

My 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 youth. 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 performances inclusive for ALL students.



I am going to see a play at Nashville Children's Theatre! 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!



Upon arrival, if my family or group needs to pick up or purchase our tickets, we will go to the Box Office. There, someone will help us with what we need.



We might have to wait in line to get our tickets. I will try to wait patiently. Waiting patiently means trying to keep my hands and feet to myself and staying with my family or group in our spot in the line.



Before the play, there will be different activities I can do. If I see something I want to try, I can ask my grown up. Volunteers with an NCT name badge can explain how to do each activity, or I can read the directions posted for each activity. Here's an example from when NCT did Finding Nemo!



Make Your Own Big Blue World Collage!



1. Grab a blank piece of paper, a glue stick, and blue paper pieces!



2. Use the glue stick to spread glue all over the paper



3. Place your pieces of blue paper where you want and push down to make them stick!



4. You can add more glue as you go wherever you need it!



5. See one of our NCT staff members at the Merchandise Counter to pick out 3 sea creature stickers and 1 Nemo sticker!



6. Place your stickers wherever you like, and you're done!

When it's time to go into the theater, there may be a line at the door. I will try to wait in line for my turn to go through the door. When I get to the door, an usher will probably scan my ticket. An usher is someone who can help me find my way to my seat.



My seat faces the stage so that I can watch the show. It is important that I try to sit fully in my seat so that everyone behind me can see as well. I will know the play is about to start when the announcement begins and the lights get darker. During the play, the lights will change to help everyone see what is happening on stage. I will try to stay in my seat, sit quietly, and watch the play.



If the play is too loud for me or if I need to move around or vocalize, I can tell my grown up 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 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.



If I need to go to the bathroom, my grown up will help me find the bathroom in the lobby. After I go to the bathroom, I will try to wash my hands really well. Then I can go back to my seat with my grown-up.



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.



When the show is over and it is time to leave, the lights in the room will turn on. Everyone will stand up and walk to the exits in the back of the theatre. I will try to wait my turn and stay with my family or group to exit the theatre.



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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