

SENSORY GUIDE



THEATRE PRESENTS

CRY IT OUT

A PLAY BY

MOLLY SMITH METZLER

DIRECTED BY ZANDI CARLSON

OCT 27 - NOV 12



Neurodiversity Allies
ndallies.org



GENERAL CONSIDERATIONS

- Duration: Approximately 95 minutes with no intermission.
- The decibel levels recorded in this guide account for moments of applause; sound levels may vary depending on the specific audience.
- This show tells a story about decisions parents make when raising children. Expect some emotional content and frequent cursing.
- Note that there is no raised stage, so those sitting in the front row are close to and on the same level as the actors.
- This Sensory Guide was developed following an audit conducted by a member of the Sensory Access team who is neurodivergent and hyperacoustic.

SENSORY IMPACT KEY



Auditory Impact



Visual Impact



Emotional Impact



Strobing Effects

COMMON DECIBEL (DB LEVELS)

70	Office/classroom chatter
80	Busy traffic, dog barking
90	Hairdryer
100	Lawnmower, construction site
110	Concert, night club
120	Police siren, airplane taking off



SENSORY ACCESS

ACCESS FOR ALL

CRY IT OUT

SCENE

DESCRIPTION

SENSORY

Scene 1

(Jessie's yard.)

- Some high-pitched dialogue
- Graphic depiction and description of birth
- Up to 82 dB



Scene 2

(Lights up on the yard)

Scene 3

(The same day. 2:30.)

- Static sound effects
- Characters get loud near the end of scene during a song
- Up to 90 dB



Scene 4

(Dim lights up on the yard. Car beeps to lock.)

Scene 5

(Lina enters.)

- Loud dialogue
- Up to 90 dB



Scene 6

(Lights up on the yard. It's very late.)

- Emotional intensity (anger)
- Loud screaming
- Up to 94 dB



Scene 7

(Lights up on Mitchell.)

- High emotional impact
- Up to 88 dB





A Christmas Carol

Sensory Friendly Performance

Sunday, December 10, at 2:00PM

This performance is designed specifically to create a comfortable and welcoming environment for neurodivergent individuals and those with special sensory processing.

by
Charles Dickens

adapted by
Gregory Falls

music by
Adam Stern

directed by
R. Hamilton Wright

acttheatre.org | 206.292.7676



SENSORY ACCESS
ACCESS FOR ALL

Neurodiversity Allies
ndallies.org

ACT CONTEMPORARY
THEATRE