



Sensory Guide:

Cinderella



[Image: On a pink background, yellow letters spell out "Cinderella" and are embellished with glitter. Below, it reads in white "Proudly Sponsored by [Target symbol].]

Approximately 2 hours including a 20-minute intermission
United Health Group Stage

Sensory Guide: *Cinderella*

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Introduction

CTC understands that patrons with Autism Spectrum Disorder and Sensory Processing Disorder have unique and varying sensory needs and sensitivities, as many individuals with Post-Traumatic Stress Disorder, anxiety, and other sensory, social, and cognitive disabilities and mental illnesses. CTC values creating accessible theatre experiences for all individuals and is committed to increasing the access and inclusion for individuals with sensory sensitivities. At our Sensory Friendly performances, sensory modifications are balanced with preserving the engaging theatre experience desired by all children and families.

This Sensory Guide is designed to help prepare individuals and families for attending *The Hobbit*. Included is information about Sensory Friendly performances at CTC, a list of potential triggers and moments of high anxiety in the show, a timeline of high visual and auditory stimulation and intense emotional moments, a synopsis of the show, and information to ready you and your family for a production on our UnitedHealth Group Stage. On our website, there is an additional Social Narrative that maps out the process of attending a show on the UnitedHealth Group Stage along with the experience of watching *The Hobbit*.

Please email access@childrenstheatre.org if you have additional questions.

Sensory Support at CTC Performances

For every performance, our Information Desk (next to the concession stand) has noise-reducing earmuffs and disposable earplugs available to be utilized by those with sensitivities to auditory stimuli. There are also stress stars available. When attending a show on the UnitedHealth Group Stage, patrons have access to the Quiet Room, a room in the back of the theatre where the performance can be viewed with some separation from the audience. Any usher can point this space out to you as you enter the theatre.

Audience members are also welcome to bring their own manipulatives, seat cushions, comfort objects, and additional support items. If special assistance or a buffer seat is needed, please call 612.874.0400.

'Meet Your Seat' opportunities are provided to reduce stress and support successful priming for the actual event. To schedule a Meet Your Seat visit prior to your scheduled performance date, email access@childrenstheatre.org.

Sensory Friendly Performance Modifications

At every Sensory Friendly performance, the lights on the audience are left on low. The volume is also reduced. For additional sound reduction, CTC's Information Desk (next to the concession stand) provides noise-cancelling earmuffs and disposable earplugs. Additional potential modifications include changes to lighting, sounds, and performance such as eliminating strobe effects, lessening the intensity of a sound effect, or modifying actor-audience interaction. Not all aspects of the show may be modified due to their relevance to the story, the show's artistic integrity, or production constraints.

Please be advised: Entering an auditorium with many people can be challenging for some individuals. Added CTC staff and volunteers from Fraser and Autism Society of Minnesota will help provide a

supportive and welcoming environment. During the show, audience members are free to talk or move and utilize our U.S. Bank Take-a-Break Space.

U.S. Bank Take-a-Break Space: The U.S. Bank Take-a-Break Space is set up at every Sensory Friendly Performance. It is located on the Cargill Mezzanine; there will be signs to direct you. This space is equipped with fidgets, weighted blankets, and additional sensory supports. It may be utilized at any point before, during, or after the performance. Patrons are welcome to exit and re-enter the theatre as needed.

Glow Sticks: To enable audience members to leave or avert their attention before some the more stimulating and emotionally intense moments in the production, some CTC staff members in the audience will raise glow sticks to signal the approach of these moments. The glow sticks will be lowered once the moment or sequence has ended. For *Cinderella*, glow sticks will be used when the stepfamily throws things into the audience, when Dorkas becomes a wrestler, and when the audience needs to let the prince know Cinderella is in the closet.

What to Expect: *Cinderella*

You're invited to a beautiful Victorian Holiday party—but be prepared to check your coat, and all sense of tradition, at the door. You have NO IDEA WHAT YOU'RE IN FOR HERE! Join us for this high-spectacle, glamorously shameless comedy where anything can happen. We're really not supposed to say, but there may be... A kiss cam? Cake? T-shirt cannons? Jokes ripped straight from the headlines? Absolutely yes! With a track list filled with modern pop hits and an updated script that spins stunning elegance into madcap, sidesplitting comedy at high speed, this is one party you won't want to miss!

Positive Themes: *Cinderella* presents many positive themes including compassion, resilience, determination, creativity, and celebration.

Carolers: Carolers from the ensemble sing in the lobby shortly before the show.

Music: *Cinderella* incorporates abridged versions of popular songs as well as traditional holiday carols. There is a live pit band that accompanies songs and provides sound effects throughout the show.

