

RECKLESS SLEEPERS

IT'S HOT, IT'S NOT



VISUAL STORY

This visual resource is for children and young adults visiting the theatre to see a performance of *It's Hot, It's Not*.

This visual story is intended to help prepare you for a new experience and help you to become familiar with the performance.

*Why is it that sometimes I'm **hot** but you're **cold**? Why are there **puddles** and sometimes not? How can it be **sunny** and **rainy** all at once and also not at all? And if it's **summer** here, why is it **winter** there?*

Reckless Sleepers is an extraordinary company who make work between visual art, dance and theatre. This **surreal, funny** and carefully crafted **physical performance** explores the **weather** in all its forms and takes delight in discovering the world anew and how we experience it differently, wherever we are.

This performance is **fast paced, high energy** and contains numerous sections with **loud noises** and unusual **movement sequences**. These sequences are frequent but not sustained.

This performance is highly visual with **no spoken language** and plenty of **music and sound effects**.

The performance has themes of **playing, exploring, happiness, surprise, confusion, annoyance and adventure**.

We have made the usual amendments to the **volume and lighting** levels but due to the nature of the show you will **experience** moments of **louder sound effects** and **brighter or darker lighting on stage throughout**.



When you enter the theatre you will see a **big wooden floor**, a **big wooden wall with lots of little doors**, a **wooden ceiling**, a **silver bucket**, a **big black electric fan** and the seating bank. You will also see the three performers. They might **copy you** as you walk in, they might **wave**. You can wave back if you want to.

You can find your seats and make yourself comfortable. The usher can **help** you find your seat.

You will **hear** the sound of music all around the space. You might **hear** the following **sound effects** throughout the performance: **Birdsong**, **bees**, a **bicycle pump**, **seagulls**, a **dog barking**, **crickets**, **footsteps**, **splashing water**, **dripping water**, **thunder**, a **boat horn**, an **icy storm** and **wind**.



Leen



Mole



Kevin

These are the performers. You will see them on stage for the whole show. They are all **friendly**. They move and dance and copy each other. You might notice how the actions they copy **get bigger**. You might notice how the actions they copy **keep changing**. They get cold, they get hot, they shake and fall and jump and dance. They are **funny**.

When the show begins the performers will already be on the stage and the lights over your seats will stay on.

One of the performers is picking flowers off the floor. The flowers are actually little paper umbrellas.



The performers will **repeat each other's movements** and **copy** each other. The movements will sometimes **get much bigger**.

They will **stretch and jump and fall and balance**.

One performer opens a door on the big wooden wall and you will hear the sound of **birdsong**.



Sometimes one of them might **disappear** behind the wooden panel of little doors and make a **loud crashing noise**. Don't worry, they are okay.



When the little doors open you will **hear lots of sound effects**.



When the performers **balance on the buckets** they **stretch** with big **umbrellas** and **fall off** the bucket.



The performers will **crawl on the floor** and make a **dog woofing** noise at you.

The performers will **roll back and forth** on the ground. One of the performers will **roll off the stage** and you will hear a **loud splash noise**.

He has fallen into a pretend puddle.

He **jumps in the pretend puddles** later too.



One of the performers will **leave the stage** and **jump** in a pretend puddle, when he comes back he will carry a **very big and colourful beach ball**.

All the performers will move around with the ball and another smaller ball will come out of one of the doors.

You can dance along in your seat if you want to.





One of the performers will **drop an apple out of one of the very high doors** in the wooden panel. The performers **pretend the apple is hot and throw it around.**

The big beach ball is used to **throw at one of the performers quite a lot.** It **bounces off him but it's very soft, he doesn't mind.**



They **won't** throw the ball at the audience.

One of the performers will lift up a door in the floor of the stage and put on some wellington boots.

He will **jump in the hole** and water will **splash out.**

He has a private puddle!



The wooden ceiling that is hanging above the stage will **drop lots of green apples on the stage.**

The apples make a **loud noise when they drop.** The **apples might roll into the first row of the audience.**

You can pick one up if it comes near you.

The performers will collect big tree trunk branches from **behind the stage** and plant them in the stage.

They lift up little doors in the floor and **balance the trunks** in the little holes.





The big fan on the stage will make a **loud windy noise** and the performers will **move slowly with a broken umbrella** to look like they are **being blown** around.

Another door in the wooden ceiling will open and lots of **white ping-pong balls will drop out**.

The balls will **bounce** around the stage a bit and some of them might come into the audience again.



One of the performers will put a big silver bucket in the top little door of the wooden panel. A light will shine on the bucket. It will look like a **beautiful moon** in the night.

One of the performers will **come a bit closer to you** with a bucket to collect the apples and ping-pong balls on the floor.



One of the performers will reach up to the wooden ceiling and open another door, lots more of the **little yellow, paper** umbrellas will **drop out into the air of the fan**. The little umbrellas **will blow all over the stage**.

The stage will now get **darker and the performers will be moving very slowly and the music will get quieter**.

The stage will be very still and the performers are ready for you to **clap**. You can if you want to.

This is the end of the show.



During the show you might find something funny, you can laugh if you like.



During the show you might see or hear something that makes you feel sad. You can feel sad if you like, that's okay.

You might hear other people in the audience cheer, clap, shout out or scream. You can join in if you like.

During the show you might feel that you need to take some time out. If you do don't worry about it, find an **Usher** and let them know. They will take you to a chill out space where you can relax and return to the show when you feel ready.