

SAN FRANCISCO BALLET

★ HELGI TOMASSON'S ★

NUTCRACKER

SUNDAY, DECEMBER 29, 2024 | 11 AM

SENSORY FRIENDLY PERFORMANCE

Pre-Performance Social Story

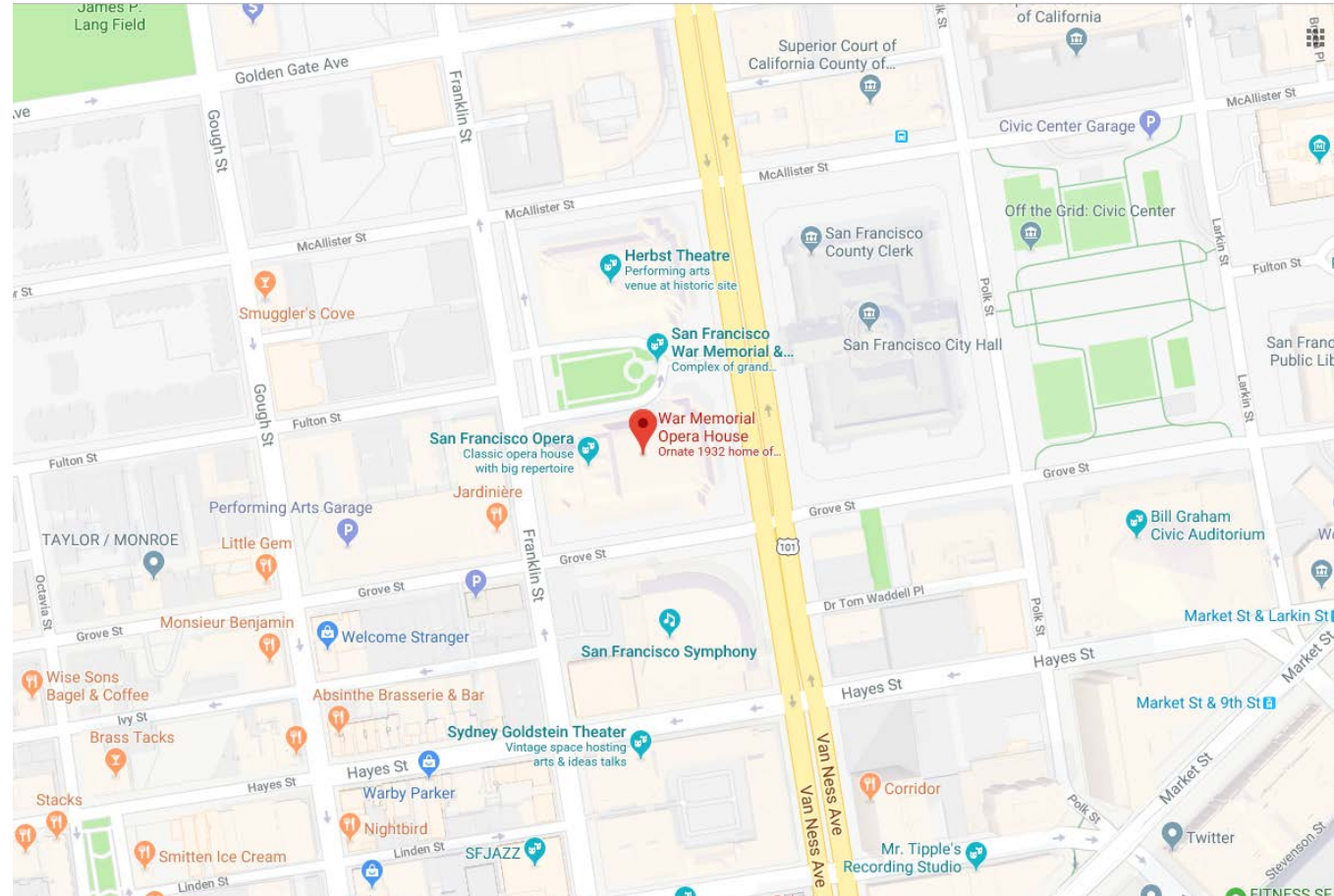


I am going to San Francisco Ballet to watch Helgi Tomasson's
Nutcracker!



San Francisco Ballet performs at the War Memorial Opera House.

The Opera House building is located at 301 Van Ness Avenue.



I may walk, take a car, or ride public transportation
to get to the performance.



I may park my car in a parking garage near the Opera House.

The Performing Arts Garage is located at 360 Grove Street.



The *Nutcracker* performance is inside a big building called the War Memorial Opera House.



