

**Thank you for coming to watch Breathe. This is a Social Story, to help you know what to expect when you see the show.**



### **The Actors**

There are three people who are actors in Breathe. They are:

#### **Darcey**

Darcey looks like this



#### **Peter**

Peter looks like this



**Emily**  
Emily looks like this



### **Music**

A lot of the story of Breathe is told in song, with music being played. Darcey often plays the guitar and sings. Sometimes Emily and Peter sing too. Sometimes Drums will play and the music is often quite loud.

This is what Darcey looks like when she is playing the guitar





## Filming

Lots of the scenes in Breathe are filmed and then projected onto the wall. Projection is just like watching a television on the wall of the theatre, but you will be able to see the actors filming. They might shine lights at the puppets so they are bright enough to show up on the film. This is what the camera and other things used for filming look like



## Puppets

Lots of the characters in the story are actually puppets made of wood and other things, and moved by the actors. These are the puppets in Breathe.

### Seedling

This is the main character.



### The Woodpecker

The woodpecker likes to peck at things and follows Seedling



### The Woodlouse

The woodlouse is moved by two sticks coming out of its back.





**Mrs Leaf**  
Mrs Leaf is a friendly leaf



**The Mighty Root**



### **The Story (spoilers ahead)**

Breathe is about Seedling, an acorn who has fallen from an oak tree, trying to survive through the winter in a busy forest. Seedling will travel around in the forest, through lots of scenes whilst music plays and songs are sung to tell the story of how Seedling survives.

### **As you arrive**

When you arrive, there will be some boxes, microphones, cameras and a guitar on the stage. You will be able to see tiny models of a forest. Please try not to touch any of these things, and sit down in a seat. The speakers will be playing some forest sound effects quietly, to get you in the mood to be in the forest and see Breathe. The stage will look like this. The show will begin very soon.



### **The Storytellers**

When Breathe begins, Peter, Darcey and Emily will come onto the stage and they will start talking to you about the forest. They will use microphones for this, which will make their voices sound louder. They will look like this



### **The Mother Tree**

Darcey will then pick up her guitar, and Emily will start to film. The room will get a bit darker, and a projection will start showing on the wall. Darcey will begin to sing a song about a tree, and Emily will go with Peter and film a small model of a forest. It will show on the projection, and will look much bigger!

Darcey and her guitar look like this





The forest which will be projected on the back wall looks like this.



### **The Acorn Falls!**

Emily and Darcey will tell you about how an acorn falls from a tree to the forest floor. Peter will film it as it flies through the air. Then the acorn will land on a table which is made to look like the forest floor.

Peter filming the acorn falling looks like this, you can see the acorn projected on the wall in the background. As the acorn falls the music will change to some drums and the lighting will be different, it might flash. Peter will fly the acorn around the audience, you might see yourself on the screen! Darcey will take the cover off of a table, this is where the acorn will land.



The acorn will look like this when it lands on the forest floor (which is on top of the table.) Whilst the acorn is there the puppet of the woodlouse will be there. He is very friendly and is just exploring the forest.



The friendly woodlouse exploring the forest.





The woodpecker will arrive, with some scary music and will try to eat the Woodlouse, but don't worry the woodlouse escapes!



### **Seedling Arrives**

The Acorn is holding our main character Seedling! Who comes out of the acorn, and starts to have a look around, to see what there is in the forest. Darcey will be playing her guitar.

As Seedling comes out of the Acorn, it will look like this





Seedling will explore the forest and will meet lots of other forest dwellers including some mushrooms, some worms and a woodpecker. The Actors will start clicking their fingers which sounds like it is raining and Seedling will try and find somewhere it isn't raining!



### **Seedling Falls Underground**

Seedling will fall, going under the ground of the forest. It will look like this. Whilst Emily does this Peter and Darcey will open up the table it will now show an underground scene.



Seedling will arrive in a new place, underground. There will be lots of thin white threads, which light up and look like wires. These are 'mycelium' which are like roots, but for mushrooms. Seedling will explore and will meet the Mighty Root. The underground scene looks like this



Once Seedling has explored this area, Darcey will sing again about how mycelium stretches out under a forest for miles and miles linking everything. The glowing mycelium will move, and wrap all around her. It will look like this.





Peter will say that winter is coming and so Seedling will climb the mother oak tree. While Darcey is singing, Peter and Emily will change the underground scene, so that it looks like a tall tree. Seedling will climb up. It will look like this:



Seedling will sit in the middle of the tree, the 'heart wood'. It will look like this



While Seedling is sitting there, the tree will turn around so you can see Seedling, and Darcey and Emily will sing a song



### Winter

Seedling will feel brave, and will climb higher, high into the branches of the tree on the outside. Here they will meet Mrs Leaf, the Leaf who will protect Seedling. It will look like this



It will start to snow on the branch, and on the projection. Seedling will wait until spring.

### Spring

Mrs Leaf is getting old and the new leaves are coming out. She lets out a final breath and Seedling says goodbye to Mrs Leaf, who floats away, it looks like this



After Peter and Darcey speak about the Spring arriving, and Seeding then uses a new leaf as a parachute to go back to the forest floor. It looks like this



When Seedling lands, Spring is here, and the forest is full of life! Seedling is happy and will start to bury themselves, planting themselves so that they may grow into a mighty oak tree, like all Acorns should. It will look like this





Emily and Darcey will sing a song and the woodpecker and woodlouse will come to visit the place Seedling has planted themselves in. Finally, where Seedling went into the soil, a small tree will grow. This is the beginning of a new tree, which Seedling has turned into, to keep the forest alive and healthy. It will look like this



Peter, Darcey and Emily will finish telling the story of how Seedling became a new tree. The lights will go out for just a moment, and then it is the end of Breathe. People might clap their hands together to show the actors they enjoyed Breathe, you can do this too if you would like to, but you don't have to. You will leave the theatre in the same way you came in.

We hope you enjoyed Breathe.