



**SENSORY-
FRIENDLY
PERFORMANCE**

PARENT'S GUIDE

Sunday, Mar 12 at 4 PM



The Night Diary

Adapted for the stage by Mukta Phatak
Based on the book The Night Diary by Veera Hiranandani
Book cover illustration used by permission of Penguin Random House
Designed and illustrated by Kelley Brady

About the show

Twelve-year-old Nisha is half-Muslim and half-Hindu struggling to figure out where she belongs. Her personal conflict deepens as India - the country she lives in - is divided into pieces during the Partition of 1947. When her father decides it's too dangerous to stay where they are, they embark on a long and dangerous journey as refugees. Told through her journal entries to her mother, this stirring and heartfelt story reminds us that home is more than a place. It's a feeling and a sense of belonging that comes from within.

Show support

2022-23 SEASON
Presented by:
BANK OF AMERICA 

The Night Diary is in collaboration with EnActe Arts.

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Special thanks



to Julie Higginbotham of Precious Developments. Julie has worked as our consultant in the creation and preparation of our sensory-friendly performances. We're grateful for this valued partnership.

What to expect at a sensory-friendly performance

Sensory-friendly theatre is an approach to the audience experience that “softens” the environment. What does that mean exactly? In general, we make the theatre available to everyone, including those who may need more flexibility to help manage all of the sensory experiences that come along with attending a performance. Below are some of the adjustments Children’s Theatre of Charlotte is making to create a more sensory-friendly environment tailored to each show:

- Lights in the theatre will stay low during the show, instead of turning all the way off.
- We will lower the sound levels when needed.
- We sell fewer tickets for the sensory-friendly performances so families have more room to move as needed.
- We provide fidgets, headphones and weighted toys to help children feel more organized and settled.
- Someone will be at the front of the stage with glow sticks to help give families a warning when sensory-rich moments are nearing. Raising one light means there’s a smaller sensory moment coming up (like a loud sound or a change in lighting). Raising two lights means a more intense sensory-rich moment is about to occur.
- We provide a quiet room if children need to leave the theatre to feel more settled or regroup during the show.

Support materials for you

We provide several guides to help prepare your family for your visit:

The visit guide that walks your family through our facility.

The child guide goes with each performance.

The parent guide like this one helps parents support their children’s learning and experience in the theatre.

We want you to have the opportunity to enjoy the theatre with your family, so with that, please enjoy the show!

Learning opportunities and sensory-rich moments in *The Night Diary*



Welcome to this wonderful story of finding out what “home” really means - we're glad to have you on this journey with us!

How do we celebrate our culture and the culture of others around us?

Sensory-rich moments:

This show opens with some music and lighting shifts, along with a ringing bell. It transitions into the opening scene with additional soft lighting shifts.



Meet Nisha and her lovely family!

How do we stay in contact with loved ones?

Sensory-rich moments:

This scene transitions into the next with a shouting moment and lighting shifts.



Wish Nisha and Amil a happy birthday!

How does your family celebrate birthdays?

Sensory-rich moments:

This scene transitions into the next with lighting shifts.



Learning opportunities and sensory-rich moments continued



Nisha and Amil have a birthday adventure tradition - what do you think they'll do?

Traditions are special, no matter how big or small.

Sensory-rich moments:

This scene opens into more active music and pretend sword fighting with some shouting.



The twins are so different, but so connected. What will they do when trouble comes along?

How do we teach others to stand together against unkind behaviors?

Sensory-rich moments:

This scene contains bullying.



Kazi helps Nisha understand what's happening in the world. But wait, what happened to Amil?

It's important to help children understand things happening around them in a way they can understand.

Sensory-rich moments:

This scene contains soft lighting shifts and an injury moment. It ends with a brief spotlight moment and transitions to the next scene with lighting shifts and music.



Learning opportunities and sensory-rich moments continued



Papa and Dadi have made some tough decisions to help keep the family safe. They talk the twins through the political issues that led them to these decisions....

Children are capable of understanding more than we often give them credit for.

