

# Visiting PNB

SOCIAL NARRATIVE FOR PHELPS CENTER FIELDTRIPS

 PACIFIC NORTHWEST BALLET

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# Arriving

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You are going to Pacific Northwest Ballet's Phelps Center. The Phelps Center is at the Seattle Center, near the Space Needle. It is where dancers and staff from the ballet work. You will meet some of the people who work at the ballet.



# Entering

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When you enter the building, you may hear music from pianos, drums, or speakers coming from some of the rooms. These rooms are called studios.

A fieldtrip teacher will take your class to a studio and you will be asked to take off your shoes and socks. Dancing barefoot helps protect the surface of the dance floor. You can leave your shoes off for the whole fieldtrip time.



# Dance Class

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One of the things you will do on your fieldtrip is have a dance class in one of the dance studios.

There will be mirrors and barres on the walls, and the floor will feel smooth and a little sticky on bare feet. Your dance teacher may play music on the speakers or there may be a drummer playing music.



# Observing Dancers

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You will also observe the professional dancers at PNB taking a dance class.

You will sit above the studio on a balcony. This is a time when the dancers are working, so being quiet and still will help the dancers focus.

If you need to talk or move while watching, you can ask a teacher to take you into the hallway and observe through the windows.



# Costume Shop & Shoe Lockers

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You will go upstairs to look inside the PNB costume shop.

This is a workshop area where people make, sew, and dye costumes for the dancers to wear on stage.

You will also see the lockers where dancers keep their shoes for dancing. There are two kinds of ballet shoes- pointe and flat.

This is a busy area and the hallways may get a little crowded as your class passes through. You can ask a teacher to help you find a quiet space, if it feels too crowded.



# Costume and Shoe Touch Stations

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There will be some touch stations where you can feel some costumes and ballet shoes.

There are different fabrics and materials on the costumes and shoes: rough, smooth, scratchy, soft, hard, and stretchy.

Your fieldtrip teacher will let you know which costumes on your fieldtrip are for touching and which costumes are for looking.



# Leaving

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After your fieldtrip is done, you will put your shoes back on, make sure you have all your belongings, and follow your class outside to take the bus back to school.

When you get home, you can share what you learned and did on your fieldtrip with your family!

**Thank you for visiting!**

