



Chattanooga Symphony & Opera

# I'm Going to a Concert!

A Social Story



Developed to support  
Sensory Friendly Programs



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Today is a special day! I'm going to go see a concert!  
"Concert" means musicians will play music for us.



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When I arrive, I can find a seat in a chair, sit in the floor, or stand in the back. I can choose!



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Before the music starts, there will be some activities I can do if I want. There will even be some instruments I can see and touch.



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Music is fun! Music can make me want to move, dance, laugh, or simply sit and listen. All of that is ok!



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Today I will hear the String Quintet play. “Quintet” means a group of 5 musicians. All of the instruments will have strings to make sound.



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There will be:

2 Violins

1 Viola

1 Cello

1 Bass

### String Family



**Bass**



**Cello**



**Viola**



**Violin**



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They all make different sounds. Some sounds will be high, some will be low, some will be loud, and some will be soft. If any of the sounds are too much, I can cover my ears or ask to go to a quieter spot.





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There will be other people at the concert. It is fun to enjoy music  
with people!

I will try to stay quiet enough for other people to hear the music.  
But it is ok for me to dance, move, or express myself with the  
music!



if



then



When the noise hurts my ears, I can take  
a break.

I can ask to go to a calm down or quiet space if I need a break  
or a chance to get more wiggles and giggles out.



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The musicians will tell us about their instruments and the music. I will listen and learn about their jobs!



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I'm excited to see a concert!