



# Being in a Missouri Contemporary Ballet Performance

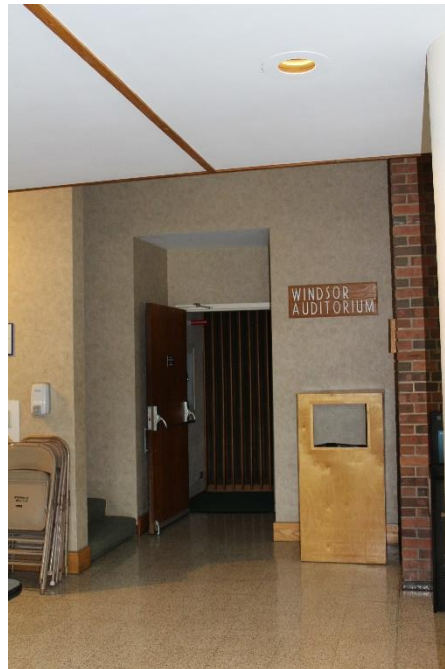
I am going to be in a dance performance in Windsor Theater at Stephens College. I can be safe and calm at the show. First, we will park the car. I will stay with my family while we walk into the theater. I will be safe on the sidewalk and street.



Next, we will check in at a table in the lobby. I can be calm and safe while we wait to check in.



Then, I will follow an adult to where I will wait with the other dancers for the show to start.



We might watch a movie or play while we wait.

I can be calm and safe. I can let the adults know if I need to use the bathroom or get a drink.



I can ask the teachers for something to play with if I need to.



When it is time to dance, and adult will take us to the stage. I will stay with the teacher as we walk to the stage. I will stay calm and be safe.



Then, it is my turn to dance. It is fun to be on stage! I can be calm and safe on stage. I will see many chairs and people watching. They are happy to see me dance!



The lights may go dark where the people are sitting. I am safe when the lights go out. I will stay calm.



When I am done dancing, I will walk down the steps and sit in the chairs. I will sit where the teacher tells me to sit. I will stay in my chair unless my teachers tells me I can get up. I can wait patiently and stay quiet. It is fun to watch the dancing!



When the dancing is over, I will go up the stairs and take a bow with all the dancers. The audience will clap. It may be loud. I am safe. The audience loved my dancing!



After that, the teachers will take me back to the waiting area. I will wait for my family to come get me. I can be calm and safe while I wait.



When the show is over, I will leave the theater with my family. I will stay with my family as we walk to our car. I can be safe on the sidewalk and street.



It is time to go home. I did a great job!

Being in a dance show at the Missouri Contemporary Ballet is fun!

