

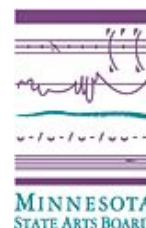


# Before You Go

A guide for preparing to attend *Monkey Mind Pirates*  
at [INSERT VENUE]



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.



# Hello!

The goal of this guide is to help prepare you and your child for what you might encounter and experience at the live performance experience of *Monkey Mind Pirates*. By reading the guide together you can learn what to expect, and hopefully reduce any apprehension and anxiety around this experience— whether it's your first time going to see a play or your twentieth.

We encourage you to provide us feedback about how you used the guide and where there might be room for improvement. Please contact Shari Aronson at [shari@zpuppets.org](mailto:shari@zpuppets.org) to tell us about your experience.

We hope you enjoy the show, and that this guide and our story help you turn your family's "Arghs" into "Oms."

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

*Monkey Mind Pirates*, a puppet, rock, yoga adventure for families in search of Calm, is the musical tale of a Captain navigating the stormy seas of stress, anxiety and distraction. Youth and families from the community guest-star as the Sailor Chorus alongside the professional performers of Z Puppets. *Monkey Mind Pirates* has been touring across MN since 2010.

The [INSERT TIME] performance on [INSERT DATE] is a sensory-friendly show.

Our sensory-friendly accommodations include:

- the following *Before You Go* guide
- a quiet space in the lobby where families can continue to watch the show on a monitor
- adjusted light and sound levels

Please note: To tell the story of the Captain's discovery of Calm, we also depict the "stormy seas" and an unruly trio of Monkey Mind Pirates who hijack the Captain's ship with anxiety, distraction and depression. Although for this sensory-friendly matinee we are adjusting the sound and light levels, it is still a boisterous musical full of puppet action.

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 [Monkey Mind Pirates video trailer](#) and [music CD sampler](#).

For directions to [INSERT VENUE, INSERT LINK TO DIRECTIONS]

[INSERT PHOTO OF VENUE EXTERIOR]



## *Going to the Show*

We are going to see a theater show called *Monkey Mind Pirates* at the  
[INSERT VENUE NAME]

Some families might travel by car.

Some families might travel by bus.

We will travel by \_\_\_\_\_.



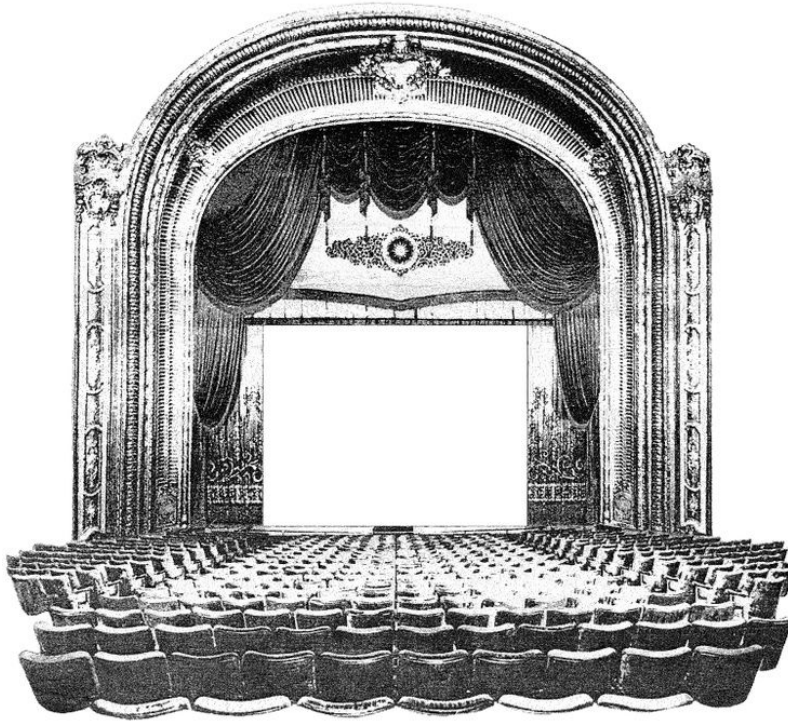
## *Pre-Show Family Happy Hour*

In the lobby, there will be activities starting one hour before the show. If I want, we can join in on the activities in the lobby while we wait for the show to start.

I can ask to use the bathroom before or after the show.



[INSERT PHOTO OF VENUE INTERIOR]

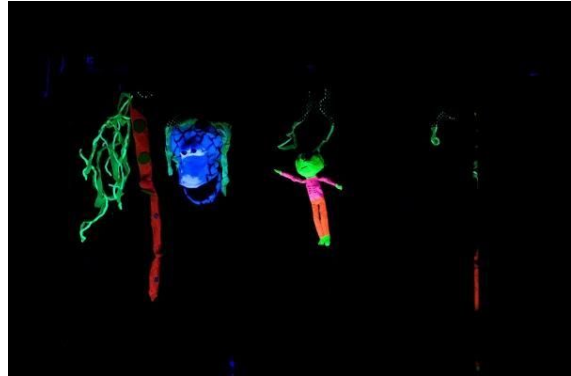


## *The Theater*

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 actors and puppets. There will be lights and sounds.

