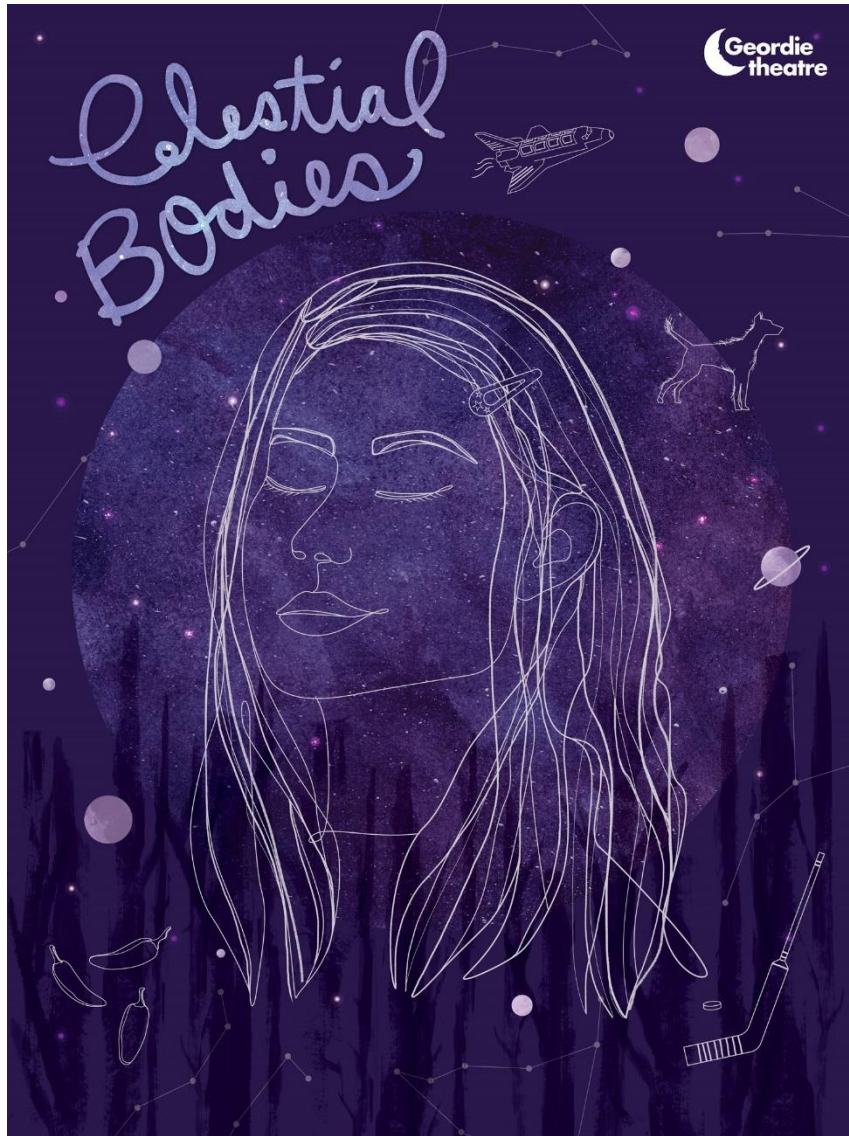


Visual Story

Celestial Bodies



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Questions? Contact Geordie Theatre: info@geordie.ca

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What is a Visual Story?

A visual story is a tool to help audience members familiarize themselves with a venue and/or with a show. It allows audience members to know in advance what to expect from a theatrical experience, so that they can prepare themselves accordingly. Visual stories were created as an aid for people with autism or learning disabilities. They can be used to help anyone prepare for their visit to the theatre.

About the Performance

Performance Time

The performance is approximately 50 minutes in length.

Pre-Performance Talk

Geordie staff will tell you a little bit about the show before it starts. They will also talk about the land on which the theatre is located.

Post-Performance Talk-back

There will be a 10 to 15 minute talk-back after the show. This is a time where audience members can ask questions to the actors or special guests. Audience members can leave the performance before, after or during the talk-back.

Things to Look Out for

- You are welcome to come and go from the performance as you please.
- There are music and sound effects during the show. If audience members are sensitive to loud noises, they are encouraged to use noise-cancelling headphones or turn down the volume.
- There is a glossary at the end of this document. There you will find the definitions of some of the more complex words in the play.
- The main character, Stella, describes herself as “fat” or “overweight”, for which she is bullied by other characters.
- Some themes explored in this play are:
 - Emotional support
 - Self-love
 - Body image
 - Social pressure
 - Mental health and wellbeing
 - Allyship
 - Bullying
 - Self-expression
 - Parental relationships
 - Perseverance

The Characters

Celestial Bodies is a one-person show. One actor plays all the characters.

These are the characters in Celestial Bodies:

- Stella: An anxious and witty teenage girl.
- Andie (or Mom): Stella's mom, former Olympic hockey player
- Nadine: Also Stella's mom
- Essie: Stella's edgy classmate and friend
- Noah: Essie's older brother
- Pharmacist
- Doctor
- Mr. E: Stella's science teacher

All characters will be played by one of the following actors (rotating from show to show):

This is Wahsonti:io



This is Alyssa



The Locations

These are the different locations the characters go to in the play:

- Locker room
- Stella's home
- Stella's high school:
 - Science classroom
 - Cafeteria
 - Bathroom
 - Detention hall
- Soccer field with running track
- Essie and Noah's house
- Ice rink

The Story

The play begins with Stella, an anxious teenage girl, sitting in a hockey locker room, trying to stop panicking. She tells her story, starting from the beginning of the school year. Stella is passionate about space and dreams of becoming an astronaut. She includes a lot of facts and metaphors about space in her storytelling.

