

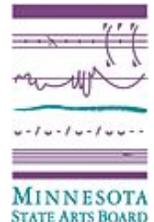
Z PUPPETS ROSENSCHNOZ

Before You Go

A guide for preparing to attend *Cellula*
At The Historic Paramount Theatre



This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund.



Hello!

The goal of this guide is to help prepare you and your child for the live performance of *Cellula*. By reading the guide together you can learn what to expect, and hopefully reduce any apprehension and anxiety around the experience.

We encourage you to provide us feedback about how you used the guide and where there might be room for improvement. Please contact Rachel Wandrei at shari@zpuppets.org to tell us about your experience.

We hope you enjoy the show, and that this guide and our story helps your family appreciate the trillions of cells that we are all made of!

Thank you!

Z Puppets Rosenschnoz



This guide is based on similar efforts by the Miami Dade County Department of Cultural Affairs and the Kennedy Center, based on the Social Stories™ methodology developed by Carol Gray.

Overview



Like a bedtime story as told by biologists, *Cellula* brings the audience into a close up view of cell division, as if they are looking under the lens of a microscope. With a playful approach to dramatizing scientific beauty, a mother narrates the story of cells in action to introduce her young daughter to the wonder of science. Through dazzling glow-in-the-dark, blacklight puppetry and mesmerizing improvisational vocal music, *Cellula* illuminates the true marvels of the cells inside us all.

There are two performance times:

Saturday, March 25th

At 2:00pm and 7:00pm

All performances are 45 minutes.

Our sensory-friendly accommodations include:

- the following *Before You Go* guide
- a quiet space in the lobby where families can take a break when they need to
- adjusted light and sound levels

Please note: This performance is primarily in blacklight. Once the show begins, the house lights are dimmed, the theater is darkened and most of the visible light comes from the glow of the puppets and light and video projections.

We encourage families to bring their own ear protection (headphones, earplugs, etc.) and comfort toys as needed (as long as their toys also sit quietly during the show), and use the quiet space in the lobby as needed.

For a preview of what you will see and hear in the show, please see the [Cellula video trailer](#).

For directions to The Historic Paramount Theatre, [click here](#).

Going to the Show

We are going to see a theater show called *Cellula* at The Historic Paramount Theatre.



Some families might travel by car.

Some families might travel by bus.

We will travel by _____.

Before the Performance

After we enter the building, we will stop at the Box Office counter. We may need to wait in line for our turn to speak to the Box Office staff.

Once it is our turn, we will pay for admission.

If we paid for admission in advance online, we will tell the Box Office staff our name to check off on the reservation list.

After the box office, we will go through the lobby and into the theater

BioArt Gallery



As we pass through the lobby, we can visit the BioArt Gallery.

These are pictures that were taken by scientists as part of their research.

It is fun to think about how science and art fit together.

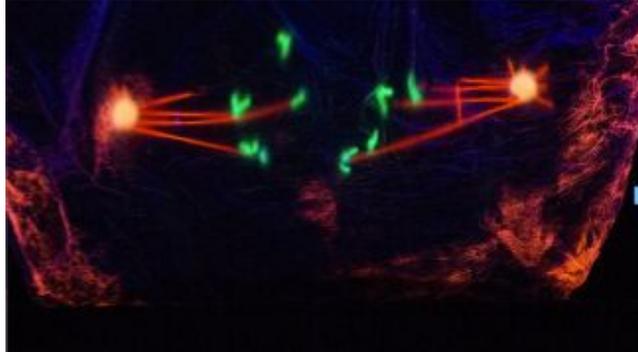
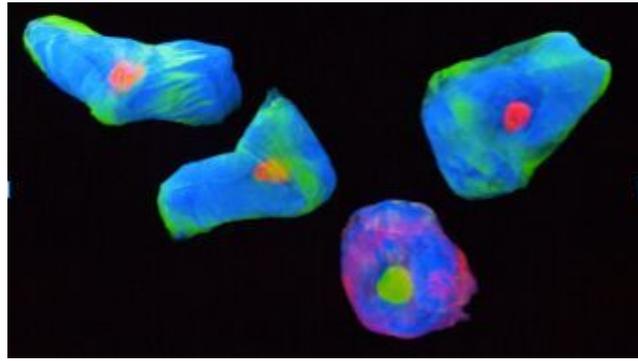
The Theater

When it's time, we will enter the theater. I might have to wait my turn.

There will be seats facing the performance area. I can help choose where to sit.

I might sit next to someone I don't know, but my family will always be nearby.





The Performance

When the lights dim, the show is about to begin. It's time to sit and enjoy the performance.

I will see performers and puppets of cells. There will be lights and sounds.

We can read descriptions of the [plot and scenes here](#).

I will hear music. I can cover my ears or ask to find a quiet space in the lobby if I'm uncomfortable.

I can move my body along with the music while I sit in my seat.

The Performance Ends



At the end of the show, everyone will clap their hands.

I will sit in my seat until the performers are finished bowing and speaking.

The lights will come up again when the show is over.

I might have to wait my turn to leave the theater.

After the Performance

On our way out, we might get to see some of the performers.

If we do, we can ask them questions about the show.



Kurt



Libby



Mankwe



Shari



Chris

SYNOPSIS - *the plot*

Watching and listening to *Cellula* is like experiencing a bedtime story by biologists. The performance combines blacklight puppetry (which glows in the dark) with live music from two singers.

You will hear a character of a mother narrating as you see scenes of cells in action, as if you are looking under a microscope. You will also hear vocalists singing music to go along with the action of each scene.

The mother character is introducing her daughter to science by narrating what the cells are doing as a story of a young cell named Cellula. The scenes of blacklight puppetry give you a feeling that you are zooming in and out between magnification levels of a microscope, following Cellula through cell division.

SCENES - *a detailed description of the performance*

Before the Show

There will be recorded music playing.

When it is time to start, **the music will stop and the lights will go down.**

Scene 1 - Introduction

Two Vocalists will enter with lights on their heads, singing.

Starlight will appear across the stage.

A Narrator will speak, as shadow puppets show an astronomer, paleontologist and biologist using creative tools to do their scientific work.

Multi-colored lights will move slowly across the stage, like waves.

The light on stage will change to a glowing blacklight.

Multi-colored shapes that look like fireflies will appear and flit about on stage while the Narrator speaks a poem about cells.

Scene 2 - Through the microscope

A puppet of a young cell named "Cellula" appears.

Cellula dances to the music of the Vocalists.

A long coil, called DNA, comes from inside Cellula. Cellula dances with the DNA, learning how to follow the DNA's lead.

Cellula watches more grown up cells at work, doing their dance.

Scene 3 - Cell Division

The view through the microscope shifts to magnify Cellula even more.

Cellula copies her nucleus so she has two nuclei and then splits into two cells, each with its own nucleus.

Each of these cells copy their nuclei and then split again.
Cellula splits again and again and again into many cells.

Scene 4- Inside the Cell

The view through the microscope magnifies Cellula to show what happens inside the cell during cell division.

The Narrator explains each action of the DNA as if it were behind the scenes of a ballet.

Scene 5- The Blastula

The view through the microscope changes to show Cellula made up of a ball of all 256 cells from the cell division.

Cellula is at the moment when she will find out what dance she will do for the rest of her life.

The Narrator thanks Cellula for showing cell division.
The poem from the introduction returns.

Scene 6- Cell Division

The light comes up on the Vocalists, singing a finale.

A new lens appears on stage with video of different types of cells dividing.

Lights come back up.