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

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

I can clap when I'm having fun. I can sing along.

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*

The monkey puppets will come to the lobby after the show, and if it's okay with my family I can meet them, talk to them, and see them up close.

# SYNOPSIS - the plot

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. 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.”

# SCENES - detailed description of the performance

## *Before the Show*

When people come into the theater they will see a slide show projected on the sails of the ship. There will be recorded music playing.

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

The audience will hear an announcement, introducing the show and the Captain.

## *Scene 1 - The Captain Recruits a Crew*

Captain Fitz introduces himself and his Quest for Calm.

To test if the audience would make good sailors, he asks everyone to laugh like a sailor.

Then, he asks everyone to repeat after him: “Argh.”

With a Sailor Chorus and musicians on stage, the Captain sings the rousing “Argh, Mateys.”

From their seats, people in the audience may sing along with the chorus and join in with the hand motions. When the song ends, the Sailor Chorus exits the stage.

## *Scene 2 - The Captain Has Monkeys on His Mind*

Before the Captain can set sail, he wants to make sure there are no monkeys on the ship.

The audience sees a few monkeys that have climbed aboard. The Captain can hear and smell the monkeys but-- even when people try to tell him where they are-- he can't see them.

**The lights go down and shadows of monkeys** appear as the Captain sings about his fear of monkeys in the spooky song, “Captain’s Wail.” During the song the lights come up and down as the shadows appear and disappear.

### *Scene 3 - The Captain Meets the Ferret*

The Captain needs to overcome his fear of monkeys and get back on the course to Calm. He asks his crew to bring him his parrot. The crew tells him that his parrot flew away but they got him a new pet...a big weaselly ferret.

The Ferret sprays a stinky smell and likes to tell the Captain everything he is doing wrong. The Ferret sings the song “You’ll Never Win,” explaining how the three Monkey Mind Pirates will keep the Captain from finding Calm.

### *Scene 4 - The Legend of Calm*

The Crew asks the Captain to shake off the Ferret by telling the Legend of Calm.

The Sailor Chorus comes on-stage to help the Captain sing the soothing “Legend of Calm” so he can remember what Calm looks, smells, tastes and feels like.

At the end of the song, the Sailor Chorus exits the stage.

### *Scene 5 - Monkey Mind Pirates*

Just as the Captain is feeling good about his journey, three Monkey Mind Pirates come aboard and take over. The Monkeys sing a **loud and boisterous song** “Monkey Mind Pirates” about how they will cause depression, anxiety and distraction to keep the Captain from finding Calm. The Monkeys command the Sailors to chain up the Captain.

### *Scene 6 - The Perfect Storm*

With the Captain as a prisoner on his own ship, the Monkeys each take a turn steering, As the ship moves further away from Calm, the Monkeys chase each other around the boat and out into the audience.

The Captain gets angry and frees himself from the chains.

Suddenly, with a **loud clap of thunder and flashing lights**, a storm blows in.

**A big booming burst of confetti sprays out.** The Captain goes overboard and the ship splits apart.

### *Scene 7 - Under Sea*

**The lights go down, bubbles appear and the blacklight turns on** as the Captain sinking down to the bottom of the Sea. Glow in the dark sea creatures swim around him.

An announcer introduces the Wise Sea Monkey and tells the Captain he has 1 minute to ask her any question in the Universe.

Together, the Captain and the Sea Monkey sing “Sea Monkey Do” answering his question

“What do you do when Monkey Mind Pirates take over you?”  
At the end of the song, the Captain swims back to his ship.

## **Scene 8 - Change the Groove**

**The lights come back on** as Captain returns to his ship, excited about having found Calm with the Sea Monkey.

But, the Monkeys remind the Captain that they can still cause chaos at any time.

The Captain gives up and chains himself up again in despair.

The Sea Monkey comes to him and tells him that to free himself from the Monkeys he’s got to keep his focus on Calm and change his reaction to the Monkeys.

The Captain tries out the Sea Monkey’s advice, singing “Change the Groove,”

One by one, he tames each Monkey and shakes off the Ferret.

## **Scene 9 - Om, Mateys**

The Crew congratulates the Captain for taming the Monkey Mind Pirates.

The Captain reminds them that the Monkeys may return from time to time, but if he can do as the Sea Monkey do, he can turn his “Arghs” into “Oms.”

The Sailor Chorus enters and sings “Om, Mateys” with the Captain. The audience can join in from their seats singing and following a simple yoga movement with their hands.

The Captain will end the show by saying,

“We’re the Monkey Mind Pirates and we’re here to Om.”

**The lights will go down.**

**When the lights come back up**, the audience can clap.

Then the performers will thank the audience, introduce the cast and take a bow.