

2-ND  
HAND  
DANCE

# THE STICKY DANCE

## Visual Guide

### Sensory Adapted

Information for grown ups is on  
the last page of this guide





Do you like sticky  
tape?

We do!

We use it to play  
and dance.

Welcome to  
**THE STICKY  
DANCE!!!**





# HELLO

2-ND  
HAND  
DANCE



I am Keir.

I am here to  
help you at  
The Sticky  
Dance



I am Josh.

I play the  
music and  
make the  
lights  
change



Chloe



Paolo



Lesley



Hello ! We are the 3 dancers in the show.  
Our names are Chloe, Paolo and Lesley.

We will dance around the space.  
Twirl, Spin, jump, sloooooooooowwww.

You can dance too, or you can watch, listen or play with the tape  
(don't get sticky stuck!)





The show lasts **1 hour**

Explore the space.

You can move, stim,  
dance, sit or lie  
down.

You can leave and  
come back anytime  
you like.



When it's time for the show,  
take off your shoes and put  
in a sticky tape square.  
Then in you go!



You can bring quiet sensory toys  
or comforters.

We have some ear defenders  
you can use too.





There are 2 dens in the space. They have lights in them that change colour.



There are square boxes that have speakers in them.

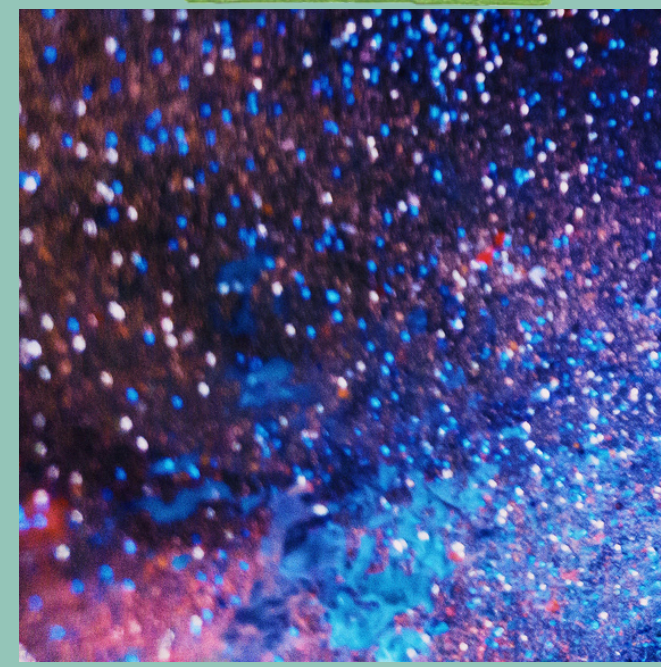
If you put your hands on them, you can feel the music





# Our show has lots of sections.

START



FINISH





We start with a dancer in a string costume – turning, jumping, shaking.



