

Autism Friendly Music Performances at The Ark



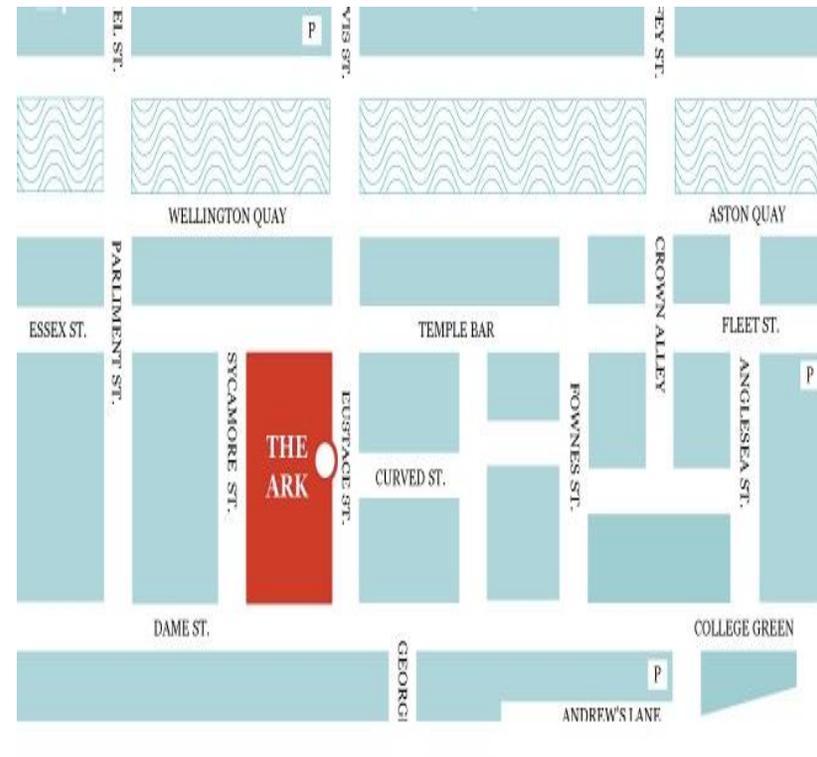
Information pack for Tracks in the Snow' on
Fri 11 Dec @ 12.15pm

Your Visit

This pack will help you prepare for your visit to the Ark.

You will see and experience many new and interesting things. We have put together some pictures to help you understand where you are going and what you will see, as well as a brief synopsis of the music performance so you know what to expect during the performance.

We hope you have great time at The Ark. Here is a map to help you find us.



Here are the things you will see on the day

This building is called The Ark



We go here to see the music performance

The Main Door

We go through this to get inside.



The Reception



This is where we collect our tickets

Duffy works behind the desk.



She will give us our tickets.

The Basement



This is where we wait for the show. Other children will be waiting here also.

Toilets



We can find the toilets in the basement through the red doors

**The boys' toilets are on
the right**





**The girls' toilets are on
the left**





When we are in the theatre there is a toilet nearby

The Door to the Theatre



We go through this door when it is time for the music performance.

Where will you sit?



We all sit on the benches in the theatre

If you want a break at anytime we can go back to the relaxation space in the basement.



Tracks in the Snow is the name of the music performance we are going to see.

In this concert you will get to hear songs and music all about the season of winter. The musicians have written new songs that will bring to life some of the things that we love to do and see when the world turns white. There are songs about icicles, sledding at high speed, the magic of the sky in the winter time and mysterious tracks in the snow.

You will have a lot of fun during the performance. There is lots of singing and music. Sometimes it might be loud but don't worry, nothing will hurt you. If the sounds are too loud you can put your hands over your ears, or wear your headphones (if you brought some with you).

After each song, people will clap. Clapping is nice because it tells the musicians you liked their music. If you want to clap, you can. You don't have to clap if you don't want to.



I know that even though the clapping can be loud and can feel scary, none of the noise can hurt me.



This concert is special! I can move to the music. I can sing along to the songs if I want to. The musicians want me to have a good time, enjoy the music, and be safe.

If it gets too loud I can cover my ears. I know that even though music can sometimes be loud, none of the sounds can hurt me. Music can also be very quiet and mysterious and it is nice to be quite and listen to the quiet music too.

