



I'M GOING TO A
SENSORY-FRIENDLY
PERFORMANCE

WHAT CAN I
EXPECT?

Theater



I am going to the Belle Mehus Auditorium to see a ballet.

A ballet tells a story through dancing.

Entering the Theater



I will walk through the front door.

I will get my ticket when I walk in.

Crowds



Many people will be at the theater watching the show.

The theater lobby may be crowded.

I can go to the quiet room if I want to get away from the crowds.

I can also stay close to the person I am with if I don't like the crowds.

Waiting



When I go to the theater, I have to wait in lines.

I may have to wait in line to go into the theater.

I may have to wait in line to get to my seat.

I may have to wait in line to get to the bathroom.

I may have to wait in line many times.

Usher



The theater usher is a friendly helper.

I will give my ticket to the usher to enter the theater.

The usher helps me and my family find our seats.

If I need help I can ask the usher.

Aisle



I will be careful when I walk in the aisle to get to my seat.

I may see others walking in the aisle at the same time as me.

I am allowed to dance in the aisle if my body wants to.

Seats



My ticket lets me get in to watch the show.

I can pick my seat with the people I came with.

I can choose a seat close to or far away from others.

I can move out of my seat to take a break or stay in my seat.

This is where I will sit to watch the show.

Break Areas



I will tell the person I am with if I need a break.

I can leave the show and come back when I need to.

I can relax in the break area or walk around in the lobby.

Elevator



I can use the elevator if I need.

I can ask a helper to guide me to the elevator.

Bathroom



I will let the person I am with know if I have to go to the bathroom.

I can go to the bathroom at any time I want to.

Music



Ballet uses music and dance to tell a story.

The music will get louder and softer at different times during the show.

Loud and fast music often means something exciting is about to happen.

If I don't know what is happening, I can whisper my question to the person I am with.

I can choose to wear my earphones.

Dancers



I will see dancers moving on and off the stage.

Sometimes there will be one, two or many dancers.

During these times, there may be a lot going on.

If there is too much going on, I can choose to watch
just one dancer.

Narrator



I will hear a narrator reading me the story.

The Narrator may stand on the stage in front of the dancers.

I can choose to watch the narrator or the dancers.

Clapping



During the ballet people will clap when a dancer does a movement that they like or when a dancer finishes a dance.

I can clap when I like what the dancer is doing.

I don't have to clap if I don't want to.

I can cover my ears if the clapping is too loud or scary.

I know that I will be safe, even when there is clapping.

Costumes



The dancers wear costumes.

Wearing costumes is like playing dress up.

The dancers are telling a story with their costumes.

The costumes are colorful.

Leaving the Theater



All people will leave the theater at the same time.

The aisle may be crowded.

I can leave when everyone else does or I can stay in my seat until it's not crowded.