

POLAR BEAR & PENGUIN
Relaxed Performance Information Pack



We are so excited to welcome you for the relaxed performance of Polar Bear and Penguin by John Currivan and Paul Curley!

A relaxed performance is just how it sounds: it is a more chilled out way to experience the show. The lights in the theatre will be a little brighter, the sound will be a little lower, and you will be able to come in and out of the theatre as you need.

We have put together some information that you might find useful during your visit. You will see and experience many new and interesting things while you are here. We have put together some pictures to help you understand where you are going and what you will see, as well as a brief synopsis of the play so you know what to expect during the performance.

We hope you enjoy Polar Bear and Penguin!

POLAR BEAR & PENGUIN

Is the name of the show we are going to see.

This is the poster for the show:



About the show

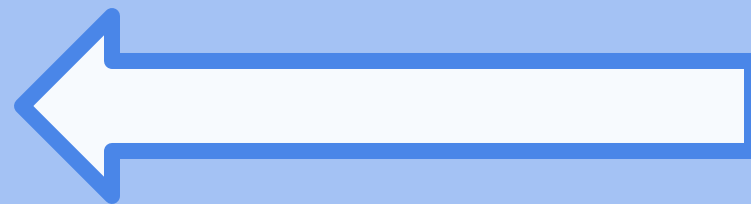
- ★ Polar Bear & Penguin is 45 mins long.
- ★ There is no right or wrong way to watch the show- we want you to have a good time! If you want to make a noise, or have a wriggle in your seat, that is okay.
- ★ If you need to take a break from the theatre at any point, you can step out and come back in when you are ready.
- ★ If you need to leave the theatre during the performance, or if you have any questions or worries about the show someone can help you.

This is Polar Bear





This is Penguin



The Story of Polar Bear & Penguin:

When you enter the auditorium, this is what the set on stage will look like.

There are two caves and broken pieces of ice across the stage, like you might find in the Arctic ocean.

There is a screen at the back of the stage. You will see light changes and images on this sometimes.





The show will begin with music and the lights will change, like the sun is rising. Two flags come out of the top of the caves. This tells us whose house is whose.


Penguin sticks his head out of his cave. He is surprised to see Polar Bear's house, he has not seen it before. He goes back inside.

Polar Bear sticks his head out of his cave. He is surprised to see Penguin's house. He goes back inside.

Penguin and Polar Bear take it in turns to investigate each other's caves, but they keep missing each other!

Polar Bear and Penguin both come out from behind their caves at the same time when they see a "big bird" in the sky. They get a fright when they see each other for the first time.

They notice all the differences between them. They ask each other what they are.





Suddenly the lights change and there is a big creaking noise!

Penguin and Polar Bear stagger around the stage like they are losing their balance.

Once the creaking stops, Penguin and Polar Bear decide to start again. They introduce themselves.


Penguin and Polar Bear decide to try and move their caves away from each other. While they are doing this, they spot fish in the water and try to catch them. They aren't able to catch any fish.

Polar Bear and Penguin realise they have something in common. They both like eating fish and they are hungry.

Polar Bear wonders if he can eat Penguin. Penguin talks Polar Bear out of it. Penguin wonders if he can eat Polar Bear. Polar Bear talks Penguin out of it. They agree to not eat each other.

The lights change and the creaking comes back. Polar Bear and Penguin lose their balance again.

They are both too hot and decide to go back into their caves. They say goodnight and go inside as the sun sets.



The next morning, Polar Bear and Penguin come out of their caves and begin their morning routines.

Polar Bear goes for a run. Penguin polishes his flippers. Penguin goes fishing. So does Polar Bear. They both have very different ways of fishing!

Polar Bear catches something and pulls it out - a boot! He throws it back in.

Penguin catches something and pulls it in - a plastic bottle! He throws it back in.


Polar Bear catches something - a fish! He sits down and eats it.



Penguin is surprised he ate it straight away. Where he comes from, they save the fish they catch for later. Polar Bear and Penguin talk about the way they do things where they are from.

They talk about the day each of them got separated from their families. After they tell their stories, the lights change again and the creaking starts. It happens 3 times in a row!

Suddenly there is a the sound of a big foghorn and they see that a ship is passing! Penguin and Polar Bear are frightened. The sun begins to set and Polar Bear and Penguin pack up their things to go inside. They agree to protect each other. They both go into their caves for the night. Penguin is singing a song inside his cave.



It is morning again. Polar Bear and Penguin go in search of fish. They help each other to fish this time. They show each other pictures of their families. Penguin and Polar Bear are getting better at helping each other.



Polar Bear has a funny feeling in his tummy. He thinks back to when he wanted to eat Penguin.

He would be sad if he didn't have Penguin around.

Penguin thinks about what his family would think of Polar Bear. He would have to defend Polar Bear from all their questions.

Polar Bear and Penguin agree that they are friends. They sing a song about their friendship.



Polar Bear and Penguin find each other in their dreams. They imagine what it would be like to fly and swim and have all the fish they want.

Penguin and Polar Bear come out of their caves. Penguin has a surprise for Polar Bear. He has fish that he has been saving!

Penguin teaches Polar Bear how to save fish for later.

Penguin decides to cook a dinner for them both. When Penguin goes to start the dinner, they leave the bucket of fish behind. Polar Bear is hungry. He stares at the bucket of fish. He sniffs the bucket of fish. He tries to put the bucket away from him so he won't be tempted. Penguin comes back to say that dinner is nearly ready.


Polar Bear decides to have one little fish from the bucket when Penguin goes to finish the dinner. He changes his mind and puts it back. Then he puts the bucket on his head and eats all the fish!

Penguin comes back and is angry at Polar Bear. Polar Bear realises how long Penguin has been saving the fish and is angry at Penguin. They argue and say mean things to each other. They try to move each other's houses away from each other again.

They sit on the edge of their caves. They are sad about what happened. They both feel guilty about their argument.

Polar Bear goes on a long walk. Penguin decides they will have to start gathering their fish all over again.

Polar Bear comes back. He has caught a fish and puts it in Penguin's bucket. Penguin begins singing their song from earlier. Polar Bear joins in. They make up!



Penguin has another surprise for Polar Bear. He scurries off behind his cave. When he comes back, he shows Polar Bear a baby penguin!

As they sing the end of their song, the lights get darker and the creaking sound comes back. Penguin and Polar Bear realise that their caves are drifting away from each other! They say their goodbyes as the lights go dark. On the screen at the back of the stage, we see their caves drifting further and further apart.

The End.



Sometimes there will be background music and sound effects.



Some of the sounds you will hear will be intense and loud, like the sound effect of icebergs cracking or crashing together, or a huge ship passing by and a fog-horn going off, or music playing.

If you have headphones that you like to wear in noisy spaces you can bring them. We can provide ear plugs if you would like to use them instead.

The lights in the theatre will dim during the play so it will be a little bit darker but you will always be able to see your way out.

When the show finishes, there will be clapping. People clap at the end of a play to show the performers that we enjoyed the play. You can join in if you want to.

After the clapping we can leave the theatre and go back to school or go home.



Thank you! We look forward to welcoming you to
see Polar Bear & Penguin.

We hope you enjoy the show!

This pack was originally created by Sara Gannon at The Ark, Dublin.