

Visual Story

A visual resource for children and adults with Autistic Spectrum Disorder.

This resource is intended to help prepare any visitors for a new experience and to help them to become familiar with the show, surroundings and situation.

The Show

The show lasts for approx. 45 minutes with no interval.

There are 2 performers in the show. Most of the characters are puppets but Belle and young Grandpa are played by the performers. A lot of the puppets are made from real musical instruments.

The show has music and songs throughout, use of a smoke machine and lots of coloured moving lights, including some flashing lights (not strobe).



At her Grandfather's wake, Belle is feeling down so she slips into the basement and discovers his old dusty instruments. But far from being junk, The Instrumentals are pure funk, and they teach Belle to 'get down' in a whole new way.

Bursting to life with brilliant puppetry and bold music, the Instrumentals is full of love and laughter, about the memories we hold and how we celebrate life. This is a show for all children with characters, story & inspiration from the African-Caribbean diaspora. It's full of uplifting original music with soulful sounds and seventies grooves.

Combined with innovative puppetry and lots of comedy, this fun musical journey will have audiences dancing!

The Instrumentals is aimed at **ages 4-11**. The story deals with the different feelings (sadness, confusion and anger) associated with grief and the loss of a family member (Grandpa) – all in a way that is appropriate for this age group, and is ultimately joyful and uplifting, celebrating his life. There is a lot of dialogue.

Please also see the following resources, aimed at adults, that may help you to support your child and discuss death with them:

Guidance on telling a child that someone has died: <https://www.childbereavementuk.org/telling-a-child-that-someone-has-died>

Guidance for supporting bereaved children and young people: <https://www.childbereavementuk.org/supporting-bereaved-children-and-young-people>

Characters



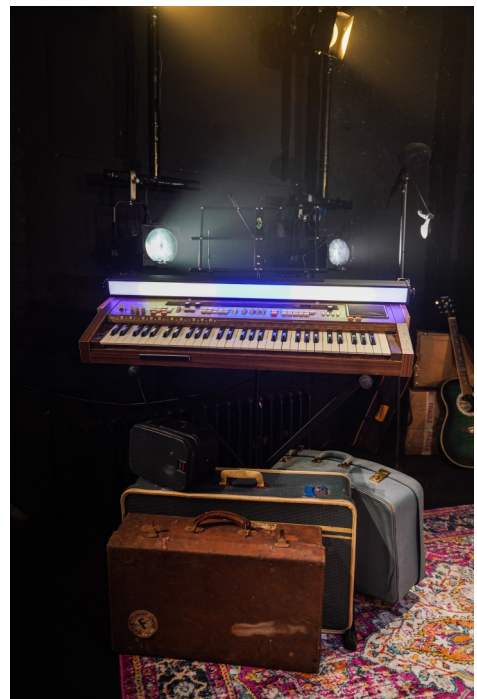
Mike—The Microphone



Belle



Jacques—The Saxophone



Cynthia—The Synthesiser

Characters



Kit-The Drum



Cyril-The Cymbal



Young Grandma



Young Grandpa

The Show

In this section special alerts are written in blue ink.



When you enter the auditorium you will see a pile of boxes and junk making a doorway and some old musical instruments on stage. This is Grandpa's basement. The stage area is the space where the whole performance takes place. **It is quite dark and music is playing in the background.**

When it's time for the show to start mist is blown onto the stage and there is an announcement to remind audience members to turn off their phones.

One of the performers enters the stage through the basement door at the back. Mike the Mic comes to life and introduces himself to the audience.

Mike asks the audience if they would like to hear him rap. **He asks the audience if they can beatbox. Mike teaches the audience how to beatbox and he raps. You can join in if you want.**

There is more mist and some lights come on as Belle enters through the doorway. She sneezes as it's dusty in the basement. Mike sneezes too!

Belle presses the keys on the Synthesiser but no sound comes out. When she turns away the Synthesiser lights up. **She picks up Grandpa's old Harmonica and blows into it.**



Belle is upset about something. **She sings a song about missing her Grandpa.** He's gone but she's not sure where.

Mike has been listening to Belle sing and he starts to cry loudly.

Belle can't believe that a microphone is talking. They look at each other and Mike shouts Boo! They both scream!

The lights in the doorway come on and we hear mums voice call down—She is looking for Belle. The family wants her to sing at the party, but Belle doesn't want to. She doesn't want to sing without Grandpa and he isn't there.