I will enter the building through the front doors on Van Ness Avenue.



When I enter an usher will scan my ticket.

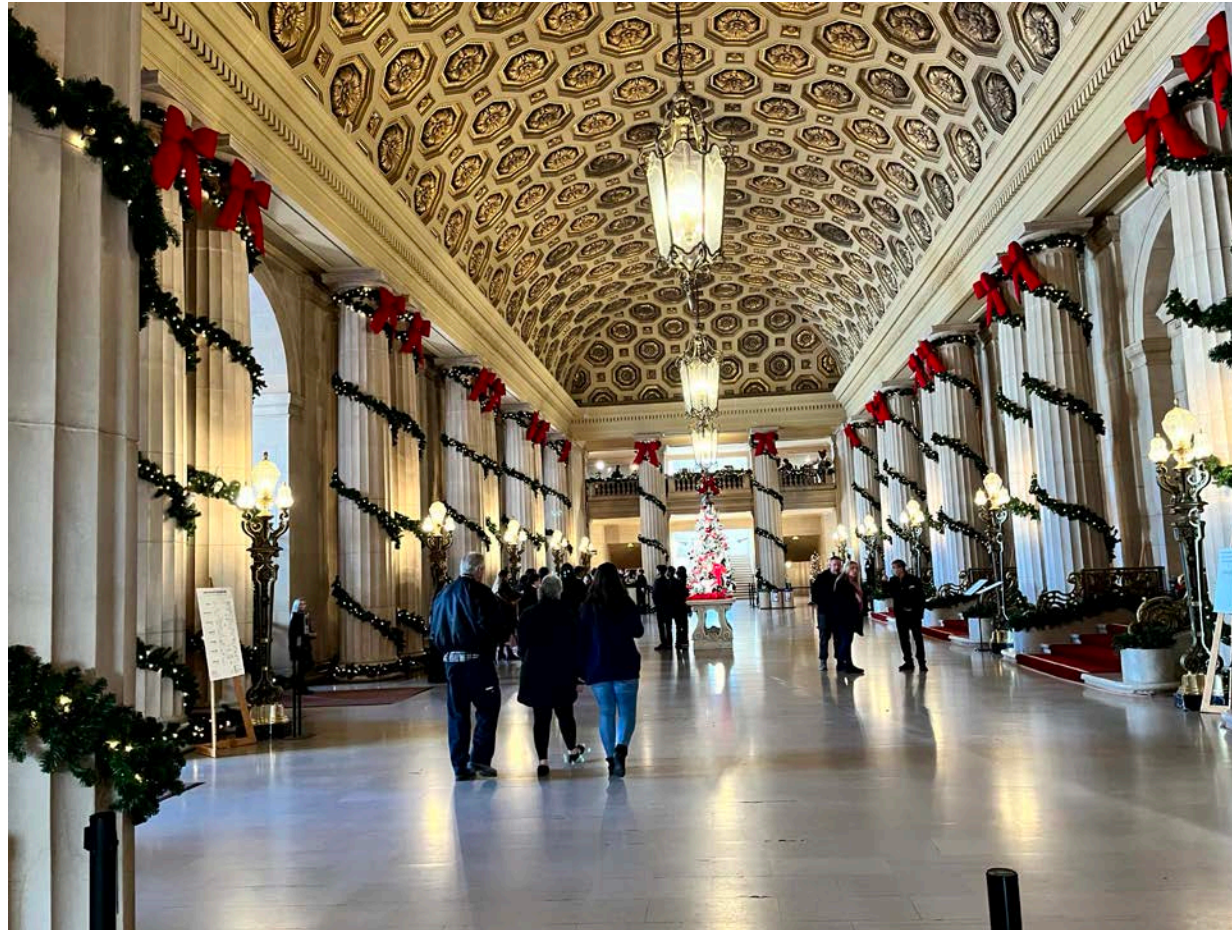


An usher is a friendly helper.

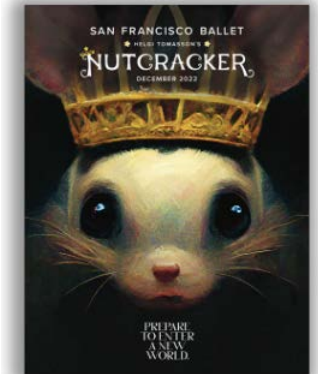
If I need help during the performance, I can ask the usher.



Then I will go into the main lobby.
There may be lots of people in the lobby area.



There will be many friendly people in the lobby to greet me.
I may take a fidget object, program book, or ear plugs
from the welcome table.



In the lobby I may also take a photo, have a snack,
or visit the tactile pop-up tables



I may see dancers in costumes in the lobby.

