HoustonBallet

My First Ballet: Sleeping Beauty

Sunday, April 11th, 2027
11:00 AM12:00 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 a shortened version of *Sleeping Beauty* 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**.



Houston Ballet Academy

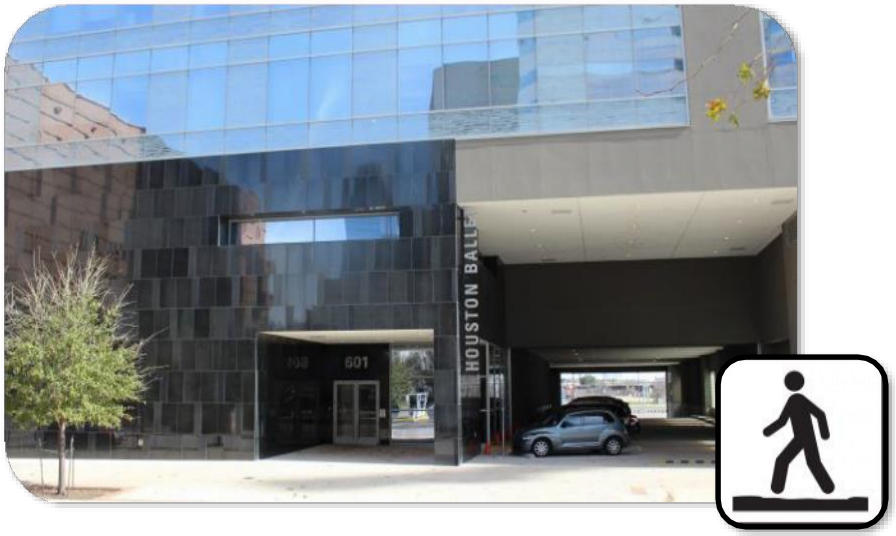
Photos: Amitava Sarkar

My First Ballet 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.

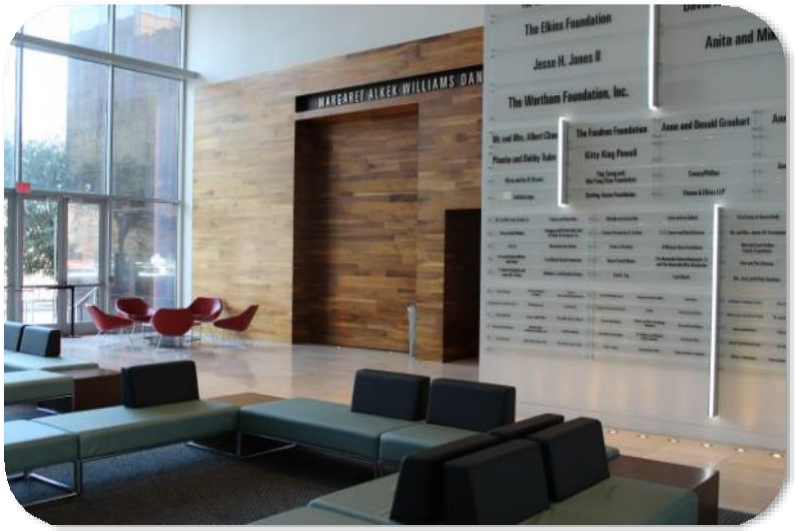


We will walk through **two** sets of doors.

