

You Are The Sun

What To Expect Guide

This pack is designed to help familiarise you and your group/family with the show, characters, and events of the show. It highlights lighting, sounds, and themes.

Who is in the show?

Two people called Sarah and Catherine perform in the show.

Another person called Laura will play the Harp in the show.

The show is 35 minutes long. There is some free play time at the end.

It doesn't have an interval.

If you need to leave during the show, that's ok. You can come back in when you're ready.



During the show

You are the Sun is a very first opera for babies and grownups that explores the magic of nature.

The stage is circular with free space to experience the show.

There is soil, pinecones and other objects.

The show is very multi-sensory.

You might feel happy or sad during the show which is ok.

You might want to clap and sing along, and make noises of your own.

Audiences can participate as much or as little as they want to.

This could mean sitting or standing back and just watching, or a baby being up close and on the stage area.

The music is very gentle.

There are no sudden noises.

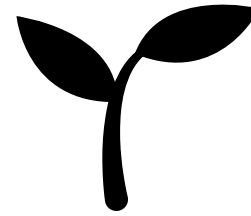
The lighting is soft and warm.

There are no sudden changes in the lighting.

Everyone welcome to do whatever they want to feel comfortable.

Late comers are welcome, audience can leave and return, children can run around and talk, babies can feed.

Themes



Nature



Music



Connection



Sensory Play

We hope
you enjoy
the show!