Sensory-rich moments:

This scene contains a few brief shouting moments and lighting shifts, along with some environmental sounds. It transitions into the next scene with multiple lighting shifts, a ticking sound effect, and voice effects.



Oh no - it's time to go.....

How do we help each other feel safe when things feel very unsafe?

Sensory-rich moments:

This scene is more intense and contains some shouting moments. There is also brief music and some banging sounds. It transitions into the next scene with multiple lighting shifts.



It's time for the family to start moving, which means saying goodbye.....

Change is so hard, especially when it means we can't take all of our loved ones with us.

Sensory-rich moments:

This scene begins with a voiceover and banging sounds, as well as some brief shouting. It contains additional lighting shifts, music, and voiceovers. It transitions into the next scene with brighter lighting and more music with set shifts.



Learning opportunities and sensory-rich moments continued



It's time to set up camp again. The twins have so many questions about what's going on!

Children often process stressful situations through pretend and play.

Sensory-rich moments:

This scene contains lighting shifts, voice effects, and environmental sounds. It transitions into the next with lighting shifts and a rooster sound effect.



The twins are trying to cope with their situation, but things are getting more stressful...

How do we encourage children to be children, even when life gets stressful?

Sensory-rich moments:

This scene starts with environmental sounds and playful shouts with set play. It contains some shouting and an "oops" moment. It transitions into the next scene with music and lighting shifts.



Time for the family to travel again.....

Memories can help keep our spirits up!

Sensory-rich moments:

This scene contains lighting shifts and voiceover effects and transitions into the next with more sound effects, lighting shifts, and voiceover effects.



Learning opportunities and sensory-rich moments continued



Travelling like this is so hard, and everyone needs help - even strangers. But there is a huge blessing right around the corner!

How do we come together to help each other when things get really hard?

Sensory-rich moments:

This scene contains more significant sound and lighting effects, as well as a brief, more violent moment and some shouting and illness. It transitions into the next scene with more significant music, sound effects, and lighting effects.



More blessings for the family as they finally find a piece of home!

Finding familiar moments can help us feel settled when life is very unsettled.

Sensory-rich moments:

This scene transitions into the next with music, lighting shifts, and set changes.



The family has almost made it to Rashid's house, but Papa has some very specific instructions about how to stay safe...

Children don't always interpret instructions the way we intended them to.

Sensory-rich moments:

This scene contains a scary, threatening moment with shouting. It transitions to the next scene with music, lighting shifts, and set shifts.



Learning opportunities and sensory-rich moments continued



The twins finally get to meet new family and find new connections to their mother and themselves!

Finding connections to loved ones can help us feel safe and grounded.

Sensory-rich moments:

This scene begins with a rooster sound effect and contains soft lighting shifts. There are also some shouting moments



The twins are about to make an unlikely friend! But what news does Papa have now?

Sometimes the most surprising connections are the strongest ones!

Sensory-rich moments:

This scene contains shouting moments, a rooster sound, and soft lighting shifts. It transitions into the next scene with voiceover effects and lighting changes.



The family must travel again.....

Making decisions to keep ourselves and others safe is often the hardest thing to do.

Sensory-rich moments:

This is a more intense scene that begins with shouting and lighting shifts, and it builds with music and sound effects. There is a simulated train moment with fast-shifting lights on the set, voiceover effects, and building emotion. It transitions into the next scene after more intense shouting. Remember, we have sunglasses to borrow if you're worried about the lighting effects!



Learning opportunities and sensory-rich moments continued



Nisha is having a hard time processing everything that has happened since they left home. How is the rest of her family doing?

Trauma can show itself in a variety of ways - grace and understanding is always important!

Sensory-rich moments:

This scene contains some shouting moments and moves into a brief, quiet prayer moment. There are additional lighting shifts before the transition into the next scene with music and light changes.



Who is that? It looks like the family found another piece of home.....

Reuniting with loved ones can make such a big difference when life keeps changing.

Sensory-rich moments:

This scene contains some shouting moments, lighting shifts, and cooking sounds before it moves into the end of the production with voiceover effects and music.

Thanks for joining us at Children's Theatre of Charlotte for this special performance. We hope to see you at our other sensory-friendly performances in the future.



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