Social Story

Attending Sensory Concerts®

Today I will be going to Sensory Concerts®.

My mum will take me there. I am bringing my (comfort toy) with me.

(insert own photo of family member and toy)

This will be a classical music concert with musicians playing instruments such as the violin, piano and cello. (changes according to the concert)

(option: My mum showed me some Youtube clips of some of the pieces I will hear today.)

When we arrive, I will see some people with Sensory Concerts and Your Music Inc. T-shirts on. They are people who can help us with any questions.

We first go to the front table to check our tickets and bookings. They will tick off our names, and give us a program which will have the information about the pieces and the performers.

Maybe its a good idea to first go to the toilet 😉

We wait until the doors open. Once the doors open, we can go in and choose where I want to sit. There will be crashmats, rugs, blankets, cushions, chairs…. lots to choose from!

When it is concert time, Grace will come out to the front and welcome everyone. Then the musicians will begin to play some music.

I listen carefully… the music with a good beat might make me want to dance,

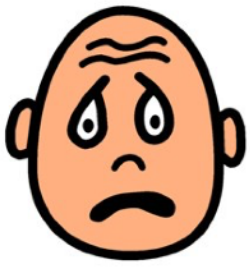
fast music might make me want to move!

when the music is nice and slow, I might want to find a comfortable spot to relax…

Sometimes, they might ask some questions, or give us something to listen out for.

I might even spot a musician walking around us while playing!

If my heart feels like it’s racing or my tummy is hurting, I may be feeling anxious or scared.



I can get help from one of the ladies with the Sensory Concerts T-shirts on to help calm me down.

After the last piece, Grace will say “thank you for coming” and when it is over, we are welcome to say hello to the musicians and ask questions. I might even be lucky enough to touch or try the instruments!

Then it’s time to go home…… I can let the Sensory Concerts team know if I have enjoyed the concert! 👏👏👏