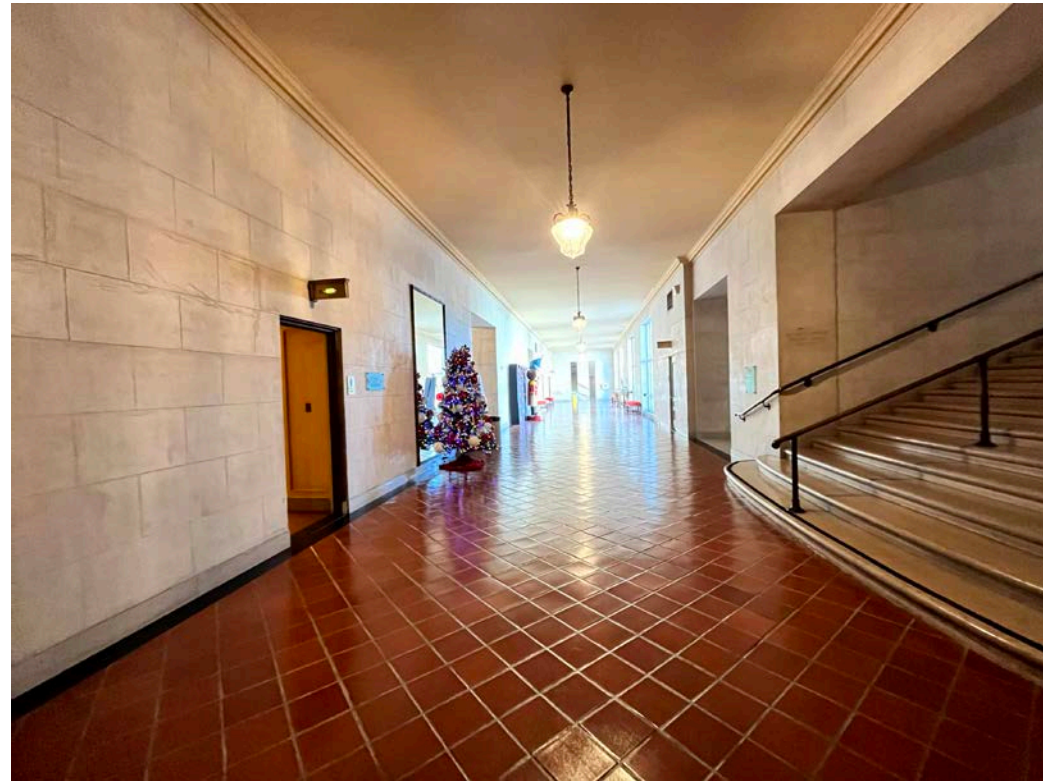
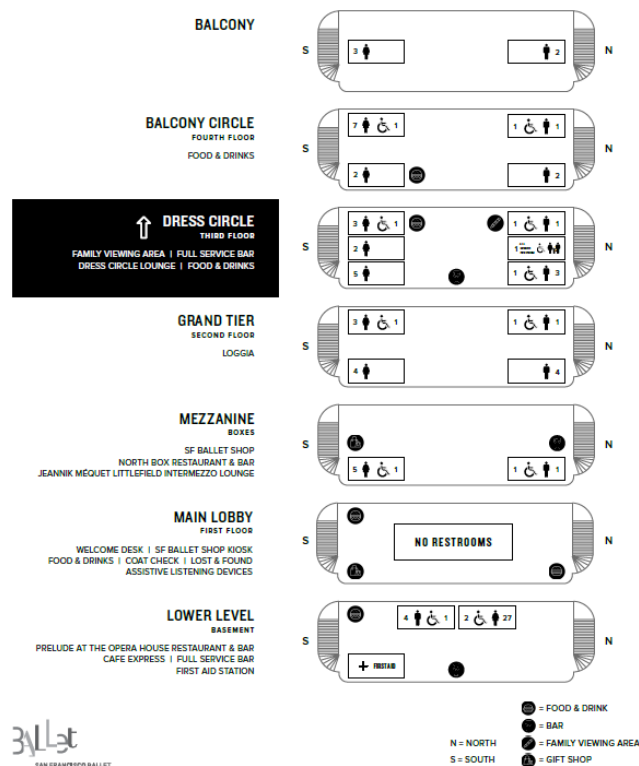
I can talk to the dancers and have my picture taken with them if I like.