Narration: The story is presented as though it is being told to young children at a holiday party. These scenes go back and forth between the fairy tale and the celebration at the holiday party.

Puppetry: There are multiple animal puppets used throughout the show.

Audience Interaction: There are many moments throughout the show where characters, particularly the stepfamily, directly address and interact with the audience. You may choose to respond or to refrain from engaging with them.

End of Show Dance Party: After the show, several members of the ensemble will lead a dance party. The dance party will take place in a marked area in front of the windows across from the concession stand. You are welcome to join in the dance party, watch the dance party, or head home.

A few potential triggers and emotional scenes to prepare for in the show include:

Auditory Stimuli:

Live music plays throughout the show, and there are multiple songs to emphasize the story.

There is screaming and shouting throughout by the stepfamily. Sometimes it is to get Cinderella's attention; other times, it is because they are fighting with each other.

There is a bell the stepfamily rings to summon Cinderella.

There are sound effects to punctuate certain gestures and physical movements as well as moments of magic.

The stepfamily laughs uproariously.

The stepmother uses a cannon to get the attention of the stepsisters.

There is a giant burp sound effect.

The stepfamily makes a big commotion when they enter the prince's party in Act 2.

There are sounds of crashes and things falling off stage.

Visual Stimuli:

There are two large screens on either side of the stage that project images, moving graphics, and lyrics and stream video throughout the performance.

The stepfamily is frequently lit by bright pink lighting and followed by spotlights.

Lights flash and twinkle when magic happens.

There are moments of smoke and fog during the Fairy Godmother's magic.

Snow falls on stage.

When Dorcas prepares to try on the glass slipper, lights go out over the audience to give the effect of a wrestling match.

Emotional:

The stepfamily is very cruel to Cinderella; they demand she does a great deal of work, they destroy her ball gown, and lock her in a closet.

The stepfamily can get the audience very excited.

Audience Interaction:

The show begins with carolers singing in front of the stage; they may offer to shake the hands of folks in Row A.

The stepsisters pick an audience member from Row A to flirt with. This person is put on a camera that projects a live feed to the screens on the walls. The stepfamily will interact with this individual throughout the show.

The stepsisters ask the audience to cheer their names in a popularity contest.

The stepsisters throw candy, t-shirts, and hot dogs into the audience and squirt water guns into the audience.

The audience is asked to stand up, wave their hands, and yell, "Jelly, jelly, jelly," then sit back down every time the word "jelly" is said on stage.

The stepsisters briefly sing part of "I Don't Want to Be a Chicken" and the lyrics appear on screens.

The stepfamily enters the lower balcony and eats pizza during the ball (near balcony seats Row P 1 – 10 And Row Q 1 – 4).

One of the stepsisters chooses a volunteer from the first few rows to help her try on the shoe; this individual is eventually asked to go on stage to help her. She has them pull off her sock which is incredibly long.

Wedding cake wrapped in saran wrap is thrown into the audience.

Some cast members stand on the stairs of the theatre and encourage the audience to get up and dance with them for the final song.

When helping seat you, our ushers will remind you if you are seated in a row a character interacts with. If you have tickets near direct audience interaction and know it would be best for your party relocate, please call our Ticket Office at 612.874.0400 for reseating options.

The Story (before the show):

Plot Synopsis

The show begins with a scene from a Victorian holiday party. After singing carols, the host begins to tell the children the story of Cinderella. As he tells it, a curtain rises, and we see the kitchen of the home where Cinderella lives with her stepmother and stepsisters.

The stepsisters, Dorcas and Pearl, are ordering Cinderella around. The Stepmother reads in the newspaper that the prince is throwing a ball for all eligible women in the kingdom. The Stepmother chooses an audience member for the stepsisters to practice flirting with. The mail is delivered and the Stepmother reads the audience submitted letters aloud. The mail also includes invitations to the ball for all the ladies of the house, including Cinderella. The Stepmother tells her she can only go if she finishes her work and can find something appropriate to wear. The birds and the mice appear and help Cinderella complete her chores and imagine together what dancing at the ball will be like.

When a woman begging for food and warmth arrives, Cinderella helps her. The woman creates magic with her wand and all the cleaning is magically done. After the chores are done, the woman reveals a beautiful gown from the closet. We return to the scene of the Victorian Christmas Party. The children listening to the story are happy that it looks like Cinderella will attend the ball.

After Dorcas and Pearl run Cinderella ragged as they get ready for the ball, Cinderella reveals she has finished all her chores and is ready to go to the ball as well. Dorcas and Pearl ruin Cinderella's dress. The stepfamily go to the ball and leave Cinderella alone on the floor. Back at the Victorian party, a little girl listening to the story begins to cry — she is sad that Cinderella won't be able to go to the ball. The host comforts her, telling her to keep listening.... the story isn't over yet! He makes her laugh by singing a silly song.

