Sensory Friendly Family Workshop

DECEMBER 17, 2017 | PRE-VISIT STORIES
Welcome to the San Francisco Ballet Sensory Friendly Family Workshop!

We are delighted to share the joy of dance and the beauty of ballet with you and your family. San Francisco Ballet is thrilled to partner with Autism Fun Bay Area to present the Nutcracker Sensory Friendly Family Workshop.

Dance is a wonderful way to expose young audiences to the transformative power of creativity through the performing arts. We encourage you and your family to experience ballet both as an audience member and as a dancer. During the workshop, you will have opportunities to watch excerpts from the ballet Nutcracker, participate in an interactive dance class, learn about the costumes and shoes ballet dancers wear, and meet ballet dancers from SF Ballet and SF Ballet School. We look forward to sharing the joy of dance with you and your family at the Nutcracker Sensory Friendly Family Workshop!

Sincerely,

Jasmine Yep Huynh
Department of Education Training

San Francisco Ballet
Chris Hellman Center for Dance
455 Franklin Street, San Francisco, CA 94102
www.sfballot.org
415 865 6700
Education@sfballot.org
I am going to San Francisco Ballet for a *Nutcracker* workshop!

San Francisco Ballet has invited me to see a ballet called *Nutcracker*.

A ballet tells a story through dance and music.
I am going to see a ballet at the San Francisco Ballet building.

The San Francisco Ballet building is located at 455 Franklin Street.

getting there

I may take a car, a bus, or a BART to get there.
The ballet performance is inside a big building.

When I arrive, I might walk through a long tunnel to the entrance of the San Francisco Ballet building.
An usher will meet me at the entrance of the San Francisco Ballet building lobby.

An usher is a friendly helper. If I need help, I can ask the usher.

The usher will help me and my family walk through the lobby to the elevator.
I will wait for the elevator. I will get in the elevator with my family.

The usher in the elevator will take us to the 4th level of the building.
dance studio

When I get out of the elevator, an usher will help me and my family find a seat in the dance studio.
dance studio

A dance studio is a large room where people learn to dance.

Sometimes people take a ballet class in the dance studios.

Sometimes people practice or rehearse for a show in the dance studios.

I am going to watch a show in the dance studio on Sunday.
audience line

An usher will help me and my family find our seats. This is where I will sit for the show.

There is a bright colored line on the floor. I will stay on the side of the line that is for the audience. The people dancing will stay on the other side of the line for the performance.
family restrooms

I will let my family know if I have to go to the restroom.

An usher will help us find the restroom.
I will tell my family if I need quiet time.

If I need a break during the show,
I can go to the quiet room to relax on a yoga mat.

Or I can sit in the lobby and enjoy a snack.
I will watch the dancers move their bodies to music to tell the story of *Nutcracker*.

The dancers will use their bodies to show the audience how they are feeling.
music

Ballet uses dance and music to tell a story.

Sometimes the music is fast.

Sometimes the music is slow.

Sometimes the music is loud.

I can cover my ears if the music is too loud.
characters & costumes

I am going to see people dressed as different characters from the story *Nutcracker*.

The dancers will wear fancy ballet costumes.
The costumes help tell the story.

Different characters in a ballet wear different costumes.

Clara and the Nutcracker

Mouse King

Snowflake

Uncle Drosselmeyer
The costumes help tell the story.

Different characters in a ballet wear different costumes.

Sugar Plum Fairy

Flowers

Spanish Dancers

Russian Dancers
I will watch dancers perform parts of the ballet *Nutcracker*.
clapping

If I like the show, I can 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.

I can say “Bravo!” when I like the dancing.
After the show, a ballet teacher will ask me and my family if we want to dance. Her name is Miss Kristi.

The ballet teacher will show me how to move my body like the ballet dancers in *Nutcracker*.

**ballet teacher**

I can wear my favorite dance clothes and dance shoes if I want to.

I can dance wearing shoes.

I can dance wearing only socks.

I can dance in my bare feet.
After the show, I can go to the Activity Room to meet the ballet dancers.

I will walk down the hallway to a small dance studio.

I can hold my mom or dad’s hand if the hallway is crowded.
interact

I will go to the Activity Room to meet the ballet dancers.

I can take photos with the dancers.

I can ask the dancers for an autograph.
interact

I can touch the ballet shoes.

I can touch the ballet costumes and tutus.

I can color a souvenir magnet to take home with me.
leaving / elevator

When it is time to leave, I will wait for the elevator.

I will get in the elevator with my family.

The usher in the elevator will take us to the 1st level of the building.
questions?

If I have questions, my family can email San Francisco Ballet at Education@sfballet.org.
RESOURCES FOR FAMILIES

Online Resources and Videos
Learn More about San Francisco Ballet
www.sfballet.org

Free SF Ballet Nutcracker Interactive Storybook App
https://www.sfballet.org/nutcrackerstorybook

San Francisco Ballet: Nutcracker 2017 Trailer
https://youtu.be/EdsYbSWC7Y8

San Francisco Ballet: Nutcracker Studio to Stage with Principal Dancer Frances Chung
https://youtu.be/i429pfW1a94

SF Ballet in Helgi Tomasson’s Nutcracker, Act 2 Grand Pas de Deux
(Ovation TV YouTube)
https://youtu.be/0ZoF0QcE6pg

SF Ballet in Helgi Tomasson’s Nutcracker, Chinese Dance
(Ovation TV YouTube)
https://youtu.be/OpZ2twy0GaY

SF Ballet in Helgi Tomasson’s Nutcracker, Russian Dance
(Ovation TV YouTube)
https://youtu.be/kH6kV9nDmT8

SF Ballet 2018 Season Trailer
https://youtu.be/56BbllHxgOE

Virtual tour of the SF War Memorial Opera House

SF Ballet in Helgi Tomasson’s
Nutcracker DVD and CD

Nutcracker – San Francisco Ballet: DVD available on Amazon and in the SF Ballet Shop in the War Memorial Opera House.

Tchaikovsky: Nutcracker performed by San Francisco Ballet Orchestra: CD Available on Amazon and in the SF Ballet Shop in the War Memorial Opera House.

Children’s Books about Ballet


Miles, Lisa: Ballet Spectacular: A Young Ballet Lover’s Guide and an Insight into a Magical World. Barron’s Educational Series.


Young, Caroline: First Sticker Book Ballet. EDC Publishing.
San Francisco Ballet
Department of Education & Training

San Francisco Ballet School
Helgi Tomasson, Artistic Director
Patrick Armand, Director

Education & Training Administration
Andrea Yannone, Director of Education and Training
Jasmine Yen Huynh, Manager of Youth Programs & Teacher Support
Lauren Chertudi, Education Assistant

Images Credits
Images of San Francisco Ballet in Helgi Tomasson’s Nutcracker // © Erik Tomasson
Images of San Francisco Ballet School students // © Chris Hardy
Images of SF Ballet’s Sensory Friendly Family Workshop // © Erik Tomasson or courtesy of Autism Fun Bay Area

SAN FRANCISCO BALLET
Chris Hellman Center for Dance
455 Franklin Street, San Francisco, CA 94102
www.sfballer.org
415 865 6700
Education@sfballer.org

All editorial material © San Francisco Ballet, 2017