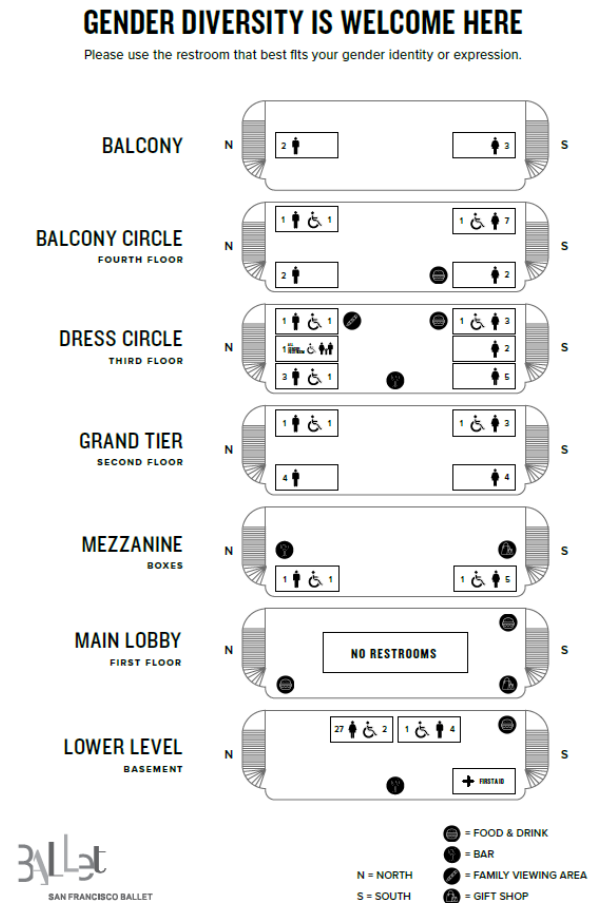
The Opera House has 7 levels.

There will be signs to help me figure out which level I am on.

WELCOME TO THE WAR MEMORIAL OPERA HOUSE



If I need to use the bathroom, there are restrooms on the Lower, Grand Tier, Dress Circle, Balcony Circle, and Balcony Levels.



I may take the stairs, elevator, or ramp to get to my seats.



An usher will look at my ticket and show me to my seat in the theater.

This is where I will sit to watch *Nutcracker*.



A theater is a large building where a ballet performance happens.

The dancers perform on stage and the audience
watches from their seats.



A ballet tells a story through dance and music.

Watching a ballet is like watching a play,
except the performers don't speak.



In ballet the performers are called dancers.

Dancers use their bodies to show the audience how they are feeling.



There are sets on stage, as well as costumes, and props that help the dancers tell the story.



The orchestra plays the music during the ballet performance.
Sometimes the music may be fast, sometimes it may be slow.



If the music is too loud, I can cover my ears or use my headphones.

Before the show starts a host and an ASL interpreter will come on stage to welcome me to the performance.



When the performance begins, the lights will get a little bit darker.
The orchestra will start to play the music and the people will stop talking.



I will sit in my seat and watch the dancers on stage.

I will share the space with others sitting around me.

If I like what I see I can clap, cheer, or dance along.

