



## *Ms. Holmes & Ms. Watson – Apt 2B* Sensory Guide

### Welcome to our Sensory Friendly production of *Ms. Holmes & Ms. Watson – Apt 2B*!

Trinity Rep's Sensory Friendly performances ensure an atmosphere where people of all abilities can comfortably experience our shows.

The October 30 evening performance will be identical to other performances of the show. However, a warning light will go off before any intense light and sound cues. We have also created a list of instances in the play that may be upsetting to patrons, offering the chance to prepare accordingly.

These accommodations make it possible for disabled community members to attend the theater without fear of judgment or an unexpected trigger happening onstage causing distress. We recommend this performance for Autistic people, people with PTSD, Sensory Processing Disorders, and anyone who thinks that having prior warning would help them! We can also offer social stories, which help patrons get to know the theater and what to expect before even stepping foot into the building.

For more information, visit our sensory friendly website at <https://www.trinityrep.com/accessibility/>. Thank you for your support of Trinity Rep's commitment to accessibility for all!

If you are interested in hearing more about our sensory friendly programming, email [education@trinityrep.com](mailto:education@trinityrep.com).

**Sensory Friendly Consultation**  
by Daniel Perkins

### Inclusive Terms for Audience Members

*Below are definitions of different things you might encounter during this Sensory Friendly performance. We hope to create a space where everyone can enjoy theater in their own way.*

- **Stimming:** A technique used to cope with excitement, nerves, over-stimulation, and fear. This can manifest as hand-wringing, flapping, spinning, rocking, clapping, etc.
- **Sensory overload:** An overwhelmed feeling caused by overstimulation of sensory processing systems (hearing, sight, etc.)
- **Repetitive speech:** Also referred to as echolalia, is when someone repeats phrases, quotes, or speech to aid comprehension or as a calming technique
- **Tics:** Are involuntary and often repetitive physical movements and/or vocalizations
- **Non-verbal communication:** Some people may need to use sign language, or augmentative and alternative communication techniques (AAC) technology to communicate
- **Touch sensitivity:** Some people may be uncomfortable with touch, while others may need weighted vests or blankets to feel comfortable
- **Fidget tools:** People may use fidget tools to relieve stress and anxiety and/or stim. Examples of fidget tools are stress balls, fidget cubes, squishies, etc.
- **Sensory Guide:** This is what you are reading right now! Flip this paper over for a guide through the potentially overwhelming moments in the show. You may need to use a flashlight to read the guide during the show due to darkness in the theater. Flashlights are available in the lobby
- **Warning lights:** There are two colored lights hung on either side of the stage that will glow 5 seconds before any of the potentially overwhelming moments noted on the other side of this sheet and will stay on until the moment has ended. During the preshow announcement, someone will point out the location of the lights
- **Survey:** Please check your email for a post-show survey. Your feedback is important to us as we work to improve accessibility

**Warning: SPOILERS AHEAD**



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### General Content/ Sensory Warning

- This play contains profanity, depiction of marijuana use, discussion of pornography, and discussion of trauma experienced by healthcare providers during the COVID-19 pandemic
- Actors will move through the theater aisles
- The transitions between each scene happen in dim lights. Loud classical music plays during these transitions.
- This play uses theatrical blood

TRIGGER LIST		
Type of Cue	Cue Line	Description
<b>**The bolded moments below are particularly harsh or intense and will have a warning light on 10/30/24**</b>		
Sound	5 Minutes before the show	The house services team plays a xylophone to announce that the show is about to begin and to be seated
Sound/Lights	After the male actor says, "I'm told that was made clear in the marketing materials."	The lights go up and loud music plays.
Sound	After Watson says, "Not anymore"	Watson rings the doorbell.
Sound	After Lestrade says, "See you later Watson"	The sound of cars and police sirens play.
Sound/Lights	When Ms. Watson says, "I just need a quiet place to get away,"	Loud classical music plays while the lights dim.