The beggar woman appears again and transforms into Cinderella's fairy godmother. With a wave of her wand, she transforms a pumpkin into a coach and mice into horses and presents Cinderella with a beautiful gown to wear to the ball. At the palace, the prince is clearly hesitant to attend the ball. The Stepmother, Dorcas, and Pearl arrive, disrupting the ball with their rude manners and blatant attempts to woo the prince. They fling t-shirts into the audience. Cinderella appears and the prince is immediately taken with her. The prince spends the rest of the night dancing with Cinderella. The stepsisters look on while eating pizza from the audience. Then, as the clock begins to strike midnight, Cinderella flees. The prince is distraught, but when he finds her glass slipper on the stairs, he vows to search the kingdom until he finds her.

The next morning, after realizing Cinderella was the girl from the ball, the stepfamily locks her in the closet. Just then, the Lord High Chamberlain appears at the door requesting that they all try on the glass slipper. Dorcas and Pearl try everything they can think of to get the shoe to fit, but they fail. The audience tells the Lord Chamberlain that Cinderella is locked in the closet and they begin searching for the key. The prince enters and immediately recognizes Cinderella. She tries on the slipper, and it fits perfectly. At the Victorian Christmas party, the little girl is delighted at the happy ending to Cinderella's story.

At the palace, as punishment for their treatment of Cinderella, the Stepmother and stepsisters have been put to work. Cinderella and the prince enter and exchange their vows. Afterward, Cinderella reveals that her real name is Ella and promises that everyone in the kingdom will be treated equally. The prince refers to the fairytale to see what should be done to the stepsisters but Ella stops him. She forgives her stepmother and stepsisters for their cruelty and invites them to share in her happiness. They join in the wedding festivities as Cinderella and the prince celebrate their marriage.

For a complete synopsis of the show, [click here](#).

For additional means of preparing for and processing this production, check out our [Audience Resource Guide](#). It contains information on the origins of the story of Cinderella, details about the music of the show, and additional activities and resources.

Preparing for the CTC Experience

- Directions? [Click here.](#)
- Parking! [Click here](#) for ramp and lot instructions as well as a map of accessible parking locations.
- Some audience members dress up, and some do not – it's your choice.
- You can bring your own food and drink. The rules are that food must be consumed in the lobby and not the theatre. Drinks are allowed in the theatre.
- Children can bring weighted blankets, their own noise cancelling earmuffs or headphones, and comfort toys as needed. You can bring a camera and take photos in our lobbies but not inside the theatre. Electronic devices including phones must be turned off in the theatre.
- The U.S. Bank Take-a-Break Space is located on the Cargill Mezzanine. It is equipped with fidgets, weighted blankets, and other sensory supports. There will be signs and ushers to help direct you.
- During the show, no photography, texting, or phone usage is permitted in theatres. If your electronic device is an accessibility tool, please connect with an usher.
- The restrooms for the UnitedHealth Group Stage are down the stairs up front by the grey ropes and white wall. There is one all-gender accessible restroom in the Target Lobby located next to the elevator.
- The Target Lobby often has coat racks, places to sit and features a gift shop with show-related and educational gifts on one side and concessions on the other.
- The restrooms for the UnitedHealth Group Stage are down the stairs up front by the grey ropes and white wall. There is one all gender accessible restroom in the Target Lobby located next to the elevator.
- The UnitedHealth Group Stage will project the show in the lobby on the large white wall above the UnitedHealth Group Stage sign. The sound and viewing quality is not equal to the live experience inside, but it does serve those who want to continue watching the show but need to move around or make noise.
- The UnitedHealth Group Stage also has a "quiet room" available at the back of the left side of the audience on the main floor. This room allows you to see the show through a glass window and the sound is broadcast in the room.
- CTC is in a neighborhood with many restaurants. Click [here](#) for more information.
- Check out [CTC's website](#) and [social media](#) to learn more about CTC productions, classes, camps, and other programs and give us your feedback after the show.

Contact the CTC Ticket Office at 612.874.0400 or tickets@childrenstheatre.org for more information, seating questions, other requests and more.

This season's Sensory Friendly programming is made possible by



the POWER of POSSIBLE™

[US Bank Logo: "US" is in a red banner next to "bank" in blue lowercase letters. Beneath is their slogan, "the power of possible." 'Power' and 'possible' are in uppercase letters. 'The' and 'of' are in lowercase italics.]



[Fraser logo: Next to a navy star it reads "Fraser" in all capital letters.]



[AuSM logo: large lowercase letters spell "ausm;" beneath in lowercase letters: Autism Society of Minnesota.]