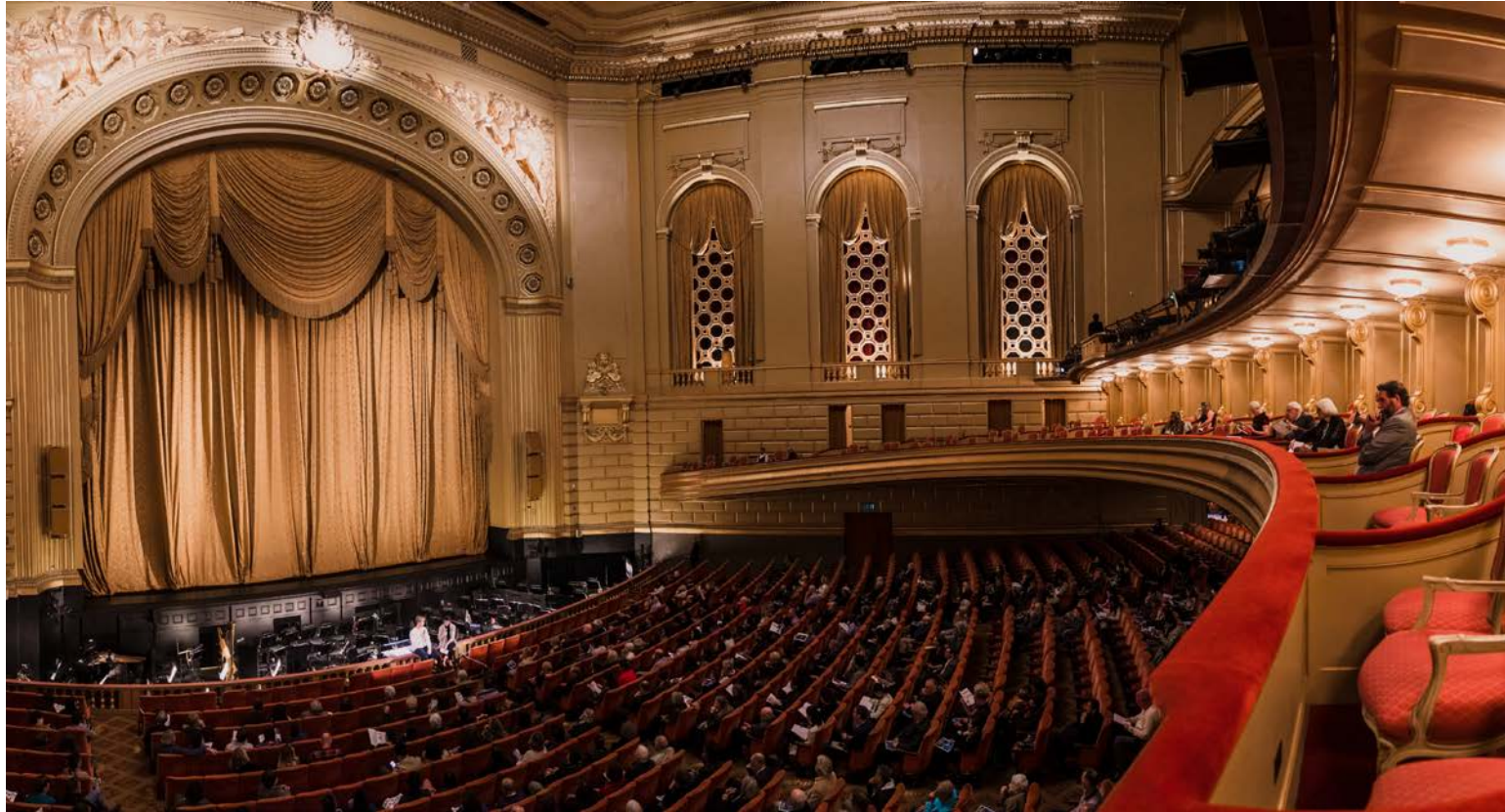


If I need to take a break during the performance, I can go to the quiet space and come back to my seat whenever I'm ready.



Halfway through the performance there will be a break.

This is called an intermission.



During intermission I may stay in my seat, go to the bathroom, or have a snack.

I may also want to take my picture with a dancer or visit the tactile pop-up tables during intermission.



After intermission I will go back to my seat for Act 2.
I will know intermission is over when I hear a bell ring.



When the performance is over the dancers will take a bow.



If I like the show, I can stand up and clap my hands.
I can cover my ears if the clapping noise is too loud.



Sometimes people in the audience say “Bravo” when they really like a performance. Bravo means “good job” in Italian.

On the way out I can make a tactile to-go bag
to take home with me.



Questions?



If I have questions, my family can email San Francisco Ballet at education@sfballet.org

ADDITIONAL RESOURCES FOR FAMILIES

Learn More about San Francisco Ballet

www.sfballet.org

SF Ballet *Nutcracker* Trailer

<https://youtu.be/uWo0yIFG--M>

SF Ballet 2024 Season Trailer

[https://youtu.be/vdVEwAhNfRE?
si=HjoHKGrDep7jXrAS](https://youtu.be/vdVEwAhNfRE?si=HjoHKGrDep7jXrAS)

Nutcracker Family Guide

[https://www.sfballet.org/app/
uploads/2019/02/
FY23_Nutcracker_FamilyGuide.pdf](https://www.sfballet.org/app/uploads/2019/02/FY23_Nutcracker_FamilyGuide.pdf)

The Story of *Nutcracker*

[https://www.sfballet.org/discover/backstage/story-
of-nutcracker/](https://www.sfballet.org/discover/backstage/story-of-nutcracker/)

Nutcracker Character Guide

[https://www.sfballet.org/discover/backstage/
nutcracker-whos-who/](https://www.sfballet.org/discover/backstage/nutcracker-whos-who/)

Dance Along to the *Nutcracker*

[https://www.sfballet.org/sf-ballet-classroom/
nutcracker/](https://www.sfballet.org/sf-ballet-classroom/nutcracker/)

Virtual Tour of the SF War Memorial Opera House

[https://tour.lcp360.com/nocache/sfwm3/OH/
index.html](https://tour.lcp360.com/nocache/sfwm3/OH/index.html)

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