

WELL DONE, MUMMY PENGUIN

LIVE
★ ON ★
STAGE

VISUAL GUIDE

created by

CAN'T
sit STILL



the Albany



ARC
Stockton Arts Centre

A Can't Sit Still Production, commissioned by
ARC and The Albany

HELLO!

We are really excited to share our show, Well Done, Mummy Penguin with you soon. The information in this booklet has been designed to help you and your grown ups feel as happy and comfortable as possible when you come to see the performance.

Theatre can be enjoyed in lots of different ways. You can sit and watch the show, or you can jiggle around in your seat. You can even let your hands dance along to the music.





LIGHTS + SOUNDS

The space where you're sitting will be a little dark when the show begins. This helps to make the stage stand out. Most of the time the stage will be lit by a bright light.

Sometimes we will change the lighting to blue, to help us to imagine Mummy Penguin is in the water.

Sometimes you'll hear a narrator. This person has pre-recorded a script for the show which we play when we need them. Other times, you'll hear the voices of the performers on the stage. Words that are spoken in the show will also appear on the screen. You'll also notice that our performers use sign language to help tell the story.



MORE ABOUT LIGHTS + SOUNDS

Our performers wear specially designed costumes which have sneaky pockets hidden in them! They will use these pockets to keep their kazooos in. Kazooos are small instruments which you can hold in your hand and make a sound similar to a trumpet. Our performers will use them throughout the show.

There are a couple of times during the show where the performers will invite the audience to shout out or copy actions. You can join in, but you don't have to. If you need to put your hands over your ears to make the noise a little quieter, that will be completely fine!

OUR PERFORMERS

We have three performers who help us to tell the story. Most of the time they are pretending to be Mummy Penguin, Daddy Penguin and Little Penguin.

Sometimes our performers will change their costumes before they move the set, props or each other around the stage. Two of our performers become seals nearer the end of the show! They have different costumes and they will speak and move differently than before.

We have really beautiful shiny fish that sparkle under the dark blue lights. Our performers will bring these on to the stage, and into the audience so you can see them a little closer. Please don't touch the performers, or the fish, when they do this.



THE END OF THE SHOW

The last part of the show is a penguin dance! Our three performers come together to dance to some happy music. The music might make you want to clap your hands, wiggle your feet, move your shoulders up and down and smile, or maybe something else. The performers will work together to do some flips and tricks which might make you want to gasp or say WOW!

At the end of the dance, the lights will turn off for a moment, and then come back on again quickly. The performers will come and take a bow. You can clap your hands or wave your hands in the air, if you like. The performers will point towards the person who has been looking after the music and the lights, you might want to give them a round of applause too! The performers will then leave the stage for a rest.

Finally, the lights will get brighter so you can see your belongings and find the exit easily.

