

Jamaica Day

The Heartbeat of Jamaica

at Lincoln Center

Relaxed Event Sensory Guide



Event time: Saturday, August 08, 2026 at 12:00 pm

Where: David Rubenstein Atrium

How long: Approximately 1 hour

Recommended age: All Ages

This sensory guide helps you know what to expect when you come to Jamaica Day: The Heartbeat of Jamaica at Lincoln Center.

For directions, restrooms, security, seating, and other venue information, please use the [venue pre-visit / wayfinding guide for the David Rubenstein Atrium](#).

What is this event?

- Jamaica Day: The Heartbeat of Jamaica is a concert.
- Celebrate Jamaica with BROWN RICE FAMILY, a live band performing ska, reggae, and dancehall music.
- The performance includes references to Jah Rastafar I, Nyabinghi, and Kumina.
- There will be a Lincoln Center teaching artist leading a workshop before the performance.
- You may see teaching artists, musicians, and instruments.
- You can choose to watch, listen, and take breaks at any time.

Basic Sensory Information

Here are some sensory moments you can plan for:



Sound

- Overall sound: often high volume or high-energy. There may be music, amplified speech, drums, shouting, cheering, or screaming. Specific loud or surprising moments: none expected.



Light & Visuals

- Lighting: well-lit with natural light. Visual effects: none expected.



Movement

- Performers may move through the audience or aisles, and directly interact with audience members. Audience members may stay seated or move through the space.



Audience Participation

- Participation is optional. You may be invited to participate in the pre-show workshop. You may be invited to call and Response with rhythm during the song "Latin Goes Ska". You may be invited to participate in a 'Follow the Leader' dance during the song "Africa." It is your choice to participate or to watch.



Emotional or Content Notes

- The event includes themes of joy, celebration, playfulness, family, adventure, identity and belonging. Sensitive content to know about: none expected.

Crowd, Space, and Waiting

- The space may feel busy. There may be a line or waiting period. If the space is full, staff may ask you to wait or come back later.

Breaks, Sensory Tools, and Access Services

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- You can ask staff where to take a break.
 - Sensory tools such as noise-reducing headphones, earplugs, and fidgets may be available.
 - A Chill Out Space or break area is available in the David Rubenstein Atrium.
 - Access services include: Relaxed Performance.
 - Instant ASL interpretation through Convo Access may be available on Guest Experience Representative lanyards.

What to expect at this Relaxed Performance

- Guests can enter and leave the audience space throughout the event, as needed
- Guests can vocalize or move throughout audience space
- Fellow audience members are asked to create a no “shushing” zone
- House lights adjusted so that venue is never fully dark
- Attention to bright lights, loud noises, and surprise sensory elements, described in advance
- Chill Out Space for guests to take a break and rejoin performance when ready
- Noise-reducing headphones and fidgets available to borrow
- Staff members and artists are trained in access and inclusion best practices