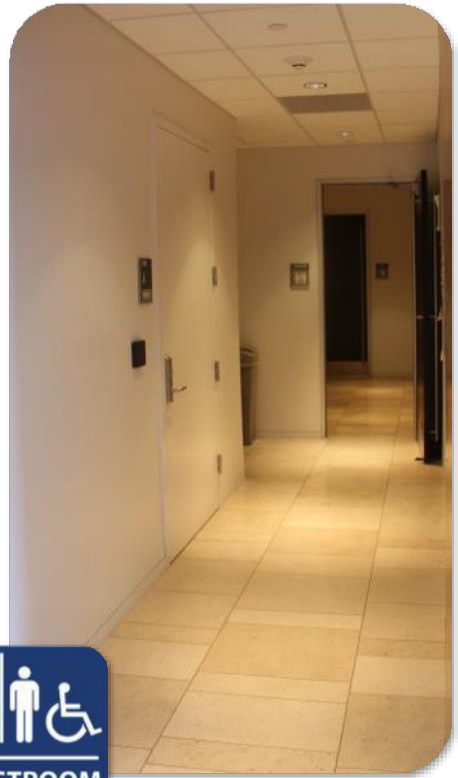


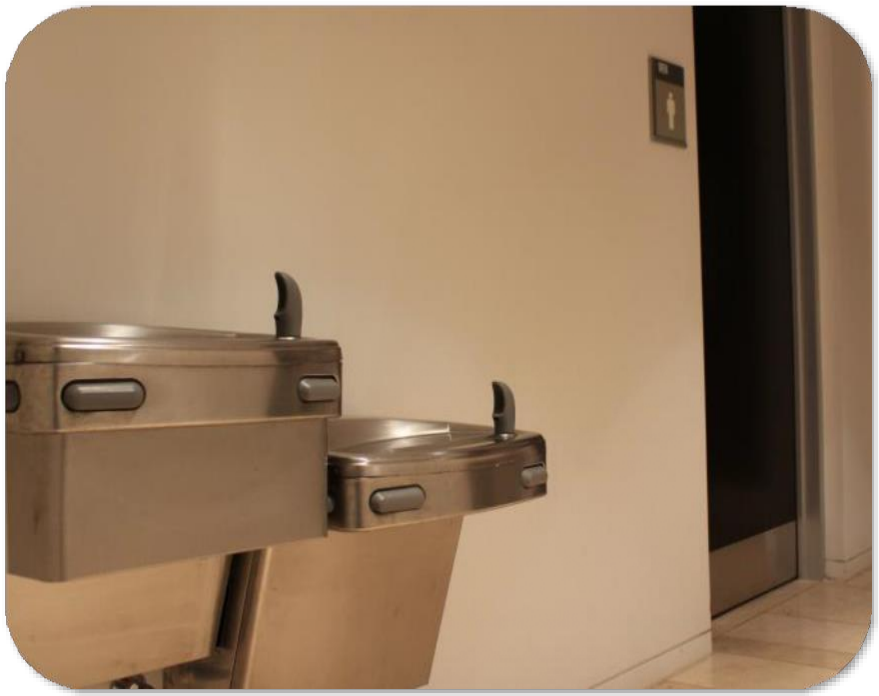


We will **enter** the lobby area. This is a place where I can **sit** down to rest with my family and friends.

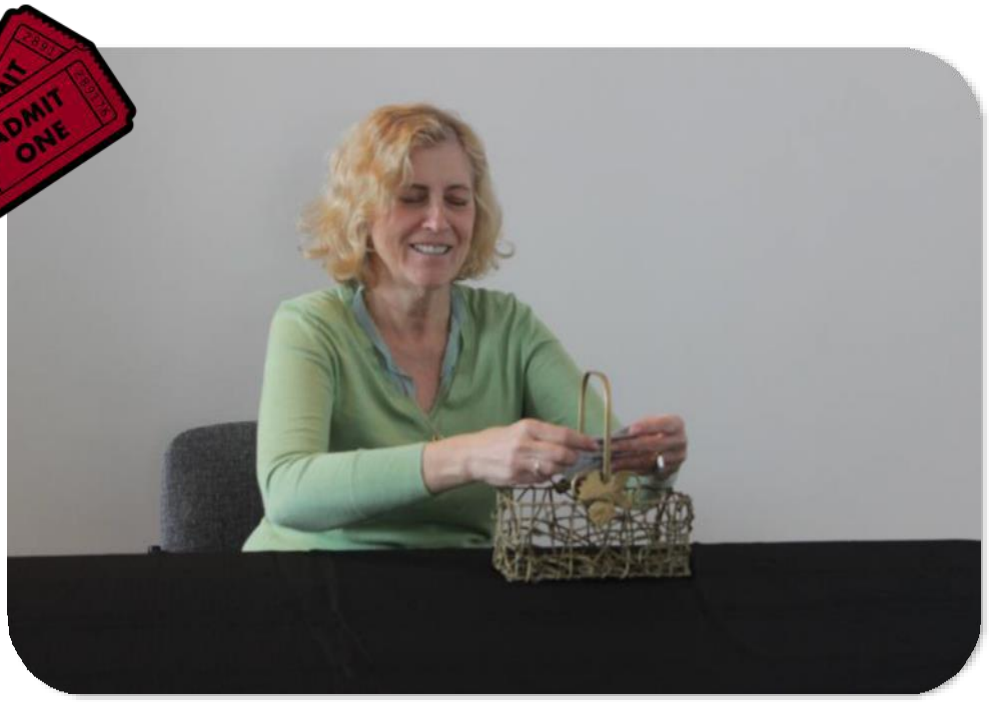


Before the show, I can use the **restroom** or get a drink of water.





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.



Photos: Amitava Sarkar

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.





