

# The Tantrum

## Relaxed Performance Show Information



## Show Information

The Tantrum is a dance, music and theatre show with almost no talking. The Tantrum is a show about two brothers and a sister who venture out from home into a huge imaginary world. The sister gets so mad at one point that she turns into a monster version of herself. She uses breath to calm herself and make up with her brothers.

## Meet the Three Performers

They play a family who live at home together



## Musician Tristan Carter

Tristan plays the keyboards and percussion, makes sounds into a microphone and acts and dances in the show. He plays the older brother.



## Dancer

**Stela Albuquerque  
or Ella Williams**



**Stela Dara**



**Ella Williams**

Stela and Ella take turns performing in The Tantrum. Stela or Ella dances, acts and has a tantrum where she turns into a monster. This represents the feeling of being out of control and overwhelmed. Stela or Ella play the youngest sister.

## Dancer Lachlan Broughton



Lachlan dances, acts and makes sound. He plays the middle brother.

## The Plot - What to Expect

- There is a set covered in fake grass, astroturf. The cast use the space in front of and behind the set too



The story starts at home, in a long narrow strip where everything is covered in fake grass (astroturf). This represents the coziness of home and backyard. The two brothers and one sister wake up, play, tussle and eventually make breakfast. When they finally eat their toast it is burnt and tastes awful (although the oldest brother likes it).

So Lachy and Stela throw the toast out the window and then climb out! It is a window to the wild outside world with birds, windstorms, bees and all sorts of creatures, ice, swimming holes and cliffs to climb. They discover the audience as part of this world before hearing snakes, dogs and the bird again. This is all shown through sound and dance so you can use your imagination.

Just when Lachy and Stela have had enough and are feeling scared, Tristan sends a package from home in a basket. It has perfectly cooked toast with jam and new outfits. The new outfits make them dance with joy and Lachy's outfit makes his arms super long! It is the first time they have experienced the freedom that comes with growing up! They even get the audience to join in the dancing.

Lachy and Stela start to compete with each other but Lachy tricks Stela by pretending he is injured and wins. Stela gets really mad, turns into a monster and chases Lachy back home. She keeps chasing him and messing up the house in a big tantrum. Lachy hides in a trapdoor in the bed and Tristan hides too.

Stela feels bad. She takes big breaths to calm herself down and the audience do too before copying her song. Everyone sings to coax Lachy and Tristan out of hiding. They are still mad at Stela so she gets 2-3 audience members to help her make jam toast and give it to Lachy and Tristan to say sorry. They accept her apology and they all play together discovering that their world is bigger and more exciting than they realised. They play a song together, Tristan finds a new outfit of his own and he dances with the audience to finish.

## **Location**

See our website or the venue or festival website for details

<https://www.javadance.nz/>

## **Venue Access Information**

See our website or the venue or festival website for details

## **Time**

See our website or the venue or festival website for details

We will open the doors 30 minutes before the show starts so you can come in early, touch the set up close and meet the performers if you want to.

## **Pre-show Demonstration**

Doors will open at 30 minutes before the show starts so you can find your seats, see and touch the set and meet the performers.

Just Before the show starts, when we are in the theatre, Sacha will talk briefly about what the show will be like. We will also talk about how the relaxed show will work. This document will give you even more details about the show.

## **Relaxed show features**

During the relaxed performance, audience may come and go, move around, visit breakout spaces, and use comfort and fidget items. If you need to leave during the show and then come back, please return to your same seat. Please don't go onto the stage with the performers. The theatre doors will remain closed, but you can leave the theatre at any time. To come back into the theatre, an usher will let you in when it's safe to return. You might have to wait outside the closed doors for a moment, as the actors go into the audience area during one part of the show. If you'd like assistance to come and go, please let theatre staff know.

If you need to use devices for accessibility, please put them on silent. At the start of the show, the whole audience will be reminded with an announcement that during the relaxed performance it's ok for the audience to be themselves.



## Lighting

The lighting is quite dark at times but we will have gentle light on the audience the whole time. There are some dramatic lighting changes but no strobe. Sometimes there is haze that looks like smoke.

## Sound

- Live music and sounds that can be loud, dance with no words but the dancers and musician make sound with their voices, bowls, spoons and keyboards. Audience are invited to join in with some of the sounds

The sound is all played live by musician Tristan Carter with some help from dancers Stela Albuquerque or Ella Williams and Lachlan Broughton. Tristan sits behind keyboards that are part of the set on the left side of the stage. Tristan plays most of the sound on these 2 keyboards. One of the keyboards is quite modern and the other is a 1980s organ style keyboard. The sound then comes through the theatre speakers. Sometimes Tristan just presses a button and a swing beat plays so he can join in the action. Stela wants to play the keyboard but the others stop her so at one point she makes crashy loud sounds on it. Sometimes the music is dramatic and sometimes it is funky, using lots of different keyboard sounds including drums and brass. Tristan also makes sound effects through the microphone with his voice, including bee sounds and dogs barking. The dancers make sound when they are scared and reacting or when they are having a fun time. The audience are often encouraged to clap and make sound. The performers also use bowls and spoons to make some of the music.



## Special Effects

Sometimes the dancers fight in The Tantrum. They lift each other and perform partnering. They have trained and practices for a long time and the fights are choreographed to keep everyone safe. The dancers also throw things and knock parts of the set over in the Tantrum scene when Stela or Ella turns into a monster when she has a tantrum. They have practised this too and they know just how to do it to keep everyone safe. At one point the dancers hide inside parts of the set, including a trapdoor. They have enough space to hide so that they are safe.



## Audience Interaction

- Audience interaction, including:
  - Sound and dance to copy
- The dancers do come out into the audience, looking at them and reacting to them as if they have never seen people before. This doesn't happen in the first 15 minutes.
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  - Stela gets 2-3 audience members up on stage to help her make jam toast but she won't make anyone get up on stage if they don't want to.

If you don't want to interact you can cross your arms and the dancers will move on.

Audience members can opt out of audience interaction or participation, by crossing their arms

## Triggers

The sounds of bees, birds, dogs and snakes are in the show and the dancers respond to them and to being scared of mysterious unexplained sounds. There are no visuals of these creatures.

The Tantrum deals with big emotions and anger. The show explores how emotion can be scary and how people sometimes get out of control and that scares other people, especially if the anger is directed at them. We show this through the transformation of Stela or Ella into a monster version of herself. She does an evil laugh when she is the monster version.

The character then uses big slow breaths to calm herself down.

See the resource below for ways to help regulate your emotions

<https://pausebreathesmile.nz/free-resources>

## Want to know more?

You can ask anything you like through the following contacts

[sacha@javadance.nz](mailto:sacha@javadance.nz)

0276639481

Sacha will be at the venue on the day as well as the Te Auaha staff. Sacha is the choreographer.



This show information was provided by The Tantrum using this template designed and provided by [Arts Access Aotearoa](#).

This is what the stage like when you enter the theatre for *The Tantrum*. See you there!

