

s n r i s a  
ARTS

PRESENT

dance  
in THE  
DARK



A VISUAL STORY



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ENGLAND

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## HELLO AND WELCOME

This is a visual guide that introduces the performers and the story of ***Dance in the Dark***.

It is for anyone who would like to know the story before they come to watch the show. In particular, this may be useful for audience members on the autistic spectrum or those with sensory or communication disorders or learning disabilities.

## ABOUT SONRISA ARTS

***Dance in the Dark*** is presented by Sonrisa Arts. We create shows for children and families which are non-verbal, instead, we tell the story through our bodies using dance, movement and both live and recorded music.

## ABOUT DANCE IN THE DARK

***Dance in the Dark*** is a story about the nighttime and how we use our imagination when we are trying to go to sleep. Sometimes the dark can be a bit scary and sometimes the dark can be lots of fun. The story helps us not to be afraid of the dark as we follow Luna and Seren on their journey to overcome their fear of the dark. At the end of the show it goes really dark but this happens gradually so it won't feel scary.

As the show is about a sleepover, you and your grown-ups are very welcome to **come in your pyjamas** but you don't have to if you don't want to.



You will hear live music played on the guitar and singing, as well as, recorded music and sound effects. It will come from different speakers all around you. The music will not be very loud but if you are sensitive to sound you can bring your own headphones or borrow some of our ear defenders.

**Dance in the Dark** is an interactive show, this means that you sometimes get invited to join in with the performers during the show. You can always do this from where you are sitting and there is no pressure to do anything.

## **BEFORE THE SHOW STARTS**

We will all gather in the foyer area of the theatre so that we can chat to you about what will happen during the show. Our stage manager, will be there to greet you and let you know a few things about the show to make sure you are comfortable watching.

## **RELAXED PERFORMANCES**

All of our performances are accessible but you may have chosen to attend one of our specially programmed relaxed performances, this means:

- Our performers, Dad, Luna and Seren will come out to the foyer to say hello and introduce themselves. They will tell you a bit more about what you are going to see and do before they lead you into the performance space.
- We can arrange a touch tour for you, let us know in advance.
- There is a chill out space available if you need time out from the show and you can leave and re-enter the show whenever you need to.
- Our sound and music will be set at a lower level than usual.

## **THE SET FOR DANCE IN THE DARK**



Once the cast lead you into the sleepover den they won't speak, instead they will tell the story through dance and music.

You will sit 'in the round' on the floor with starry pillows and fluffy blankets so that you can sit comfortably and snuggle up with your grown-up. At the back of the den there will be a few chairs dotted around for anyone that is unable sit on the floor.



## WHAT HAPPENS IN DANCE IN THE DARK?



When you come into the sleepover den, **Dad** will be playing gentle music on his guitar to welcome you in.

**Luna** and **Seren** will help you to find somewhere to sit and they will give you a special sleepover bag to use during the show.

Inside your sleepover bag there is a giant brush for pretending to clean your teeth and a pair of fluffy socks for making sock animals with.

You will be invited to use these during the show.



**As soon as everyone is seated comfortably it is time to begin...**

## **SCENE ONE: GETTING READY FOR BED**

Everyone gets their giant toothbrush out of their sleepover bag.

Dad gives us all some toothpaste.



We all give our teeth a good clean.

Luna and Seren dance with their toothbrushes and get a little bit naughty with them.

## SCENE TWO: STORYTIME - MEET FIREFLY, MOTH & SLUGS



It's time for bed!

Dad gets out the sleeping bags and pillows and we snuggle up for storytime.

The bedtime story is called '*Nighttime Creatures*' and it is all about nocturnal animals

A buzzing firefly dances out of the book. It magically flies through people.



Next, a beautiful glowing, fluttering moth.

Luna leads the moth in and around the audience.

It is attracted to the light so she plays a game with the night light to get the moth to follow her.



Last of all, we meet some slithering slugs who slither and slide along the floor making slurpy slug noises.



Dad decides its now time for everyone to settle down to sleep.