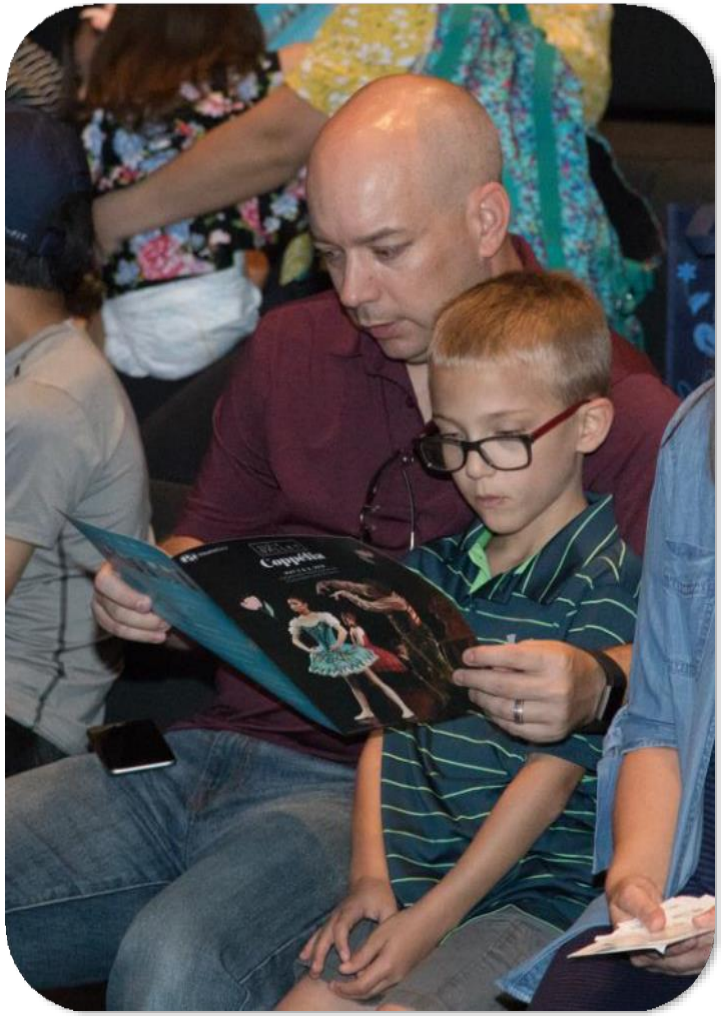
Photo: Amitava Sarkar



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.



Photos: Amitava Sarkar

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.

