

SENSORY-FRIENDLY PERFORMANCE
PARENT'S GUIDE



Sun, Nov 12, 2023 4:00 PM

Sponsored by



AUTISM STRONG
FOUNDATION

2023-24 season - Life Doesn't Frighten Me

By Paige Hernandez

Original Music Composed & Arranged By Kris Funn & Paige Hernandez

Based On Life Doesn't Frighten Me From The Book "And Still I Rise" By Maya Angelou

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Presented by:

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Today's celebration is brought to life, in part, by:

Rosa Maria Vega

April & Thomas Whitlock

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The Hensley Family

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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 stick means there's a smaller sensory moment coming up (like a loud sound or a change in lighting). Raising two sticks 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 Social Story walks your family through our facility and what to expect on your visit.

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.

The Sensory Table provides access to weighted toys, fidgets, and headphones for use as needed.

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.

Learning opportunities and sensory-rich moments in *Life Doesn't Frighten Me*



Welcome to this wonderful production! Are you ready to dance along and explore ways to think about things that might frighten any of us?

Sensory-rich moments:

This production uses cool effects during the whole show, including projections at the back of the set, lighting changes on the set, and lots of interaction with YOU in the audience! Remember, we'll be raising glow sticks live during the show at the front of the stage to let you know when things are going to happen. We also have additional resources available to you throughout the show, like sunglasses, so let us know how we can support you!



Meet our 4 amazing storytellers - they're here to sing, dance, and talk about how they handle frightening things. Dance along and watch them be brave together!

How do we say things out loud to help each other process frightening situations?

Sensory-rich moments:

This production opens with lively dancing, lighting shifts on set, fun music, and sound effects. You even get to participate! There is a moment of lighting that is aimed out toward the audience that will be dimmed, but we have sunglasses to help!



Welcome to Story 1!

Sensory-rich moments:

This transitional scene opens with lighting shifts and spooky sound effects. It transitions into the next first story with a boxing ring bell that rings and lighting shifts.



Learning opportunities and sensory-rich moments continued



Time to get in the boxing ring! What could be frightening about this.....

What physical prompts can we use to help calm our bodies and our minds when we're afraid?

Sensory-rich moments:

This scene contains simulated boxing and processing through fear and anxiety. It contains lighting shifts, boxing bell sounds and other sound effects, and cheering moments. Of course there's also engaging music and dancing! There are lights aimed forward again, so borrow some sunglasses if you need them.



Welcome to Story 2!

Sensory-rich moments:

This transitional scene opens with lighting effects and more spooky sound effects. It transitions into the next story with lighting shifts and fun music. There is a disco ball projection that does not reflect out into the audience.



Now we're in the Bronx! Watch what happens when this dancer takes a walk through the park alone.....

How do we talk to kids about what it truly means to fit in...or not?

Sensory-rich moments:

This scene opens with dance music and simulated bullying. There are simulated scary moments with lighting shifts, more sound effects and great music, and a more significant set projection moment with flashy lights. This scene transitions into the next with an epic dance-off!



Learning opportunities and sensory-rich moments continued



Welcome to Story 3!

Sensory-rich moments:

This transitional scene opens with lighting shifts and less spooky sound effects. It transitions into the next with lighting shifts and contains a thunder/lightning moment that is contained on the stage.

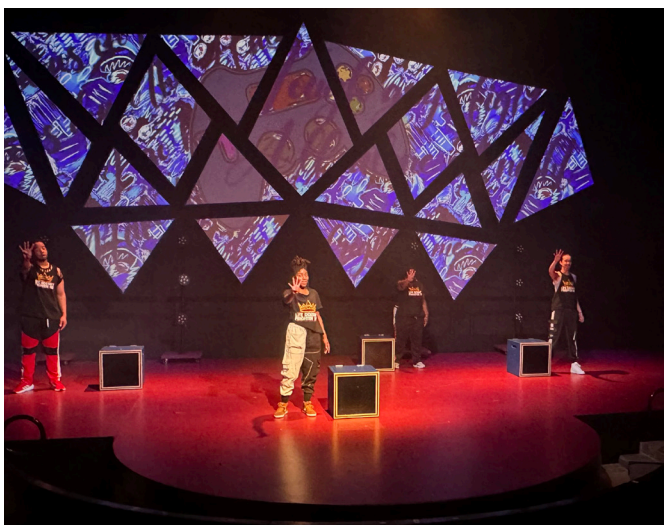


And now, let's visit the ocean with our awesome storytellers....

How do we help children learn new things when they're not ready to actually learn the new things?

Sensory-rich moments:

This scene contains additional thunder sounds and two more thunder/lightning moments that we'll cue for you. There are lighting shifts and more sound effects, along with more simulated fear moments. As always, more music and dancing continues! Get ready for another chance to participate in the show....



Welcome to Story 4!

Sensory-rich moments:

This transitional scene contains lighting shifts with sound effects, and it transitions into the next story with lighting shifts.



Learning opportunities and sensory-rich moments continued



It's video game time! How can this feel frightening?

How do we help each other see past others' unkind behavior to become more compassionate?

Sensory-rich moments:

This scene contains much more lighting aimed out at the audience - we have dimmed the lights and helped fade it in and out to remove some of the flash effects, but please use sunglasses if you need them! There are a lot of video game sound effects, lighting shifts, and musical number that ends with a final victory moment.



Thank you for coming along on this wonderful journey - make sure you wear your crown from now on, everywhere you go!

How do we model standing up for ourselves and those around us?

Sensory-rich moments:

This scene contains a musical recap, lighting shifts contained on the stage, and it ends with one more chance to dance along with the cast!

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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