

Going to the Ballet



I love dance. There are many styles of dance but ballet is my favourite style. I love going to watch the ballet.

Ballet concerts tell fairy stories like Cinderella, Sleeping Beauty, and The Nutcracker.



My parents sometimes take me to watch a ballet concert. The dancers perform on a stage in a big theatre.



My Sometimes when I go to dance concerts there are crowds of people around. A crowd is a big group of people close together. People walk in different directions and I don't always know where they are going.

This can sometimes feel a little scary. It's ok to feel scared around crowds, lots of people do.

I can ask my parents for help. I can walk away from the crowds and find quiet place to calm down.



There is also an orchestra at the ballet. This is the group who plays the music on instruments like violins, flutes and trumpets. The most exciting part of the concert is when the big curtains open and the ballet begins.



It can sometimes be loud from the music and people clapping. I can ask my parents for help if it becomes too noisy. I can wear ear plugs or headphones. I can cover my ears and stay calm.

I can enjoy the whole show! I love going to the ballet!



**For more stories and information on making dance accessible for everyone
please visit : www.allplaydance.org.au**



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