



English  
National  
Ballet

English  
National  
Ballet  
School



# My First Ballet: Cinderella

## Visual Programme

**This includes:** What to expect, who is who,  
where to go and other accessible information



Production Photos: Photography by ASH & Isabella Turolla

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## Please Note:

- Sadler's Wells East Theatre Ushers will be wearing black t-shirts with the Sadler's Wells logo and they are there to help with your ticket and guide you around the building to use the facilities, get a refreshment and help to find your seat.
- ENB Helpers are from the Engagement Team and wear black t-shirts with white logo. They are here to assist you with questions.
- Ear defenders are available from Front of House members and the chill out space.
- Mobile phones and tablet devices are permitted inside the auditorium, though we ask you to turn your brightness settings down and lower the volume if possible.
- No photography or video recording is allowed during the performance, except during the bows at the end.

# What to Expect from a Relaxed Performance with English National Ballet



At English National Ballet (ENB) Relaxed Performances, we welcome audiences to come as they are, encouraging everyone to relax and respond to the show in their own ways, which often includes making noise and moving freely.

Our Relaxed Performances are sensory adapted and suitable for those with various access needs. Light and sound elements are altered and the house lights are on throughout the performance.

A chill out space is provided with a comfortable place to rest. The show is available to watch live outside of the auditorium on a screen.

There is an open-door policy, meaning if you need a break, you can go in and out of the auditorium as much as you like.

More details are given as you read through this programme.

# About this performance



## You will see...

- You will see sudden changes in general light levels
- You will see props and costumes that create movement
- You will see set pieces that move around the stage
- You will see ensemble and partner dancing

## You will hear...

- You will hear the orchestra playing ominous, dramatic and light hearted music, with loud and quiet moments
- You will hear a narrator with different voices, accents and high pitched expressions
- You will hear sound effects, like birds chirping and a clock ticking

Running time is 1hr 30 mins, including a 20 minute interval.

Age guidance for this show is 3+.

Content guidance: This show includes a reference in the narrative to the death of the character Ella's mother.

# Chill out space



The chill-out space will be in a place called The Foyle Studio.

It will have bean bags, fidget toys, ear defenders, visual programmes with Widgit resources about the show and a live stream of the performance on a large TV screen, so you can experience the show in a different way. The lights will be dimmed, and it will be quiet.

For the relaxed performance, you can exit and re-enter the auditorium as many times as you need.

The chill out space is on level 3. It can be accessed via a lift. Sadler's Wells East is a fully accessible theatre, you can find out more about [what to expect from English National Ballet accessible performances here](#).

[For more information and a visual story about the spaces at Sadler's Wells East click here.](#)

# Who's Who

## Key Characters in My First Ballet: Cinderella



Narrator



Ella at home



Prince Rowan



Ella at the ball



Stepmother



Stepsisters



Fairy Godmother



Scarecrow



Spring Hare



Summer Deer



Autumn Fox



Winter Owl

# Context

First created in 2012, My First Ballet is a series of ballets, including Swan Lake and Sleeping Beauty, designed to introduce children aged three plus to the magical world of ballet.

The series has been viewed by over 370,000 people and today you will see an adaptation of the famous classical ballet, Cinderella. While there have been versions of My First Ballet: Cinderella before, the production you will see is brand-new!



In this ballet there are changes that have been made, that make it different to a traditional ballet.

There is a narrator to help follow the story. They describe key things happening on stage.

The music is by the famous composer Prokofiev. At this show you will hear a shortened version of the score, originally written for the ballet Cinderella. It is recorded by an orchestra.

# Synopsis - Prologue

Ella lives at the edge of the forest where she grows up close to nature.

Guided by her Mother, she learns to care for all living things and becomes gentle, curious, and kind.



Her happy, peaceful life changes when her Mother dies and her Father disappears. A strict Stepmother and two unruly Stepsisters take over her home, filling it with rules, noise, and endless demands.

Ella's Stepmother dislikes nature and forbids her from going outside or talking to the animals she loves. She keeps Ella busy with chores and builds a Scarecrow to scare the birds away.

Though treated unkindly, Ella keeps her love of the forest alive and secretly dreams of being free.

# Synopsis - Act 1

When the cottage is quiet, a Woman from the Woods appears at the door, cold and lost. Ella welcomes her and offers simple kindness. In return, the Woman shares a small, special gift and some encouraging words before vanishing into the forest.

Ella feels this kindness beginning to change the world around her. She dances with the Scarecrow and feels hopeful once more.



Not long after, an invitation arrives for Prince Rowan's Garden Ball, celebrating all who love nature. The Stepsisters are delighted, but Ella is told she cannot go.

As the family prepare, the Stepsisters try on outfits and take a dance lesson that quickly turns to chaos. At last, they leave for the palace and Ella is left behind.



# Synopsis - Act 1



Alone, Ella dances with the Scarecrow once more, imagining herself at the Garden Ball and wishing she could be there.

The Woman from the Woods returns and reveals herself as Ella's Fairy Godmother. As she speaks, the world around Ella starts to change...

The Scarecrow comes to life, joined by animals from the nearby forest: Spring Hare, Summer Stag, Autumn Fox and Winter Owl.

With their help and a touch of Fairy Godmother magic, Ella is transformed.

She is dressed in flowers, leaves, and living things, and carried to the ball in a magical carriage.

The Fairy Godmother gently warns her that the magic will last only until midnight.



# Synopsis - Act 2

The palace garden is alive with music and dancing, filled with guests all hoping to impress the Prince. The Stepsisters' disastrous efforts backfire. Overwhelmed, the Prince slips away into a quieter part of the garden.

