SENSORY FRIENDLY FAMILY WORKSHOP

SAN FRANCISCO BALLET
Pre-visit Social Stories Guide
Welcome to San Francisco Ballet’s Sensory Friendly Family Workshop!

We are delighted to share the joy of dance and the beauty of ballet with you!

Dance is a wonderful way to expose audiences of all ages 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 a ballet performance, participate in an interactive dance class, learn about the costumes and shoes ballet dancers wear, and meet dancers from the SF Ballet company.

We look forward to sharing the joy of dance with you and your family at the 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.sfballet.org
415 865 6700
Education@sfballet.org
I am going to San Francisco Ballet for Family Workshop!

San Francisco Ballet has invited me to watch a ballet performance and learn about ballet.

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 greet me and my family and help us to walk through the lobby to find 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.
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.

I am going to watch a show in the dance studio.
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 during the performance.

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

The music at the ballet workshop will be played by a live pianist.
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.
ballet teacher

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 the performance.
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.
I will go to the Activity Room to meet the ballerinas.

I can take photos with the dancers.

I can ask the dancers for an autograph.
In the Activity Room 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.
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

SF Ballet 2020 Season Trailer
https://tinyurl.com/2020-Season-Trailer

Learn More about San Francisco Ballet’s Sensory Friendly Family Programs
https://tinyurl.com/SensoryFriendlyFamilyWorkshops
https://tinyurl.com/SensoryFriendlyFamilyBlogPost

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
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