

Sensory Friendly Dance Performance Guide



I am going to see a dance performance of *Tanabata: The Story of Orihime and Hikoboshi*.

Going to see a dance performance is like watching TV or a movie, except it is live and the people on stage are dancers who move to music to tell a story.

This performance will also have an ASL translator.



The dance performance will be at the The Sofia, home of the B Street Theatre.





We will enter the lobby of the theater and there will be sensory friendly toys, coloring activities, and a quiet area where I can relax, until the dance performance begins.

When the dance performance is about to start, we will walk into the theater and someone will give me a program. They will also give me some items to help me enjoy the performance, like headphones or a fidget toy, if I would like, or I can use my own.



In a theater, there are many rows of seats. My group and I can sit in any available seat.



When it is time for the dance performance to start, a dancer on the stage will tell us what we will be seeing. The dancer will also ask everyone to silence any cell phones so that everyone can hear and enjoy the show.

The music will begin, and the dancers will dance on the stage. I will try to stay in my seat and watch the show with my friends and family. During the performance, the music may be loud. If it is too loud, I can use headphones to cover my ears. This can help me feel calm.



If I need a break during the performance, I can ask to go back to the quiet area in the lobby. There will be bean bag chairs and toys to play with. This can help me feel calm. When I am ready, I can go back to my seat in the theater.



After some of the dances, people will clap. Clapping tells the dancers that you think they did a good job. I can clap if I want to, but if I don't that is okay too! If the clapping is too loud, I can cover my ears with the headphones or ask to leave the theater. This can help me feel calm.



After the show, we can meet some of the dancers and take a picture with them. If I don't want to meet the dancers or take a picture, that is okay too!



I am excited to see the Sensory Friendly Dance show of *Tanabata: The Story of Orihime and Hikoboshi*