

My Field Trip to Nashville Children's Theatre

A Social Story™ is a tool to help improve a child's understanding of expectations during an unfamiliar event and were originally designed to support neurodivergent students. However, this can be a useful tool for any student who is unsure about what to expect from a new experience.

We share this resource to make NCT Field Trips inclusive for ALL students.



I am going to see a play at Nashville Children's Theatre (NCT)! When I get there, I will see a sign that says Nashville Children's Theatre, and I will see a statue of a Dragon. His name is Scorch, he's nice!



Entrance to NCT

My school bus will line up in front of the theater. When we arrive it is important that I remain quiet and in my seat so my teacher can give us instructions. Someone from NCT, sometimes called an usher, will get on my bus and explain instructions and rules for our visit to the theater. I need to try to listen and follow all of the rules we are given.



Bus lane



NCT staff member outside to help



NCT staff member
giving instructions on bus

**Will you be carpooling instead of taking a bus? If so, you'll park in the lot and enter through the main doors! Skip this page and the next.*

When I am leaving the bus, I will try to follow in a single file line behind an usher with an NCT name tag. They may have an orange cone or clipboard. I will try to follow the person in front of me so that we all get to where we need to be. Once we are inside the building it is important that I try to keep my hands to myself .



*NCT staff member
helping class enter building*



*Class entering the building
in a single file line*

An usher will take me and my class into the theater and show us to our seats for the show. Once we are given our seats it is important that I try to remain seated with my bottom on the seat during the entire performance. Before the show begins, the lights will dim and I may hear a voice welcoming us to the show and giving important reminders.



*Students following teacher
& NCT staff member into building*



*NCT staff member helping
me find my seat*

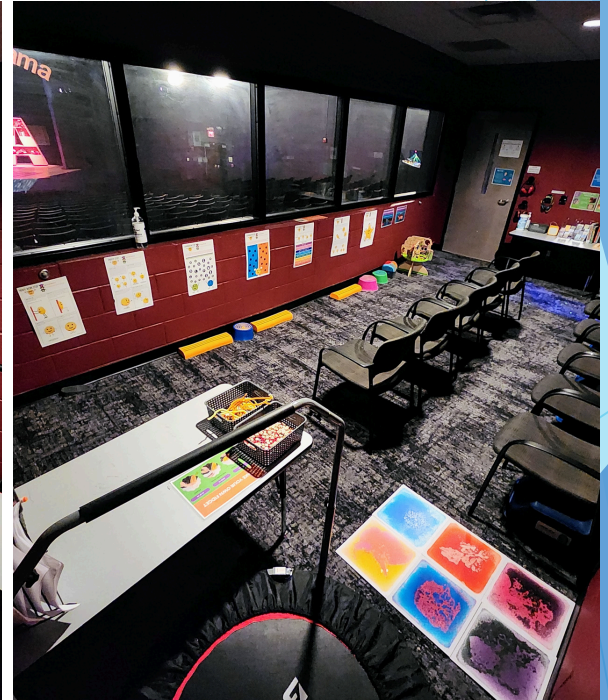
During the performance, it is important that I try to stay quiet and still. This helps everyone hear the actors on stage. If I need to use the bathroom I can ask my teacher to help me out to the lobby. If I do not know where to go, I can ask one of the ushers in the lobby. They will have an NCT nametag on.



- 1: *Sitting still and quietly*
- 2: *NCT helper name tag*
- 3: *NCT helper in box office*
- 4: *NCT bathroom door & sign*



If the play is too loud for me or if I need to move around or vocalize, I can tell my teacher and we can visit the sensory room in the back of the theater. I can go there if I need to move around or calm my body down. I will still be able to see and hear the show, but I can use the tools in the room to try to help my body and mind feel calm again. I can adjust the sound and light levels in this room, too. If I just need a break, I can tell my grown up and they can take me to the lobby. I can come back in when I am ready.



Lots of tools to use like headphones, weighted blankets, bubble tubes, fidgets, sensory stop activities, touch toys, and more!

What supports are available in the Sensory Room?



Proprioceptive & Vestibular Regulation

- Adult- Graded Trampoline
- Stepping Trail "Obstacle Course"
- Push Walls
- Sensory Stop Guided Activities
- Weighted Blankets



Visual Regulation

- Sensory Room Light Levels can be Adjusted
- Blackout Room with Lasers & Soft Lighting
- Bubble Tube
- Books
- Bubble Timers



Tactile & Kinesthetic Regulation

- Create Your Own Fidget Station
- Tactile sensory pads
- Liquid mats
- Bubble Timers
- Touch and Feels books



Auditory Regulation

- Show Sound Levels can be Adjusted
- YOTO Audio Player with Relaxation, Mindfulness, and Story cards
- Noise-Canceling Headphones



Emotional/Mindfulness Regulation

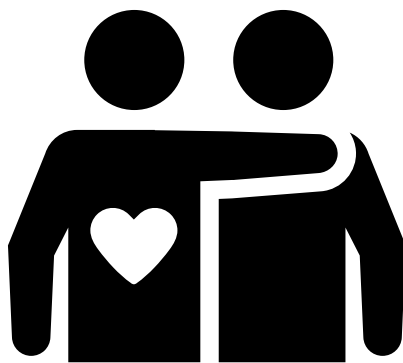
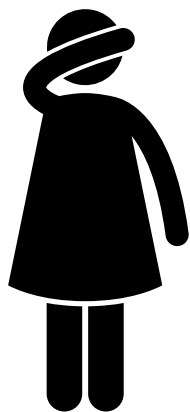
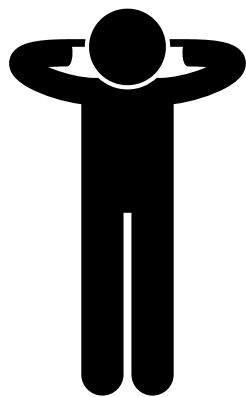
- *Spot of Emotion* books
- *Breathe Like a Bear* book



Other Supports/Cleanliness

- Coloring Sheets, Mazes, Word Searches
- Hand Sanitizer
- Disinfectant Wipes
- Disposable Sanitary Headphone Covers
- Laundry Basket for Soiled Items

If I see something I like, I can clap my hands or laugh. Other people sitting by me might clap and laugh at things too! Sometimes the play might be loud. If it gets too loud or I get nervous, I can cover my ears or eyes, put on my head phones, hold my grown ups' hand, or hug my grown-up. Headphones are available at the box office if I don't have my own.



During the play, people on stage will be wearing costumes. They are called actors. I will know the play is over when the actors bow. If I liked the play, I can clap my hands. People around me might clap their hands, too. The clapping might be loud, but it won't last long. If it is too loud, I can cover my ears until it is over.



Clapping at end of show

Once the show is over, an usher will get up and begin dismissing by bus numbers. I will try to remain in my seat until I am instructed by my teacher to get up. When we are leaving the theatre, I will try to follow an usher in a single file line to exit just like I did when I was entering the theatre. My class may stop to take a bathroom break. It is important that I try to remain quiet in the lobby so that I can hear instructions given by my teachers or by NCT staff.



NCT staff member helping group exit theater in single file line

**Will you be carpooling instead of taking a bus? If so, you'll be the last group to exit the building and will be prompted by an NCT staff member.*

When we are leaving the theatre, I will try to follow my teacher back onto the bus and sit in my seat.

I might like coming to a play at
Nashville Children's Theatre.

And everyone there will be happy to see me!



Contact Information



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