



HoustonBallet

2024-25 Season
Sensory-Friendly
Performance



My First Ballet: The Nutcracker

Sunday, April 13th, 2025
11:00 AM—12:00 PM

Margaret Alkek Williams
Dance Lab at the Houston
Ballet Margaret Alkek
Williams Center for Dance

*Houston Ballet's Sensory-Friendly performances are modified for audiences with neurological differences. Trained volunteers staff the event to ensure a positive experience for all.

EDUCATION & COMMUNITY ENGAGEMENT
EXPOSE. EDUCATE. INTEGRATE.

I am going to **see** Houston Ballet II perform *My First Ballet: The Nutcracker* at Houston Ballet Center for Dance.



Going to see a ballet is like **watching T.V.** or going to the movie because it tells a **story.**



Going to see a **ballet** is different than watching T.V. or a movie because the dancers perform live in front of you on the stage. And in ballets, there are no words. The dancers tell the story with **movement.**



EDUCATION & COMMUNITY ENGAGEMENT
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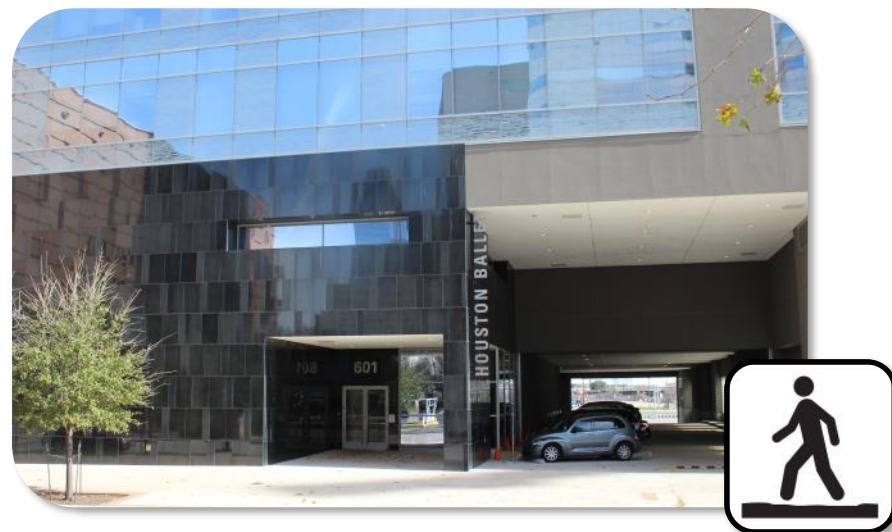
Houston Ballet Academy
Photos: Amitava Sarkar

The Young Person's Guide to the Orchestra will be performed at Houston Ballet Center for Dance.

When I arrive, I will **park** in the parking lot, next to the building. There will be people there to help show the way.



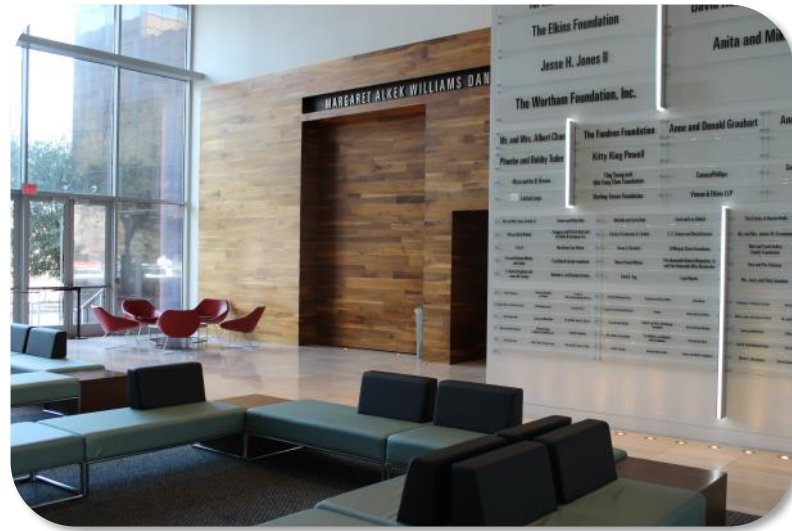
We will **walk** from the parking lot to Houston Ballet Center for Dance.



We will walk through **two** sets of doors.



We will **enter** the lobby area. This is a place where I can **sit** down to rest with my family and friends.



Before the show, I can use the **restroom** or get a drink of water.





I might need to get my **tickets** from the box office.



Once I have my tickets, I can go into the theater. An usher will take my ticket and give me a **program**.



My family and I can **sit** in any available seat in the Margaret Alkek Williams Dance Lab.



Once I am **seated**, I will be able to **see** the stage.



When it is time for the show to start, someone will ask for everyone to turn off their phones. The theater will get **darker** and everyone will get **quiet**. I will try to sit still and be as quiet as I can during the show so that I can hear and see everything.



When the show starts, I will hear music begin. There will be a lot of dancers on the stage. Sometimes the music will be **loud**. If it is too loud, I can cover my ears or ask an adult for help. I can bring ear defenders or something small to hold from home. I know that even though loud music can feel scary, none of the noise can hurt me.