There, he meets Ella. Drawn to her gentle presence, they dance together and feel an instant connection. Their happiness is cut short when the clock strikes midnight. Ella hurries away, leaving behind one shoe. The Prince vows to find its owner.



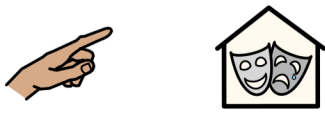
Guided by the forest, the Prince searches for the girl whose foot fits the shoe. When he arrives at Ella's cottage, both Stepsisters try to squeeze into it – but fail.

Ella steps forward, and the shoe fits her perfectly.

Reunited with the Prince, Ella chooses kindness over revenge and sends her stepfamily on their way. Rather than rush back to the palace, Ella and the Prince return to the forest, where they live happily ever after.

# My First Ballet: Cinderella

## Going to the Theatre



Going to the theatre



Wear clothes you feel comfortable in.



Remember your ticket.



Make your way to the theatre.



When you arrive at the theatre you will see lots of people.



You might have to queue.



Show your ticket to enter the theatre.



The usher will look at your ticket and give it back.

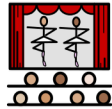


# My First Ballet: Cinderella

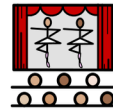
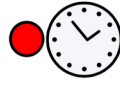
## Going to the Theatre



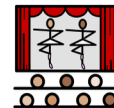
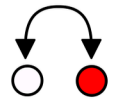
You can buy a programme.



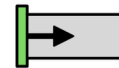
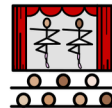
You can read about the ballet in the programme.



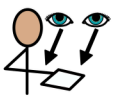
You can go to the toilet before the performance.



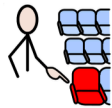
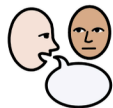
You can buy a drink or sweets before the performance.



The theatre will announce when the performance is starting.



Show the usher your ticket and seat number.



The usher will tell you where to sit.



Lots of people will sit in the theatre.



# My First Ballet: Cinderella

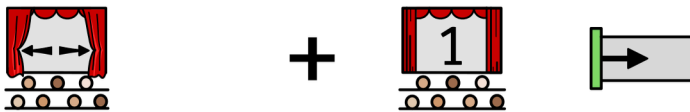
## Going to the Theatre



Sit quietly and wait for the performance to start.



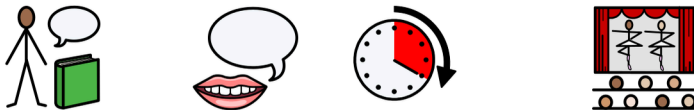
The lights will be dimmed.



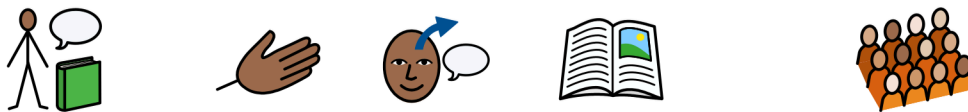
The curtains will open and Act One will begin.



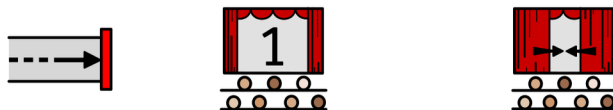
A narrator will come onto stage.



A narrator will talk during the performance.



The narrator helps to explain the story to the audience.



At the end of act one the curtains will close.



The lights will come up during the interval.

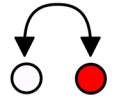


# My First Ballet: Cinderella

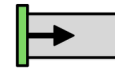
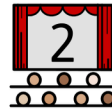
## Going to the Theatre



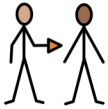
You can leave your seat and talk.



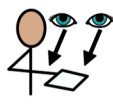
You can buy a drink or ice cream and go to the toilet.



The theatre will announce when act two is starting.



You should return to your seat.



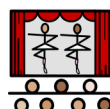
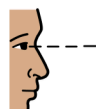
You might have to show the usher your ticket again.



The lights will be dimmed again.



Act two will begin.

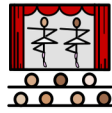
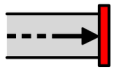


Sit quietly and watch the performance again.

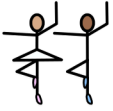


# My First Ballet: Cinderella

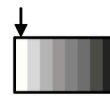
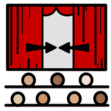
Going to the Theatre



At the end of the performance the audience will clap and cheer.



The dancers will bow in turn.



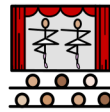
The curtains will close and the lights will come up.



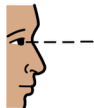
You can leave your seat and go to the exit.



It is time to go home.



Did you enjoy the performance?



What did you see?



Would you like to go to the theatre again?



# Things to know

There will be signs around the building to help you find where you want to go.

There are also designated people who will be able to give you more information.

If you need further assistance, please speak to the Sadler's Wells East Theatre Ushers.

Sadler's Wells East Theatre Ushers will be wearing black t-shirts with a Sadler's Wells logo on and ENB Helpers will be wearing black t-shirts with a white logo on and are here to assist you.

**Sadler's Wells East Theatre Usher**  
Black t-shirt with Sadler's Wells logo



**Sadler's Wells East Theatre Ushers** will direct you to your seat and can assist with any access requirements

**ENB Helpers**  
Black t-shirt with white logo



**ENB Helpers from the Engagement Team** can assist with any questions

We welcome any feedback that you are willing to share!  
Please send your thoughts to [engagement@ballet.org.uk](mailto:engagement@ballet.org.uk).



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