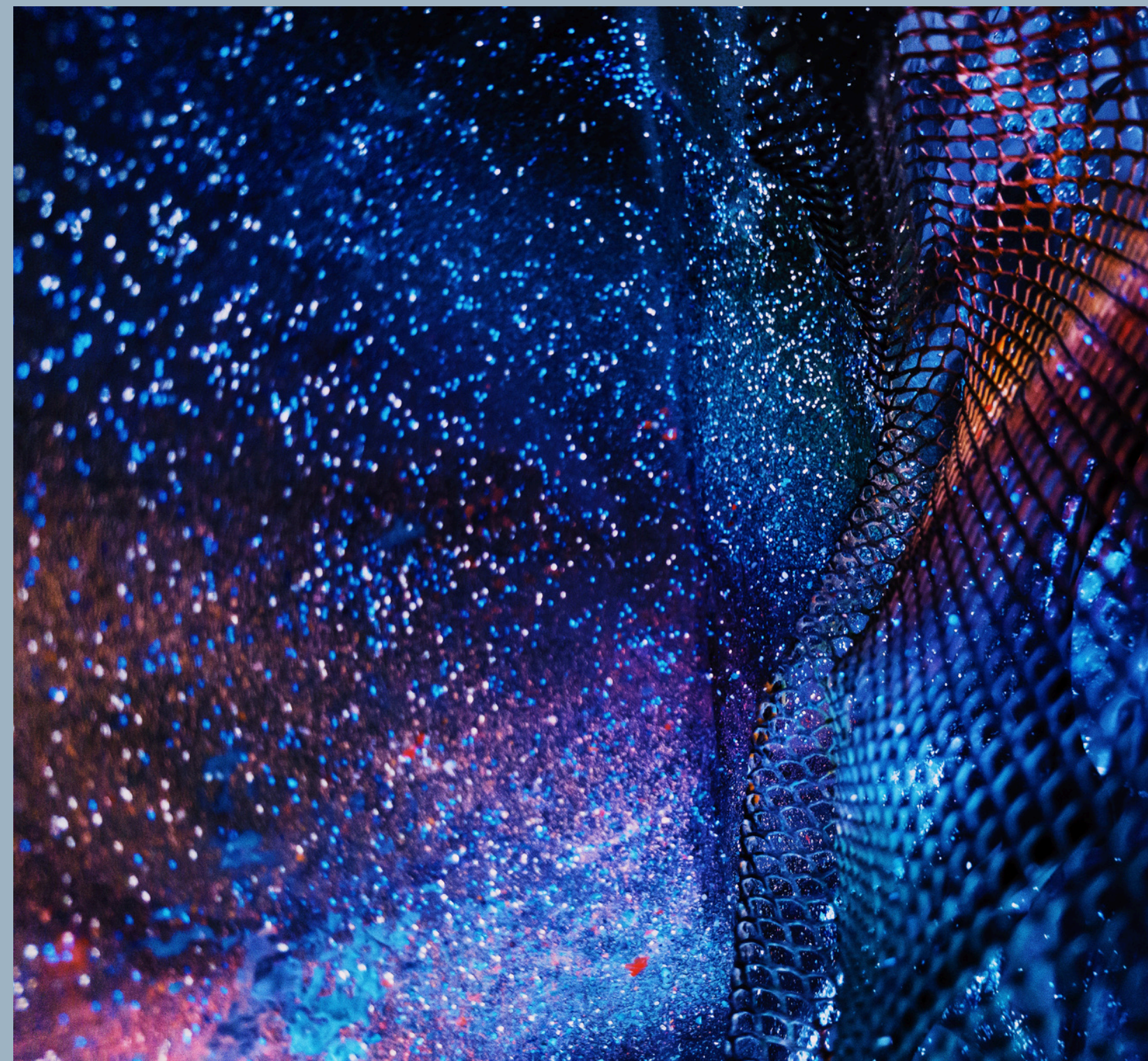
Making sticky tape patterns on the floor; lines, squares and spots. What can you create?







Gliding and leaping with the dancers.



A time for rest. Relax and listen to the space-like music as the lights get darker.



The dancers wrap the tape  
around the dens. You can  
help.



Stretch the sticky tape looooong!  
Move under, over or around.  
you can move too.







A time for rest. Relax and listen to the space-like music as the lights get darker.



Three shiny dancers with lights sparkle around the space. Look how they glisten.



We dance to happy music.  
Can you copy the dancer's  
moves?



Peeling up the tape into  
sticky tape balls. Can you  
peel and roll too?







The tape collector moves slowly through the space. Can you make balls of tape for her?



The music becomes calm, like a lullaby.



At the end the music will go  
quiet and the lights will go  
dark.

Everyone can rest

You can clap and say  
goodbye.



# Information for Grown Ups

The Sensory Adapted version of The Sticky Dance is a **1 hour long performance**, and has a small capacity of up to 8 children.

The performance is a relaxed space. You can go and come back anytime you like. We have ear defenders available if you would like to use them.

The company are brilliant at accomodating and adapting to the children in the space. Please let Keir know any particular sensitivities.

Please note that as part of the performance the performers dance with some lights in their hands. Please let a member of the Front of House team know if you feel you may be sensitive to this.

Please leave large bags and buggies outside.





[www.secondhanddance.co.uk](http://www.secondhanddance.co.uk)

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