



# The Three Bears

## Visual Story



Hello!

We are so happy that you are coming to watch *The Three Bears*.

We want to make sure you feel as comfortable as possible visiting us, so we have put this guide together to let you know what to expect.

If you haven't been to a theatre before, it is normal to feel a bit nervous about visiting a new place so please do let us know if you have any questions.

We really hope you enjoy the show!



## **Useful information for the day**

- You can wear whatever you like to the theatre. You do not have to dress smartly.
- If you need to leave the theatre at any time, you can.
- If you wriggle or make noises during the show that's fine.
- You are welcome to wear ear defenders during the show if you like.
- You are allowed to use phones and tablets during the show, but please do not take any pictures of our performers using flash.

## **Before the show**

When you arrive, our performers might still be getting ready so you might not be able to go into the performance space straight away.

When the performers are ready the doors of the space will open and someone may make an announcement to let you know that you can go into the theatre if you want to.

The performers will be in the theatre to greet you and say hello.

Once everybody has found their seat and are ready, the show will begin!



## **During the show**

Our show lasts about 50 minutes.

Sometimes it can be a little bit dark in the theatre, but you'll always be able to see the doors which have a green light above them.

If you need any help during the show, you can ask venue staff who will be in the space the whole time.

In the show, the performers often make jokes, and some audience members may laugh. You can laugh too if you want to. Some people might clap to show that they are enjoying themselves. You can clap too if you want to. If the clapping is too loud, you can cover your ears, or leave the theatre for a moment.



## The Characters and Performers

Our story has four main characters, played by just two performers.

There are three bears, Daddy Bear, Mummy Bear and Baby Bear and a naughty little girl called Goldilocks.



### Bob Nicholson

Bob is playing the character of 'Daddy Bear'.

When Bob is dressed in their costume, they look like this.

Bob speaks with a north-east British accent.

### Hannah Goudie-Hunter

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Hannah is playing the character of 'Mummy Bear'.

When Hannah is dressed in their costume they look like this.

Hannah speaks with a north-east British accent.







## Baby Bear and Goldilocks

The characters of Baby Bear and Goldilocks are both performed using puppets. The puppets are made of wood and material and have been made to look like the characters of Baby Bear and Goldilocks.

The puppets cannot move or talk on their own so to help tell the story, Bob & Hannah move their arms and legs and help them move around the stage.

Neither of the puppets talk during the story, but when Bob & Hannah are pretending to be them they might make different noises.



There are some other puppets in the show including small birds that live in the forest. Mammy and Daddy Bear help the bird fly through the theatre using sticks and they whistle to sound like bird song.



Some people can find puppets quite strange. However, puppets are just like your toys at home. In the same way that you might play pretend with your toys, Bob and Hannah are using the puppets to help tell our story.

## The Set

Our stage has been transformed to look like the bear's home in the woods.

Around the stage there is some big colourful fabric to look like leaves.

In the middle of the stage you'll see a wooden tree house with steps and a window.







You might also see some of the things that the bears have collected to decorate their home, including chairs, baskets and a bath.

## The Story

Our story is about the Three Bears and the time they met Goldilocks in the woods.

In the story, our Bears are preparing for their winter sleep and decide to make some porridge. When they go to eat the porridge it is too hot so they decide to go for a walk while it cools down.

Goldilocks has run away from the circus and got lost in the woods. While she is trying to find her way, she comes across the bear's home.



Goldilocks goes into the bear's home and makes a big mess. She knocks over their porridge, messes up their beds and chairs, and takes Baby Bear's special blanket.

When the bears return they see the mess and start clearing up the house when they hear snoring.

Mammy bear goes to investigate and finds Goldilocks asleep. When Goldilocks wakes up she is scared and runs away.



Mammy Bear then has a good idea and decides to help Goldilocks get to Granny's house where she will be well looked after. She finds one of her cases and writes a note to get her back safely.

At the end of the story, the bears get a letter from Goldilocks to say sorry for making a mess and to let them know that she is being well looked after.

## Emotions and feelings

During the show you might feel different emotions based on what is happening in the story. If you do this is completely normal.



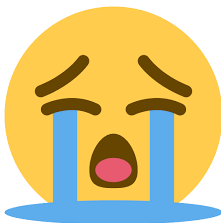
There might be some moments in the show when you feel really happy.

You can cheer or clap if you like, or show us your biggest smile.



There might be some moments that you find funny.

Some audience members may laugh. You can laugh along too if you want to.



Some parts of the show might make you feel sad.

You are welcome to cry if you want to and if you need to leave for a short while that is okay.



Some parts of the show might make you feel scared or worried. This is completely normal, and if you need to leave for a short while that is okay.





## **The end of the show**

You will know that it's the end of the show as Hannah and Bob will sing the Bear Bottom Boogie and walk out of the space.

This is a really good time to clap and cheer if you would like to!

After this, everybody will all start to leave the space and begin their journey home if they are ready to.

Our performers will then be outside the space so you can go and say hello to them and tell them how much you enjoyed the show.

***We hope you enjoy *The Three Bears!****