



Sensory Guide:

Bob Marley's Three Little Birds



[Image: In different colors and fonts, the show banner reads Bob Marley's Three Little Birds. The background is a subtle orange pattern. There is a humming bird flying next to the text.]

Approximately 1 hour, no intermission
United Health Group Stage

Sensory Guide: *Bob Marley’s Three Little Birds*

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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 *Bob Marley's Three Little Birds*. 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 *Bob Marley's Three Little Birds*.

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 *Bob Marley's Three Little Birds*, glow sticks will be used for Duppy's first appearance, when Ziggy and Nansi have a big fight, when Ziggy and Nansi enter and move through Rows A, B, and C or the audience, and to signal when Duppy is about to begin chasing Ziggy and Nansi.

What to Expect: *Bob Marley's Three Little Birds*

Ziggy's afraid to leave the house. He's too busy worrying about tropical storms, evil spirits, and the sneaky, hair-grabbing trickster, Duppy. But, with the help of his feathered friends, Ziggy will learn that "every little thing is gonna be alright!" Don't miss this timeless tale of peace and love that uses classic Reggae music to jam Jamaican style!

Themes: *Bob Marley's Three Little Birds* weaves together a story of family, Jamaican culture, overcoming fears, resilience, and friendship.

Music: This show features the music of Bob Marley. Songs include "One Love"/"Jammin'"/"Roots Rock Reggae," "Natural Mystic"/"So Much Trouble in the World," "Cedella Countin'," "Lively Up Yourself," "Brown Girl in the Ring," "Is This Love"/"Don't Rock My Boat," "Riding High," "Duppy's Spell," "I Know," "One Love," "Three Little Birds," and "Running Away."

Jamaican Dialect: This play takes place in Cattawood Springs, Jamaica. The characters speak with a Jamaican dialect and use Jamaican phrases.

Languages: Characters count to eight multiple times in different languages including English, Spanish, Swahili, Chinese, and Hindi.

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

Auditory Stimuli:

The announcement at the top of the show uses multiple voices speaking with a Jamaican dialect
 The recorded laughter and voices of various children is played while Duppy lists children whose hair he has stolen
 There are sound effects of birds and wind
 Nansi and Ziggy occasionally yell or scream
 There is a sound effect every time Duppy enters

Visual Stimuli:

The stage is brightly colored with greens, yellows, pinks, oranges, and blues
 The sun glows different colors to reflect the mood of what is happening on stage
 Some of the stage has designs done in glow-in-the-dark paint
 There is a patterned light that spins on Duppy every time he enters
 Portions of the set move during transitions
 Vines hanging from above glow
 Lights flash when Duppy is chasing Ziggy and Nansi
 There are burst of CO₂ from the stage floor when Ziggy and Nansi defeat Duppy

Emotional:

Ziggy expresses a lot of anxiety about natural disasters and being separated from his mother
 Nansi pulls a large puppeted spider out of her pocket
 Duppy walks on stilts making him very tall
 Duppy sneaks around the stage trying to catch Ziggy
 Nansi demands that Ziggy show her his underwear
 Nansi and Duppy are chased by Duppy

Audience Interaction:

Actors enter from the sides of the audience and stand in front of the stage while singing
 Audience members are encouraged to clap to the beat of the music for certain songs
 Ziggy and Nansi run into the audience through Rows A, B, and C

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

The Story (before the show):

Plot Synopsis

In Cattawood Springs, Jamaica the townspeople are enjoying the beautiful weather. Ziggy is looking for his mother when a trickster girl, Nansi greets him. Ziggy still cannot find his mother so he sneaks back inside his house to watch TV. His mother finds him and encourages him to turn off the TV and join the fun. Clearly, Ziggy is anxious about not having been able to find her and expresses his concern about the weather report for the day. Ziggy worries but Mother thinks Ziggy should dance with them. Ziggy reluctantly joins.

Nansi greets Ziggy and compliments his hair. Ziggy leaves. Nansi decides to change tactics and chases after him screaming that she doesn't actually like his dreadlocks. Duppy, an evil spirit bird, enters and is attracted to Ziggy's hair. He explains that he has been collecting hair since 1596. We learn he needs young people's hair to keep his spirit on the ground.

We see Ziggy back in his room with his birds Doctor Bird, Tacooma and Montego. Doctor Bird explains how beautiful it is on the other side of the mountain and offers to take Ziggy. Ziggy refuses. Doctor Bird's family lives on the other side of the mountain and he only comes to this side of the island during the cold months. Doctor Bird wants Ziggy to meet his family.

Mother enters and thinks something is wrong. She explains she can feel Duppy drawing near but that Ziggy's hair will keep him safe. Just in case, she counts to eight because counting to eight is unlucky for Duppy. Mother leaves to go to work where she sells jerk chicken to tourists at the ocean port. Ziggy worries that a hurricane will hit the port and his mother will be lost. She acknowledges that hurricanes can be scary but today, everything will be okay. Mother asks Nansi and Ziggy to fetch water from the well for tonight's supper, and then come to the port to visit her at work. Ziggy refuses to come until he checks the TV weather report. Nansi promises Ziggy she has a special gift for him but she pulls out a spider. Ziggy exclaims that it is disgusting, but Nansi thinks the spider is beautiful. She reveals she named the spider Baby Ziggy.

Ziggy worries that Duppy will try to steal his hair. Nansi tells him that in order to stay safe from Duppy he needs to wear red underwear and she forces him to show her his undies. She kisses him on the cheek and exits. The two separate and Duppy begins to follow Ziggy. A moment later, Nansi returns to apologize, but finds he is gone.

Ziggy tries to get Doctor Bird to see his side of the argument. Doctor Bird talks to him about forgiving Nansi and explore the island with her. We learn about Doctor Bird's history and meet his ancestors from Spain, Britain, Africa, China and India. As each ancestor joins the song, they bring their own beat and rhythm which affects the song and dance. Soon, we have a song that is influenced by each of the ancestors and reflects all of them. Each counts in their own language and brings their own traditional dance.

Nansi is still trying to find Ziggy and apologize. Duppy approaches her and asks to play. Nansi can sense this is a trick but doesn't realize it is Duppy. She thinks maybe Ziggy has dressed up to trick her. She decides to trick him back and hide. Ziggy enters and runs right into Duppy. Duppy compliments his hair, but Ziggy can sense this might be a trick. He thinks it is Nansi playing a trick on him so he tricks Duppy into thinking a hurricane is coming and hides with Nansi. They realize that they can't be tricking each other if they are both hiding in the same spot and realize who Duppy really is. A chase ensues. They try many tactics to escape Duppy. Ziggy forces Nansi to offer her pet spider as a gift to Duppy. Duppy finds the spider adorable and they all count the legs. When they count to eight, we see Duppy's hair beginning to fall off. The kids keep counting to eight in order to defeat him. Duppy exits crying and the kids go to the ocean port.

They arrive at the ocean port breathless from running. They both try to tell the story of their adventure but talk over each other. Mother encourages them to catch a breath. Ziggy explains that Nansi tricked him to come see her and see the whole island, how Doctor Bird taught him about the history of Jamaica and how they defeated Duppy. Ziggy asks if he can go to the other side of the island to meet Doctor Bird's family and Mother gives him permission as long as he takes Nansi with him.

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 Jamaica and Bob Marley and additional activities and resources.

Preparing for the CTC Experience

- For directions and parking options, [click here](#).
- 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 located in a neighborhood with many restaurants. Click [here](#) for more information.
- Check out [CTC's website](#), [Facebook](#), and [Instagram](#) 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.]