Sound	After Mrs. Hudson asks, "Should you like to see the bedroom?"	Holmes screams loudly while fencing.
Sound	"Uh- I'm not a doctor."	Holmes and Watson talk over each other.
<b>Content</b>	<b>After Holmes asks, "Watson?"</b>	<b>Watson has a realistic panic attack.</b>
Sound	After Holmes says, "THAT calls for Rachmaninoff."	Loud music plays.
<b>Light/Sound/Content</b>	<b>"This is disgusting!"</b>	<b>Lestrade pulls back the curtain, revealing a bloody body. Loud music plays and the lighting turns red.</b>
Sound/Content	After Lestrade says, "THEN"	Loud music plays, accompanied by the sight of a name written in blood.
Content	After Lestrade says, "They've found the red-haired woman."	An onstage costume change happens during the set change.
<b>Sound/Content</b>	<b>After Holmes says, "There isn't going to be an arrest"</b>	<b>Loud music plays while a character throws blood on Holmes and Watson. Watson screams loudly.</b>
Sound	After Holmes says, "There's a sound on the stairs"	Multiple characters shout over each other.
Sound/Content	Holmes: "If you'll just-let-me-SEE!"	The characters scream simultaneously.
<b>Light/Sound/Content</b>	<b>After Mrs. Drebbler says, "Decades and decades I gave that man"</b>	<b>Mrs. Drebbler discusses adultery and murder while bathed in a dim blue light. This is followed by the sound of thunder.</b>
Content	After Lestrade says, "Especially you, Watz"	A haze of smoke.

Content	After Holmes says, "The same way I know everything"	Elliot Monk enters wearing a rather creepy rubber mask resembling former President Donald Trump.
Content	After Holmes says, "Behold the price of your connecting"	Elliot Monk makes misogynistic comments.
Lights/Sound	After Irene says, "Hello Gorgeous"	There is a blackout accompanied by a loud, instrumental version of "Toxic" by Britney Spears.

### Intermission

#### Act II

Content/Sound	After Holmes says, "Don't move a muscle."	Holmes repeatedly slaps herself.
<b>Lights/Sound</b>	<b>After Watson says, "She actually bought it"</b>	<b>There is a loud explosion, followed by alarm bells and flashing red lights.</b>
Sound	After Watson says, "Guess we should watch the funeral."	The sound of music plays from the television.
<b>Sound/Content</b>	<b>Holmes: "The tape!!!"</b>	<b>Suggestive audio from a sex tape plays loudly.</b>
Sound	After Lestrade says, "Then what is on the USB"	Music from the opera <i>Tosca</i> plays loudly.
<b>Sound/Content</b>	<b>After Lestrade says, "And so Sherlock can afford to take on more fascinating cases"</b>	<b>There is a montage featuring the <i>Laverne and Shirley</i> theme song, rubber snakes and geese feathers being thrown, hisses, and the sound of wolf howls.</b>
<b>Sound</b>	<b>After Watson says, "But it's the most famous one, people will expect it"</b>	<b>The music becomes distorted and many voices speak</b>
Sound	After Holmes says, "I have no idea what you just said."	A clock chimes.

Sound	After Lestrade says, "Watson- What's your deal"	The sound of cars driving plays
Sound	After Watson says, "Holmes is just over-indulging her considerable imagination."	Mrs. Hudson screams.
<b>Content</b>	<b>After Holmes says, "I did in fact guess"</b>	<b>Watson tells her backstory, which involves medical trauma and panic from her time working in healthcare during the COVID-19 pandemic.</b>
<b>Content</b>	<b>After Holmes screams, "Irene"</b>	<b>A character enters visibly beaten, followed by Watson having a panic attack.</b>
<b>Lights/Sound</b>	<b>After Watson says, "Oh frig"</b>	<b>A bright, red light turns on alongside the sounds of trains passing by. The latter occurs in rumbles throughout the scene.</b>
Light	After Holmes says, "Police inspector Lestrade"	There is a blinking light.
<b>Sound/Light</b>	<b>After Watson says, "There is no Moriarty"</b>	<b>A violin screeches in time with a bright light.</b>
<b>Content</b>	<b>After Holmes says, "Clutter, clutter, clutter"</b>	<b>There is a depiction of violence against women.</b>
<b>Sound/Content</b>	<b>After Irene says, "That is hurtful"</b>	<b>Holmes fires a gun.</b>
<b>Content</b>	<b>After Lestrade says, "Bloody hell, you are a robot"</b>	<b>Watson has an intense panic attack.</b>
<b>Sound/Content</b>	<b>After Holmes says, "Never jump to kittens!!!"</b>	<b>Moriarty fires a gun.</b>
<b>Sound</b>	<b>After Irene says, "Sherlock, you got gunpowder all over my blouse"</b>	<b>Watson screams loudly.</b>
<b>Sound/Content</b>	<b>After Holmes says, "Do you really mean to say... that all went... entirely over your head?"</b>	<b>Watson quickly rambles before breaking down.</b>



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Sound/Content	After Irene says, "There may be no honor among thieves, but there is honor in my profession."	Irene fires a gun loudly and is accompanied by hazy smoke.
Sound	After Holmes, says "Whatever"	A car horn plays.