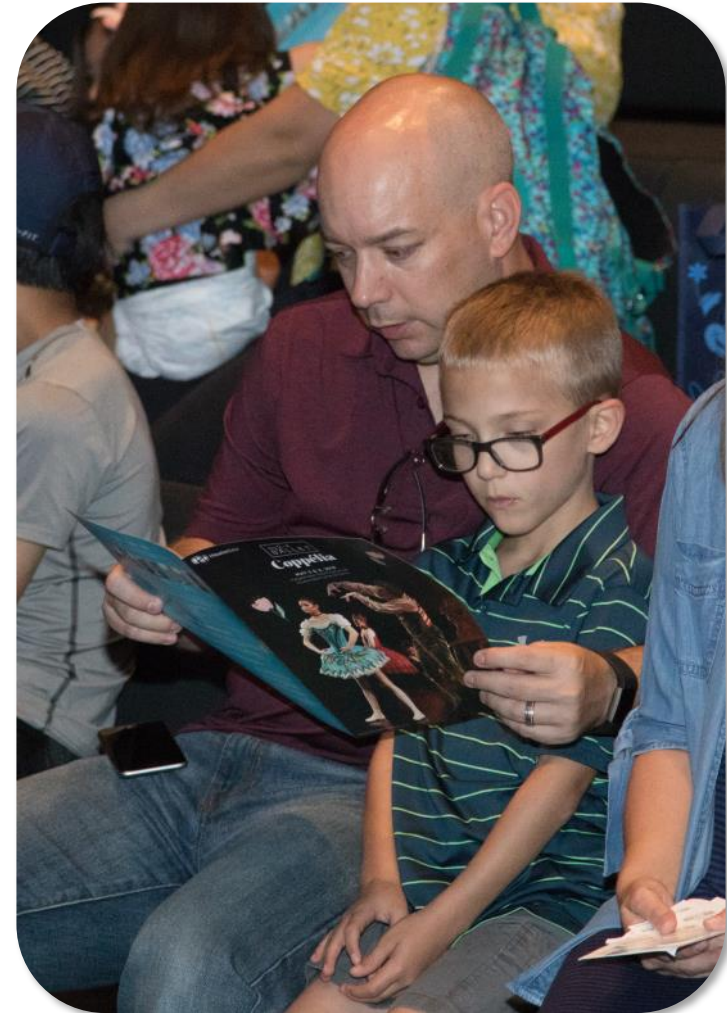
Photo: Amitava Sarkar



If it's too loud, I can let my family know that I need a **break**, and I can go to a **quiet area**.



I may come **back** to my seat when I am ready, I can do this while the dancers are on stage.



After some of the dances, people will **clap**.



Clapping is nice because it tells the dancers you think they did a good job. If I want to clap, I can. I don't have to clap if I don't want to. I know that even though the clapping can be loud and feel scary, none of the noise can hurt me.



Photo: Amitava Sarkar



At the **end** of the show, all of the dancers will come out on stage. This is called a curtain call. Many people will **clap** so the dancers know how much they liked the show.



Photos: Cameron Durham

If I want to clap, I can. I don't have to clap if I don't want to. If the clapping is too loud, I can cover my ears or ask an adult for help. I can bring ear defenders or something small to hold from home. I know that even though the clapping can be loud and feel scary, none of the noise can hurt me.



Photo: Amitava Sarkar



When the show is over, we will **exit** the theater and go out of Houston Ballet Center for Dance. I am excited to see *The Young Person's Guide to the Orchestra!*



* This document is based on the social story created by Dr. Bryant Shaw, PhD, for THE RADIO CITY CHRISTMAS SPECTACULAR.

My First Ballet— The Nutcracker

The Story

I get to join Clara in a dream-like story where she and her Nutcracker prince fight rats and travel through the Land of Snow to meet the Sugarplum Fairy.

In the Land of Sweets, dancers from all different countries celebrate with dance. Even the flowers join in!



Houston Ballet Academy

Photos Amitava Sarkar

You Try It!

Fantastic Feet

Ballet dancers use 5 positions of the feet when they dance. Their legs are turned out, meaning their toes point to the side instead of the front. Boys and girls use the same positions. Can YOU make all 5 positions?



First Position



Second Position



Third Position



Fourth Position



Fifth Position

You Try It!

All About Arms



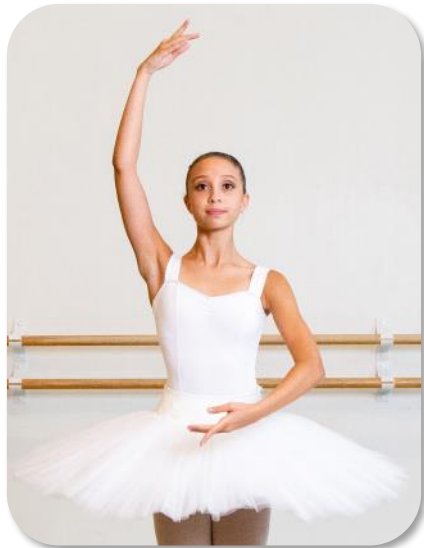
First Position



Second Position



Third Position



Fourth Position



Fifth Position

Try making all 5 arm positions!
Can you keep your back straight
while you do them?