### **SCENE THREE: NIGHT TIME SHADOWS AND NOISES**

Luna can't sleep, she gets up, she is feeling scared because she can hear some strange noises.

Luna notices some scary shadows on the outside of the sleepover den.





Luna wakes up her sister.

Seren gives Luna a hug to comfort her but then she sees the shadows and also becomes scared.

## SCENE FOUR: COMFORT FROM DAD

Suddenly, dad appears.

The shadows and the noises were dad coming to bring Seren her favourite dressing gown.



Dad gives lots of hugs and reassures Luna and Seren that everything is OK.

Dad plays a lullaby on his guitar and everyone sings.



Its time to go back to sleep.

Luna, Seren and Dad help to  
tuck everyone in.



## SCENE FIVE: SCARY NOISES



Luna and Seren  
settle back to  
sleep.

Suddenly, they  
are both woken  
by some loud  
noises

The noises are scary so  
they both hide their ears  
with their pillows.

Luna leaves the den to  
try and find Dad.





Seren is left alone in the den and she can't find Luna. She looks everywhere for her. She feels scared.

## **SCENE SIX: WHERE THE NOISES COME FROM**

Luna returns and gives Seren a hug.

She persuades Seren that she can explain the noises.



She shows her how their toy boxes make noise.

They feel happy and tired so they fall asleep



## SCENE SEVEN: FRIENDLY FROGS



Luna sees a strange looking blob like shadow on the wall of the den which is a bit scary.

The shadow turns into a friendly waving frog





Luna discovers she can make shadows as well.

She shows Seren how to do this.

Luna and Seren  
dance with the  
friendly frog



The frogs plays hide and seek with them. They appear and disappear, jumping from one side of the den to the other.

## SCENE EIGHT: SHADOW PLAY

Luna and Seren decide to make their own shadow screen with a washing line, a sheet and some pegs.



Luna and Seren use torches to create shadows.

Everyone is invited to make their own shadows either in their seats or in the middle of the space on the shadow sheet.





Suddenly we hear footsteps. We have to tidy up quickly and get back to sleep.

Dad appears but everything is quiet.

Everyone looks as if they are sleeping, so dad leaves.

## SCENE NINE: THE WORLD OUTDOORS & THE STORM

A beautiful glowing moon lowers into the den from up above and it feels as if we are outdoors.

Luna and Seren gaze in wonder at the moon and they try to touch it.



Suddenly there is a crash of thunder.

There is a storm coming so Luna and Seren help everyone to take cover.



Luna and Seren put on raincoats. They create the storm with big wafting pieces of fabric and water sprays.



After the storm Dad returns. It is cold outside so they put on woolly hats.

## **SCENE TEN: OUT COME THE NOCTURNAL ANIMALS**

Luna and Seren invite everyone to get their cosy socks out of their sleepover bags so they can make sock animals.



You can choose which animal you want to create with your socks or watch what other people are doing.

Different animals appear  
in the shadows.

As it gets darker, more  
and more nocturnal  
animals come out to play.

We see owls, birds, a snail,  
a fox and some rabbits.



## SCENE ELEVEN: SHOOTING STARS



Luna and Seren are not scared  
of the dark anymore.

They make the brave choice to  
switch off the night light so that  
they can go to sleep in the dark.

As soon as it is completely dark  
we are rewarded with the sight of  
a shooting star.

Luna and Seren dance  
with shooting stars.

Everyone is given their own  
shooting star to dance  
with and are invited to  
dance in the dark.

We then settle back to  
sleep singing the lullaby  
in the dark.



## THE END



The lights will come up and the performers will take a bow. The audience might clap their hands or shout to show their appreciation. You can join in if you want to.



If you'd like to have a photo with the cast you can do this now.

Don't forget to get your grown-up to tag us if they are posting on social media.

You can find us on **Facebook** or **Instagram**

@sonrisaarts  
#danceinthedark

To see our **Dance in the Dark** programme or find out more information about Sonrisa Arts visit:

**[www.sonrisaarts.co.uk](http://www.sonrisaarts.co.uk)**

You can watch the trailer for Dance in the Dark by clicking **HERE**