

family
opera
series



UNSHAKEABLE

June 5 -7, 2026 | Hoff Family Arts & Culture Center

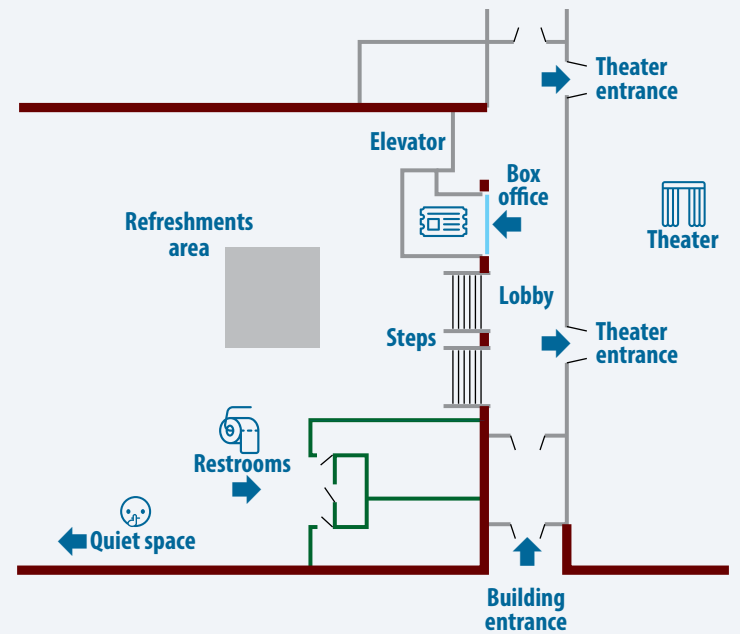
SOCIAL NARRATIVE



Opera Omaha partnered with Autism Action Partnership to develop the following Social Narrative.

Social Narratives are a learning tool that help visually explain the details of a social situation to someone in a simple way. Social Narratives are typically written in first person. Often times, this is a helpful tool for young children and adults with disabilities such as Autism Spectrum Disorder.





I am going to see an opera at the Hoff Family Arts & Culture Center.

I may travel to the Hoff Center along with my family, or a friend, teacher, or caregiver.

This social narrative will tell me what to expect when I go to see an opera at the Hoff Center.





If we don't have our tickets yet, we can get them at the box office. If I need to, I can check out a Sensory Kit at the house manager's desk in the lobby. I can also bring my own fidgets or sensory objects into the theater as well.



The lobby may be crowded and noisy. It may be noisy. I may not be able to enter the theater when I arrive, so I may need to wait for the doors to open.

A few minutes before the opera starts, a person called an ambassador may walk around and play the chimes. This will let the audience know that the opera is about to begin, and we should find our seat in the theater.





In the lobby, there might be some tables with activities that I can participate in before the show starts.

There might also be a place to buy a snack. I cannot bring my own snacks unless it's a food I specifically need.

Next, we will go into the theater where an ambassador will help me and my family, friend, teacher or caregiver find our seats.

My tickets or phone app will then be scanned so that I can enter the theater for the show. The scanner will beep as each ticket is scanned.

They will also give me a program book. This book has information about the opera and the artists who made it.

The usher will give me a little light to use during a specific part of the show.





To get to my seat, I may walk in front of other people, or other people may need to walk in front of me to get to their seats. People may accidentally bump me while they walk past. There may be music playing before the show begins.

I can sit in my seat and wait for the show to begin. Other people will also be at the Hoff Center. We will all wait together for the opera to start.





When the opera is ready to start, the theater will get darker, everyone will become quiet, and the opera will begin.

First, someone will come out on stage to welcome us. They will also show us how to turn on the little light and tell us when to use them.

After the welcome, one of the performers will come onstage at the start of the show to teach us a song we can sing along with at a special time at the end of the opera. They will tell us when to sing.





During the opera, there will be music from a piano and singers. Sometimes they will sing high notes and low notes. Sometimes only one person will sing and sometimes two people will sing. The music will sometimes be loud and sometimes be soft. I may even feel the vibrations from the singers and instruments.

[Listen to an example of opera music](#)





If it is still too loud or I need a break, I will tell my caregivers or staff. I can ask to go to the quiet space in the lobby if I need a break.

It is okay if I need a break. I can come back in quietly when I am ready.

If I am attending the sensory-friendly performance, there is a "Movement Area" at the back of the theater if I need to move or stand. If I walk around, I will not walk onto the stage. That's just for the performers.





The restrooms are across the lobby from the theater up the steps or up the elevator and around the corner to the left.

When the opera is over, the performers may come to the front of the stage and take a bow. Everyone around me may clap and cheer. I can clap, too, or I can cover my ears if it is too loud.





The lights will come back on. I will look around and make sure I have collected all my things. Then I will use the aisle and exit through the doors. If I checked out a sensory kit, I will return it to the box office.

Everyone at Opera Omaha hopes that I have a great time at the show and will see me soon!