

# Wings, Wind and Waves

# PRE/POST-CONCERT ACTIVITIES

Welcome to today's Relaxed Family Concert at Orchestra Hall! Our Relaxed Family Concerts are inclusive experiences for audiences of all ages and abilities, including individuals with autism or sensory sensitivities. Please visit one of our friendly ushers or volunteers if there is anything we can do to make your visit more enjoyable. We're so glad that you could join us and hope that you have a great experience today!

# ROBERTA MANN GRAND FOYER

#### Collaborative Mural

Draw imaginative birds, rivers, seascapes or more inspired by the concert's nature theme. Add your creation to the mural and watch the scene grow.

#### Meet Animals with the Minnesota Zoo

How do turtles glide through the water? How do birds soar in the sky? Minnesota Zoo staff will introduce you to different species and explore how they have adapted to survive and thrive in their environments.

#### **Photo Booth**

Celebrate today's visit to Orchestra Hall with a snapshot. Find the perfect look with our nature-themed props.

#### **Puppet-Making**

Come learn simple puppet construction techniques from In the Heart of the Beast Theatre artists and make your own winged creature puppet to take home with you!

# Audience Services Desk

Need noise-canceling headphones, earplugs, Braille or large print programs, or information? Stop by the Audience Services Desk for assistance. Headphones are available on a first-come, first-served basis and will be sanitized between each use.

### **Concert-Only Quiet Space**

During the concert, we'll open a second quiet area for anyone who would like to enjoy a relaxing space with sensory supports while watching the Orchestra on our video monitor.

#### Concessions

Visit the bar area to purchase food and beverages. Gluten-free, casein-free, and nut-free options are available. Concessions are also available on the N. Bud Grossman Mezzanine.

## TARGET ATRIUM

#### Music & Movement

Try out a variety of instruments with Toneworks Music Therapy Services.

# N. BUD GROSSMAN MEZZANINE

#### Meet a Musician

Get to know a musician from your Minnesota Orchestra and see their instrument up close. Please note that this activity is only available from 1–1:45pm and 3–3:30pm.

# **BALCONY A LOBBY**

#### **Dance Activity**

Join Young Dance for an exploration of the natural world through movement. Using your bodies as instruments, you'll deepen your understanding of animals and the elements through movement activities that are sure to be fun for all ages and abilities.

# KATHY AND CHARLIE CUNNINGHAM GREEN ROOM

# **Quiet Space**

Relax with bean bags, weighted lap pads and neck rolls, noise-canceling headphones, books, and coloring materials. You're welcome to visit any time during the activities or performance!