Mike starts crying as he explains to Belle that Grandpa is gone and not coming back. Grandpa has died and the party is his wake to celebrate his life. Mike explains that Grandpa will always live in Belles heart and in her memories of him.

The Saxophone on the wall behind them lights up and we hear the sound of Saxophone blues music.

Mike encourages Belle to pick up and play Jacques the Sax and sing the blues. Mike sings along as Belle plays. Belle has a go at singing the blues to express how she feels about Grandpa not being there. Jacques starts to make lots of wild random sounds—He is out of control!

Mike calls out for Cynthia. Cynthia the Synthesiser lights up with flashing lights as she talks. She can understand what Jacques is saying and that he is happy to hear singing again, and that music can help to cheer you up if you are feeling blue.

It's time for Jacques to go to sleep. **Cynthia asks the audience to say goodbye to him. You can say goodbye if you want to.**



Cynthia introduces herself to Belle and Belle discovers her Grandpa used to be in a band with all of the Instruments in the basement—The Instrumentals!

But who are The Instrumentals?

There is a muffled sound of a drum kit.

Belle follows the sound and pulls back a dust sheet to reveal a drum. Kit, the drum, talks to Belle about the band and her Grandpa. **As he talks he is constantly interrupted by a muffled crashing sound.**

The dust sheet falls away to reveal Cyril the Cymbal. **Cyril is annoyed and shouts at Kit for leaving him stuck under the sheet. They argue about who is better and try to out-play each other. They keep trying to out-play each other until they are both playing at the same time.** Belle dances and tells them they sound much better when they work together,

Belle wonders how long the instruments have been down in the basement.

Mike sings a disco song that introduces Belle to all of The Instrumentals.

Belle can't believe that her Grandpa was in a band! She wants to know more. Mike tells her that it was the 1970's when the band got together.

The stage transforms into a disco, with coloured strip lights, disco music, laser lights, a disco glitter ball, light up steps, mist and disco music.

Mike teaches the audience some disco dance arm moves that you can do in your seat. You can join in with the disco dancing moves if you want to. Disco music plays.



The lights dim and the music slows down as we see a young Grandma appear in a misty, dark nightclub setting as Mike remembers when Grandma met Grandpa in the 1970's.

We see a young Grandpa getting ready to greet Grandma. He blows into his harmonica and practices what he might say to her. He is nervous.

Grandma steps forward to sing, Grandpa claps and encourages the audience to clap too. Grandma sings a song about being bold and facing your fears. Grandpa joins her and the pair fall in love.

Belle opens a suitcase and it's filled with memories of Grandpa's life. We see pictures on records showing the adventures of the band travelling on their bus to perform, Grandma and Grandpa getting married and having children, up until Belle is born and Grandpa is gone.

Belle is happy to have heard about how Grandpa and Grandpa met, but she is also sad and angry because she misses Grandpa. She still doesn't want to sing on her own to the people upstairs. Kit and Cyril start to argue again. Belle shouts STOP! Kit and Cyril are shocked, but they explain that sometimes people do get angry and act in different ways when they are sad, and that sometimes shouting and letting it all out is a good way to deal with it.

Kit and Cyril teach Belle to let it all out by shouting out. They ask the audience to join in too if they want to.

Belle feels a bit better after letting it out, but she still misses Grandpa. Kit and Cyril explain that it's important to celebrate people you miss, and that Belle can celebrate Grandpa through the music they shared when he was alive.



They sing a song to celebrate Grandpa. Disco lights flash and there are bits where the audience can join in with the singing if they want to.

Belle feels much happier about remembering Grandpa in a positive way and being able to keep his memory alive in her heart.

The basement door light comes on and mum calls down for Belle.

Belle sings her song with her new friends The Instrumentals, who invite her to be the singer in the band! She is not alone! She blows Grandpa's harmonica and lights spin around the room and the audience can join in with the 'la's' if they want to.

At the end of the song Belle realises she won't be sad any more because of all the help and love she's had from her friends.

The main lights go out and beams of light shine out from the stage.

Music plays as we get to say 'thank you' to each member of The Instrumentals one at a time. You can clap them if you like. As each instrument is introduced they play a short solo.

The performers ask the audience to show them some dance moves before they go, you can join in if you want. They wave goodbye and leave the stage.

This is the end of the show.

As the audience leaves the theatre disco lights and music continue to play.

We hope you enjoyed the show.