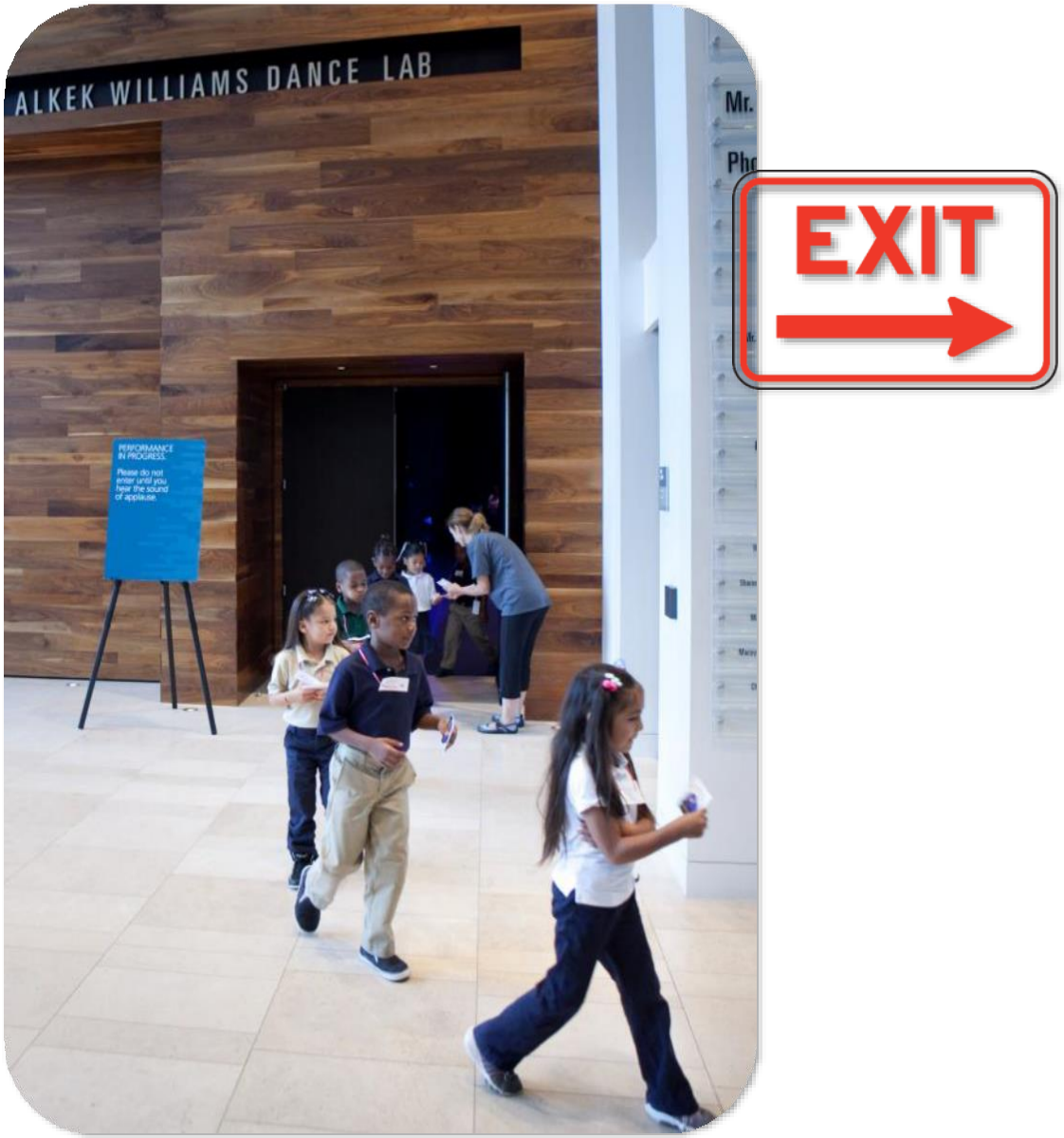




Photo: Amitava Sarkar



When the show is over, we will **exit** the theater and go out of Houston Ballet Center for Dance. I am excited to see *My First Ballet: Sleeping Beauty*!



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

My First Ballet: Sleeping Beauty



The King and Queen invite the entire kingdom to the christening of Princess Aurora, except for Carabosse. This makes her furious, so she casts a spell on the Princess.



Then, the Lilac Fairy steps in and immediately softens the curse. She tells the King and Queen that the only thing that will awaken the sleeping princess is true love's kiss.

Houston Ballet Company Memebers

Photos Lawrence Knox

My First Ballet: Sleeping Beauty



100 years later, a young Prince enters the kingdom, sees the sleeping Princess and falls immediately in love. He kisses her, the spell is broken, and Aurora awakens.



The whole kingdom joins in the festivities, including well-known storybook characters, including *Puss in Boots* and *Little Red Riding Hood*.

Houston Ballet Company Members

Photos Lawrence Knox

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



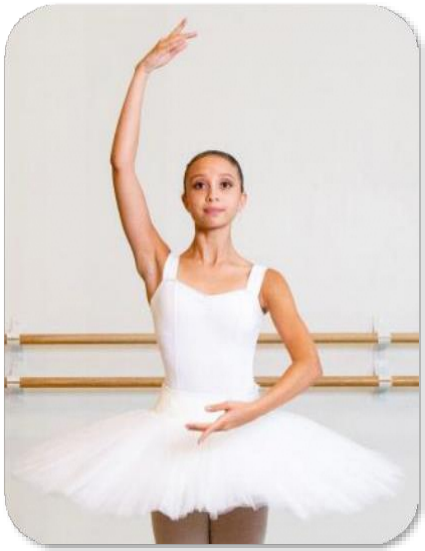
First Position



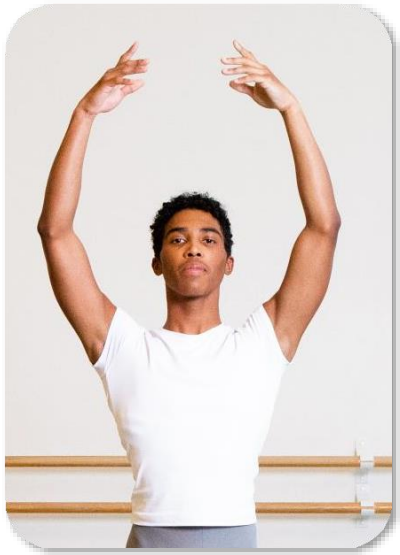
Second Position



Third Position



Fourth Position



Fifth Position

Try making all 5 arm positions!

Can you keep your back straight while you do them?