



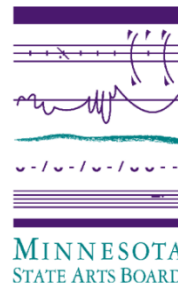
Before You Go

a guide for the
Monkey Mind Pirates workshops
at Maplewood Community Center

2100 White Bear Ave, Maplewood, MN 55109

Mon-Fri, August 22-26th

Performance August 27th



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; and by a grant from the National Endowment for the Arts.



Dear Families,

The goal of this guide is to provide visual and verbal tools to prepare families for the *Monkey Mind Pirates* workshops at Maplewood Community Center. By reading the guide together, families can show and tell what they might expect and add some predictability to the experience, hopefully reducing apprehension and anxiety around a new experience.

This guide is a new effort for Z Puppets. 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 rachel@zpuppets.org to tell us about your experience.

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.

Welcome aboard!

Z Puppets Rosenschnoz

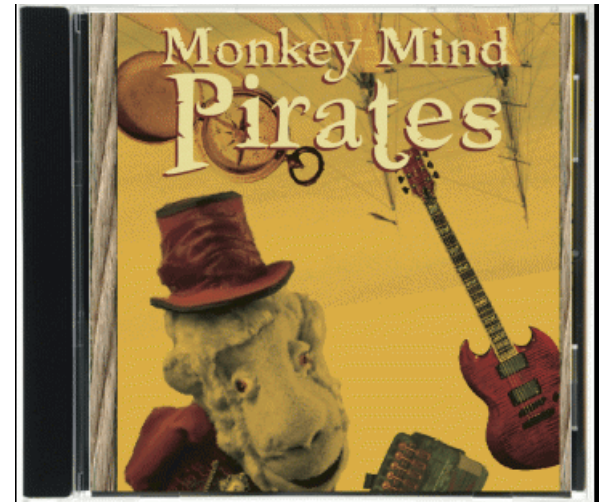


Special thanks to project partners: the [Autism Society of Minnesota](http://www.autismminnesota.org).

**For a preview of what you will see and
hear in the workshop
and performance, please see:**



**the *Monkey Mind Pirates*
video trailer**



**the *Monkey Mind Pirates*
music CD sampler**

The Big Picture



The *Monkey Mind Pirates* workshops will teach me how I can have a healthy mind and body, and how I can find calm in my life.

We will meet for five days starting Monday, August 22nd.

Each daily workshop will be 90 minutes.

The workshops will also allow me to perform onstage with Z Puppets on Saturday, August 27th.

Going to the Workshops



We are going to the *Monkey Mind Pirates* workshops in a room at the Maplewood Community Center.

Some families might travel by car.

Some families might travel by bus.

We will travel by _____.

The Room

The workshops will be in a multi-purpose room.

The room has several tables, chairs, and lights.

Z Puppets will move some of the tables and chairs to the side so we can have room to play games, do art and sit and listen.

We might watch videos on projectors.

The Workshops



When my family attends the workshop, there will be other families at the workshop, too.

**I may recognize some friends I already know.
Some people will be strangers.**

As I go to the workshops, I might make some new friends.

The Schedule



At each Sunday workshop, we will sing songs, work with puppets and take an “Adventure to Calm.”

The Adventure to Calm might include yoga exercises, breathing deeply or just lying down and relaxing. Sometimes we will talk about how we imagine Calm.

The Sailors' Code

At the workshops, Z Puppets will sometimes refer to our classroom as “the ship” and call us “sailors.”

I will follow three rules called “The Sailors' Code” in the classroom:

- 1) Stay on the ship. We're all on this trip.**
- 2) All hands on deck!**
- 3) To the Brig.**

Stay on the ship. We're all on this trip.



When we are together in the workshops, I will stay in the classroom.

If I have to use the bathroom, I can raise my hand or ask an adult to take me.

All hands on deck!



When we play games or sing songs in the workshop, our group might get excited. Sometimes when we get excited, we make lots of noise or get distracted.

**If an adult needs to get our attention they will say:
“All Hands on Deck!”**

I can respond by saying, “Aye-aye!” which is how sailors say “yes!” Then I will listen carefully for directions.

To the Brig.

During the workshops, I might get overexcited or feel overstimulated.

The Brig will be an area in the classroom away from the group. I can ask to go to the Brig if I need to take a break or have my own space.

Sometimes, an adult might invite me to join them in the Brig.



The Performance



After all five workshops, we will perform our puppets and songs together with Z Puppets for our friends and families.

Our performance will be on Saturday, August 27th in the theater at the Maplewood Community Center.

At the Theater



At the theater, Z Puppets will build a large set that looks like a pirate ship.

At the performance, Z Puppets will perform their puppets with ours.

They will have musicians who play while we sing.

Backstage



When we perform in the show, sometimes we will be behind the set and sometimes we will be in front of the set.

When we are behind the set, I will be quiet so I don't distract my friends and family in the audience.

When we go in front of the set, I can sing loudly the songs I have learned.

Monkey Mind Pirates:

Show synopsis



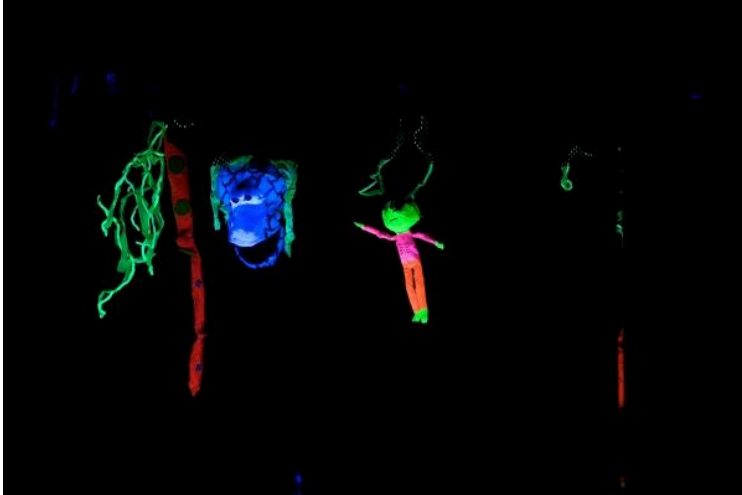
Captain Fitz recruits a crew and gets ready to set sail to find the legendary Island of Calm.

But, before he can begin, the Monkey Mind Pirates take over his ship.

These three unruly monkeys cause chaos that keeps the Captain from finding calm.

Monkey Mind Pirates:

Show synopsis



Then, a storm comes up and washes the Captain overboard.

Underwater, the Captain meets the wise Sea Monkey who tells him how to find calm through breathing and slowing down.



The Captain returns to his ship. Using the lessons of the Sea Monkey, Captain Fitz tames the Monkey Mind Pirates and turns his "Arghs" into "Oms."