Stella is at the pharmacy to get birth control pills. The pharmacist makes comments about her weight, which makes her angry. She talks about the negative ways people tend to react to the size of her body. She also introduces her mothers: Nadine, also overweight, is warm and accepting; Andie, who she calls Mom, is a former Olympic hockey player who enjoys giving Stella pep talks.

Stella talks about a bullying incident that happened to her at school: a student threw a carton of yogurt at the back of her head. Stella then goes to the bathroom, where she meets Essie, an edgy classmate who helps wash her hair.

When they hear about the bullying, Stella's mothers encourage her to be more active to be more positive about herself, and they get her a dog. Stella names her dog Oort Cloud. One day, while playing fetch with Oort Cloud, Stella meets a cute boy.

Essie and Stella become friends. Essie convinces Stella to play hockey with her and her brother Noah, the cute boy Stella met earlier. Stella plays as the goalie, Essie and Noah practice shooting pucks at her, and Stella tries to block them. At first, she is not very good at it.

Noah and Stella talk to each other about their dreams. Stella tells him about her interest in space and admits that she wants to become an astronaut. The next day, Essie tells their science teacher Mr. E about Stella's dream. Mr. E embarrasses Stella by pointing out that Canadian astronauts cannot weigh more than 95 kilos.

Stella tells Noah she doesn't want to play hockey anymore. Noah tries to convince her to keep trying, and gives her some tips to get better at it.

In the cafeteria, the bullies throw yogurt at Stella again. This time, because of all her practice as a goalie, Stella catches the carton of yogurt. She passes it to Essie, who throws it back at the bullies. Stella gets suspended, but she feels like it was worth it.

Stella is getting better at being a goalie. Essie keeps pressuring her to sign up for the staff-student hockey game, but Stella doesn't want to. Eventually, Essie signs Stella up as a back-up goalie without telling her.

The first goalie gets sick and can't play, so Stella is forced to join the team. She is very anxious about the game, but she manages to calm herself by using all the skills she has learned, and she saves an attempted goal by Mr. E.

Glossary

Adversity: Difficulties

Astrochemistry: The study of chemicals substances found in space

Brainstem: A part of the brain

Breadth: Width

To compress: To squeeze something to make it smaller

Contraceptive: Birth control

Cosmographical: Related to the Universe

Counterintuitive: Hard to understand without thinking too much about it

Crossbar: The top bar of a hockey net

CURIOSITY rover: A rover that was sent by NASA to explore Mars

Equestrian: A horseback rider

Exuberant: Very energetic and excited

Five-hole: In ice hockey, a nickname for the space between a goalie's legs through which the puck could pass

Gas giant: a large planet mostly made of hydrogen and helium, like Jupiter, Saturn, Uranus and Neptune

Grueling: Extremely tiring and demanding

Hypothesis: Theory

Metabolism: The chemical reactions that happen in our body to turn food into energy

Meteor: A small space rock that falls to Earth, a shooting star

Milky Way: The galaxy that our solar system is in

NPC: Short for non-player character, a video game character that the player doesn't control

Oort cloud: A ring of comets that is the boundary of our solar system, in theory

Paxil: A medication for anxiety disorders and depression

Penance: Self-punishment

Platitude: A cheesy, overused phrase that has lost its meaning

Reviled: Hated, harshly criticized

Revulsion: Disgust

To seethe: To be filled with intense anger

Serene: Calm, peaceful

Shutout: In hockey, when a goalie succeeds at not letting the opposite team score a single goal during the whole game

Supergiant: A very big, very bright star

Supernova: The explosion of a star at the end of its life cycle

Quarantine: Isolation to prevent the spreading of a contagious illness

Untethered: Disconnected

Resources

Websites on bullying:

- Bullying - The Children's Society:
<https://www.childrensociety.org.uk/information/young-people/well-being/resources/bullying>
- Bullying Canada: <https://www.bullyingcanada.ca/>

Lesson plans with themes relating to Celestial Bodies:

- The Dove Self Esteem Project: <https://www.dove.com/ca/en/dove-self-esteem-project/self-esteem-resources-for-youth-groups.html>
- Prejudice and Body Image by mediasmart.ca:
[https://mediasmarts.ca/sites/default/files/pdfs/lesson-plan/Lesson Prejudice Body Image.pdf](https://mediasmarts.ca/sites/default/files/pdfs/lesson-plan/Lesson%20Prejudice%20Body%20Image.pdf)
- Reshaping Body Image by tolerance.org:
<https://www.tolerance.org/classroom-resources/tolerance-lessons/reshaping-body-image>
- Free Being Me by WAGGGS and Dove: <https://free-being-me.com/downloads/>

Suggested readings relating to anti-fat bias:

- Obesity Stigma: Important Considerations for Public Health by the U.S National Library of Medicine:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2866597/>
- The Harmful Effects of Fat Shaming by Healthline:
<https://www.healthline.com/nutrition/fat-shaming-makes-things-worse>