ACT

I engaged Lucas Proudfoot as part of our NAIDOC celebrations to perform and present to our 5 to 12 year old children. Lucas performed twice, one with the younger and then the older students. He was very professional and approachable when we were negotiating the performances and was very willing to adapt his program to suit the needs of our school. Students played instruments and danced with Lucas and were very focused during the presentation, listening and engaging enthusiastically with Lucas. I have no hesitation in recommending Lucas Proudfoot as this was a high quality performance with exceptional skills. **Glen Thomas, Principal - Runcorn Heights SS**

Lucas Proudfoot was engaged to present a show to our students, kinder to Year 6, as part of our NAIDOC week celebrations. Lucas was very professional in the lead up to the event, throughout his visit and in follow up communication. He presented an entertaining and relevant show to our students, incorporated cultural awareness education, sensitivity to other cultures, audience participation and very much entertained the audience. The show was varied and well-paced. The children participated in song, dance and music. He had an easy rapport with the children and provided an interesting mix of visual and auditory items.

I would be pleased to have Lucas back to our school at anytime. The children, staff and parents enjoyed the educational experience and engaged very well with the performance.

P. Meadows, Tyalgum PS, NSW

A fantastic show that engaged all students and taught them about indigenous culture

Heyfield PS, VIC

Lucas told us really fun stories about Aboriginal Australians and their culture. Overall, I thought this was a really fun learning experience and most importantly, it taught me that Australia is a very diverse country.

Arzoo, Year 8 International School of Lausanne, Switzerland

I had no idea what Australian music was before Lucas came to our school. Now I understand, and feel the importance of spiritual music for the Aboriginal Australian people.

Klara, Year 8, International School of Lausanne, Switzerland