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# *The Nutcracker Suite*
# Sensory Friendly Social Narrative

## Purpose of Guide

Cary Ballet Company is proud to offer a Sensory Friendly performance of our *Nutcracker Suite*. We hope to provide a relaxed environment that is welcoming and inclusive to all members of our community. This performance is developed for families with members with autism spectrum disorders, sensory sensitivities, or other disabilities. Click here for more information on **accessibility** at the Cary Arts Center.

*Nutcracker Suite* is a condensed, educational performance of *The Nutcracker*. This narrated performance shows how dancers prepare and train for performances. The show begins with a bare stage, allowing the audience to watch how the performance is built using lights, music, props, and dancers. It is approximately 1 hour long.

General information regarding the Cary Arts Center including a Parking Map provided by the Town of Cary is here.

Our Sensory Friendly Nutcracker Suite is sponsored by Building People and Communities.

BPAC

Building People And Communities

Visit us online! https://bpacnc.org
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Phone: (919) 602-7477

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## What I Can Expect At The Performance

This is a sensory-friendly performance. Everyone experiences performances differently, and all responses are welcome. Ushers have received training specific to this Sensory Friendly Performance.

At this supportive performance, I can expect the following:

- **House Lights**
  - I will be able to see the space around me. The lights in the seating area will be dim, but not completely dark.
- **Lower Volume**
  - I will hear music and narration during the performance. It will be played at a reduced volume and I can borrow noise reduction headphones if I want to use them. Headphones available in the lobby courtesy of ACCESS Cary.
- **Special Effects**
  - I will not see flashing lights at this performance. I may see smoke or snow effects on the stage.
- **Theater Rules**
  - I can get up from my seat if I need a break. I can return to the lobby or visit the Quiet Room anytime.
- **Quiet Room**
  - I can move to a quiet room during the show if I want to.
- **Additional resources**
  I will return any borrowed items in the lobby after the show.
  - Communication Boards
  - Fidget Toys

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- Wobble Seat
- Booster Seats

## My Visit to the Nutcracker Suite

Take a look at what you will see when you attend Cary Ballet Company's The Nutcracker Suite.

### Cary Arts Center
The exterior or Cary Arts Center is decorated for the Holidays.



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**Lobby**
Cary Arts Center has many rooms and hosts many activities, it is not just a theater. There may be many people in the lobby going to different areas.

As you enter the front of the building, a large staircase is on the left side of the lobby.



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## Ticket desk

The Box Office desk is on the right side of the lobby. I can buy a ticket to watch The Nutcracker there if I do not have one already. My ticket has Section, Row and Seat numbers to help me find my seat.




## Lobby Seating

If I want to sit while waiting for the theater doors to open, there are benches throughout the lobby and building.

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**ACCESS Cary Table**
I can visit the ACCESS Cary Table in the Lobby if I would like a sensory tool or other support. The ACCESS Cary Logo looks this this:




**Theater Entrances**
Both Theatre Entrances are across the lobby from doors to the building. My ticket has a seat number and an usher can help me choose the theater entrance and help me find my seat.

**Elevator:**
An elevator is located by the Left Theater Entrance.

**Water Fountain:**
A water fountain is located by the Right Theater Entrance.

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**Restrooms:**

The Men's Restroom is located down the hall from the Left Theater Entrance.

The Women's Restroom is located down the hall from the Right Theater Entrance.

**Quiet Room**

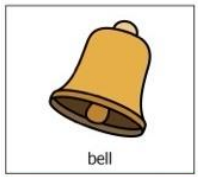
I can visit the Quiet Room if I want to before or during the show. The Quiet Room is on the second floor in Room U25.



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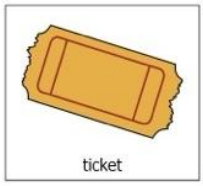
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## Pre-Show Bell

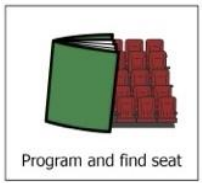



I will hear a bell or chime sound in the lobby when it is time to enter the theater.

## Ticket Scan




An Usher will scan my ticket near the Theatre Entrance. I will walk down a short ramped hallway to the seating area.




Another Usher will offer me a Program, a short booklet with information about the performance. Ushers can also help me find my seat using the information on your ticket. If I would like a booster seat, the Ushers can help me find one.

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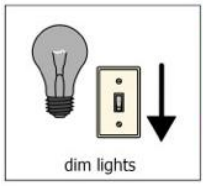
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## Theater

There are many seats in the theater. It may fill up with other people who also want to see The Nutcracker Suite.



## Lights




It's time for the show! The lights around will get dimmer, but I will still be able to see.

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## Show begins



The show will begin!

Everyone onstage is pretending to be someone else to tell a story.



The show is a ballet, so most of the performers do not talk. They will dance to tell the story and show their feelings. The only person on stage who will talk is a Narrator. She will explain how the dancers practice and how the stage gets ready for The Nutcracker Suite.

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People might clap during the show. If I want to clap, I can clap too but I do not have to.

If I would like a break, then I can go back to the lobby or to the Quiet Room at the top of the stairs at any time.

When the show is over, the performers will bow onstage. They really appreciate clapping. I can clap if I want to, but I do not have to.



I can meet some of the dancers in the lobby after the show and I can take a picture with a dancer if I want to.

Before I go home, I can return any borrowed sensory tools to the ACCESS Cary table in the lobby.

**Thank you for visiting The Nutcracker Suite!**

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## Acknowledgements

Thanks to Town of Cary ACCESS for their collaboration with Cary Ballet Company's Sensory Friendly *The Nutcracker Suite*.

ACCESS Cary provided fidget toys, wobble seats, and usher training. List more things here.

We would like to thank our Corporate Sponsors and Friends of Cary Ballet Company.

Special thanks to Building People and Communities who sponsor the Sensory Friendly *Nutcracker Suite* performance.


Cary Ballet Company is a 501(c)(3) public charity that depends on your tax-deductible contributions. If you would like to support programs like our *Nutcracker Suite*, please visit our webpage.

## Feedback

We would love to hear from you! Please contact us to let us know how you enjoyed the performance.