About the Band

There are 3 sisters in the band and one double bass player

Lorna McLaughlin sings and plays piano, ukulele, accordion, tambourine, kazoo and chimes



Karen McLaughlin sings and plays piano, fiddle, spring drum, djembe drum, chimes, cymbal, kazoo and ukulele



Joleen McLaughlin sings and plays piano, harp and kazoo



Dave Redmond plays the bass guitar and the double bass.



Things we will see during the performance

This is how the stage will look: It is a wintry world



The pictures on the moon on the stage will change sometimes during the performance. The lights will change colours too.



The four musicians will look like this on the stage:



These are the instruments you will see and hear:



Piano



Ukulele



Accordion



Bass Guitar



Harp



Double Bass



Chime Bars



Fiddle



Spring Drum



Chimes



Kazoo



Tambourine



Cymbal



Wind Chimes

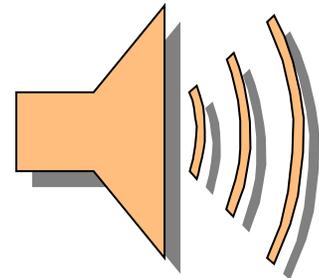


Djembe Drum

The lights in the theatre will dim during the music performance so it will be a little bit darker but you will always be able to see your way out.



During the performance you will hear lots of different songs and music with the musicians singing and playing the instruments



These are the songs you will hear. You will hear them in this order in the performance.

Welcome to Winter

Welcome to winter is a fast song to welcome us all to the performance. It is a little louder than some of the other songs. The words are about how winter can make us shiver but the lively music will warm us up.

Icicles

Icicles is quieter song about pieces of pointy ice called icicles that form on roofs and windows and tree branches in the winter. They look like this picture ⇒ There are simple actions to this song which the musicians will teach you. You can join in with actions and singing if you want. The words to sing are:

*I see, I see icicles
Icicles hanging around*



Walking through Winterland

This song is about walking through a winter landscape and different things you might see or hear there. You can listen to this song here:

<https://soundcloud.com/the-ark-music/track-3-walking-through-winterland-by-the-henry-girls/s-wTyXL>

Wolves in the Forest

This song is about wolves in a forest and on a snowy mountain howling at the winter moon. The music sounds jazzy. You can sing on this song if you like. The words to sing are:

*Ah oh oh oh,
Wolves in the forest*

Don't Reach for the Stars

This song is about how the stars light up the sky and we see how beautiful they are especially in the winter when the nights are longer.



Wonderful, Magical Sky/Aurora

This song starts with three musicians singing together and no instruments being played. Then one by one the instruments join in. You can imagine the Aurora Borealis or Northern Lights lighting up the sky with their magical colours while you listen to this song. They look like this picture ⇒



I Love to Ski

This is a fast song about the fun activities people like to do in the winter such as ski-ing, sledding and skating. It is a little louder than some of the other songs.

Tracks in the Snow

This song has the same name as the performance so it is called a 'title track'. It is about mysterious tracks found in the snow one morning and trying to guess which animals made them. You can listen to this song here:

<https://soundcloud.com/the-ark-music/tracks-in-the-snow/s-DFQVa>

Snow Bear

This is a playful song about a baby polar bear. You can sing an answer in the chorus which the musicians will teach you.

The words you will sing are:

(Snow Bear) Snow bear

(Snow Bear) Snow bear

You can listen to this song here: <https://soundcloud.com/the-ark-music/track-2-snow-bear-by-the-henry-girls/s-drf4D>

Where will the Animals Go?

This song is about the animals in winter time and wondering where will they go when it gets cold.

Hibernate

In this song we find out that the animals will be safe and snug while they sleep through the winter. You will hear just singing and double bass in this song.

Hot Chocolate

This is the last song and is all about our favourite hot drink to have in the winter time to warm us up – hot chocolate. This song is a little louder than the other songs.

The singers will start by using kazoos which make their voices sound funny and buzzy. Then they will sing words. You can sing too and they will teach you what to do.

The words you will sing are:

Cocoa beans
Marshmallows
Cream on top



The end of the performance:



People clap at the end of each song and give one big clap at the end of the performance.

It shows the performers that we enjoyed the music performance.

After the clapping we can leave The Ark and go home.

We hope you enjoy your time at The Ark.

The people that made the show

The people that made the show are from two different groups:

One group is called The Henry Girls and they come from Donegal in Northwest Ireland.

The other group is called The Ark – It's not just a building, The Ark makes music and other performances as well.

Tracks in the Snow has been commissioned and produced by The Ark as we continue to work with artists to create high-quality live music experiences crafted especially for young audiences.

The Ark is supported by:

