Sensory-Friendly Concert:
Solo Cello
Tuesday, November 20, 2018, 11am

PRE-VISIT STORY
I am going to a Sensory-Friendly Concert.

The Sensory-Friendly Concert is at Orchestra Hall in downtown Minneapolis.
There are three entrances to the building. They lead to the main lobby. If I enter through the skyway, I will walk down the stairs or take the elevator or escalator.
The concert will be in the Target Atrium. It is on the main floor of the building.
If I need to use the bathroom, there is one on the lower floor. I can use the stairs or the elevator.
When I find the Target Atrium, I will give my ticket to the usher. The usher is a friendly helper who will use a scanning machine to check my ticket.
I can take a program guide for the concert when I enter the Target Atrium.

It will tell me information about the musicians and instruments.
The sensory-friendly concert will feature cellist Katja Linfield. Katja started playing the cello at the age of 7. She joined the Minnesota Orchestra in 1990.

One of Katja’s daughters plays cello, one plays clarinet, and the other sings in a choir.
The Sensory-Friendly Concert will also feature Lyndie Walker as host.

Lyndie is a board-certified music therapist and will provide introductions and connections for the listeners in the audience. Learn more about Lyndie!
During the concert, I will sit in my chair or on a carpet square on the floor. I can get up if my body needs to move.

If I like loud sounds, I can sit in front close to the musicians.

If I like quiet sounds, I can sit in the back, or ask for headphones.
If I need help, I can ask a volunteer for headphones, fidgets, or scarves.
When my body is safe, I am ready to watch the musicians. If my body is moving too fast, I can get up and take a walk, find a quiet space, or visit the listening station in the lobby.
At the end of the concert, I can make music too. I can choose a small instrument to play, or I can sing “The More We Get Together.”

I can stand up front or sit in my chair during this song. The words are printed in the program.
I can also ask the musicians questions and look with my eyes at their instruments.

When I’m done, I will walk back through the lobby and exit the building with a helper to go home.