

# Audience Guide

CHILDREN'S THEATRE COMPANY'S  
production of

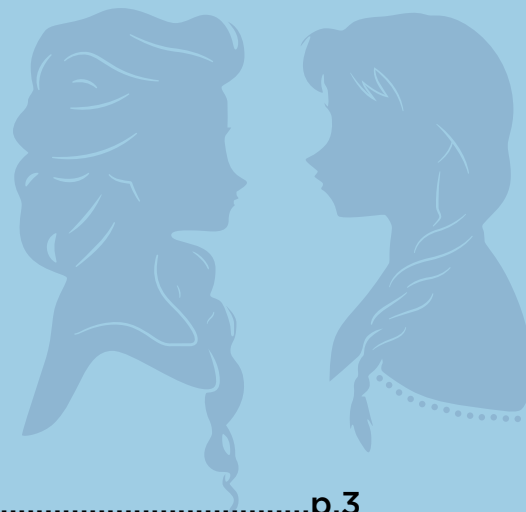
Disney

# FROZEN

THE BROADWAY MUSICAL

children's  
theatre  
company

# TABLE OF CONTENTS



Summary and Themes.....	p.3
Content Advisories.....	p.4
Behind the Scenes.....	p.5
ACTIVITY Performance Detective Challenge.....	p.7
ACTIVITY Little Bit of You, Little Bit of Me.....	p.8
ACTIVITY Learn Norwegian.....	p.9
ACTIVITY My Power Song.....	p.10
ACTIVITY Write Your Own Fairy Tale.....	p.11
ACTIVITY Northern Lights Simulation.....	p.13
ACTIVITY Heartwarming Acts.....	p.14
Heading to CTC.....	p.15

At CTC, our mission is to create extraordinary theatre experiences that educate, challenge, and inspire young people and their communities. This Audience Guide is just one of the ways in which we aim to enhance your experience and further your engagement with the shows on stage.

It includes a summary, context, fun facts, and activities plus details that can help you decide what's right for your kids.

If you have any further questions, please contact our friendly Ticket Office Associates at 612.874.0400 during their regular business hours or email them at [tickets@childrenstheatre.org](mailto:tickets@childrenstheatre.org).

## Summary

Children's Theatre Company's production of Disney's *Frozen* The Broadway Musical is based on Disney's hit movie, expands the original story with deeper character development, new songs, and a richer exploration of its themes.

The story follows two royal sisters in the kingdom of Arendelle: Elsa, who possesses magical ice powers, and Anna, her spirited younger sister. After their parents' tragic death, Elsa becomes queen but struggles to control her powers. During her coronation, an argument with Anna reveals Elsa's abilities, causing her to flee into the mountains. As Elsa isolates herself in an icy palace, she unknowingly plunges Arendelle into eternal winter.

Anna embarks on a journey to find Elsa, accompanied by Kristoff, his reindeer Sven, and the cheerful snowman Olaf. Along the way, Anna faces betrayal, self-discovery, and the realization that true love can take many forms. The story concludes with Anna's act of self-sacrifice, thawing the winter and helping Elsa learn that love—not fear—controls her magic.

## Key Themes

**Sisterhood & Family Bonds:** The heart of *Frozen* lies in the love between Anna and Elsa. Their journey emphasizes how family can overcome misunderstandings and emotional distance.

**Self-Acceptance & Identity:** Elsa's struggle with her powers represents the challenge of embracing one's true self. Her journey from fear to acceptance is central to the musical's emotional arc.

**Love Beyond Romance:** The musical challenges the traditional "true love" trope. Instead of romantic love saving the day, it's Anna's selfless act for her sister that breaks the curse.

**Courage & Resilience:** Anna's determination to reunite with Elsa, despite danger and heartbreak, highlights the importance of persistence and hope in the face of adversity.

**Isolation vs. Connection:** Elsa isolates herself out of fear, while Anna thrives on connection. The story shows how vulnerability and love can bridge emotional gaps.

## Musical Additions

While iconic songs like "Let It Go" and "Do You Want to Build a Snowman?" remain, the Broadway version introduces new songs that deepen character arcs including:

"Monster" explores Elsa's fear of harming others.

"What Do You Know About Love?" develops Anna and Kristoff's relationship.

## CONTENT ADVISORIES

(includes spoilers!)



**Language: 0 out of 5 stars** ★ ★ ★ ★ ★

**Themes and Situations: 2 out of 5 stars** ★ ★ ★ ★ ★

Anna and Elsa's parents die in a shipwreck when the sisters are very young. Anna and Elsa fight several times, but their sisterly love always gets them through. Characters consume alcohol during "Hygge." Hans lies to Anna about his love for her and leaves her to freeze. Elsa feels like she is a monster and is very sad and lonely.

**Violence and Scariness: 2 out of 5 stars** ★ ★ ★ ★ ★

Young Anna is frozen in the head by a blast of Young Elsa's magic. The Hidden Folk of the mountains may seem frightening at first, but they are very kind and silly! Elsa blasts Anna in the heart accidentally. Hans attempts to kill Elsa with a sword, but Anna steps in the way and fully freezes—though she is thawed with sisterly love. Anna punches Hans in the face.

**Sensory Advisories: 3 out of 5 stars** ★ ★ ★ ★ ★

Musical numbers may be loud and some sound and lighting effects are jarring. Fog, dry ice, and haze will be used. Some characters may come into the audience. There are two Sensory Friendly performances: Friday, May 23, at 7pm and Friday, June 13, at 7pm. Click [HERE](#) to learn more.

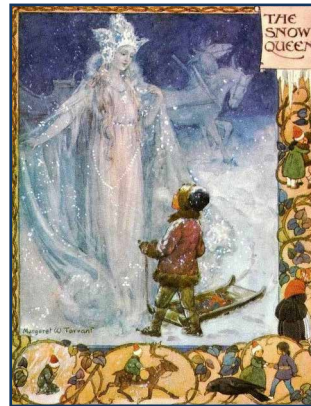
**Potentially Anxious Moments: 2 out of 5 stars** ★ ★ ★ ★ ★

Elsa accidentally uses her ice powers on other characters as well as the environment around her. Characters such as Hans and The Duke of Weselton are very mean and lie to others to get what they want.

Please contact our Ticket Office with any questions at [tickets@childrenstheatre.org](mailto:tickets@childrenstheatre.org) or 612.874.0400.

## From Page to Screen to Stage

Children's Theatre Company's production of Disney's *Frozen* The Broadway Musical joins a long line of adaptations of this icy story. The original story of *The Snow Queen* by Hans Christian Andersen, was first published in 1844 and is a much darker fairy tale than what we see in *Frozen*. A young girl named Gerda must rescue her best friend, Kai who has been enchanted by the evil Snow Queen. Gerda embarks on an epic journey across a wintry landscape and melts Kai's frozen heart with her bravery and love. 169 years later, the smash hit film *Frozen* was released, sharing many similarities. Two royal sisters replace Gerda and Kai's friendship, and the Snow Queen's character evolves into Elsa, who is a much more empathetic character who struggles with her powers and the fear of hurting others. Both stories share a central theme of the power of love and how it can even thaw a frozen heart. In 2018, the story was brought to Broadway with a few new songs and characters, but with the same heart. We can't wait for you to see CTC's take on this magical story.



## Inspired by Nordic Cultural Traditions

*Frozen* draws inspiration from the diverse geography, mythology, and cultural traditions of Iceland, Norway, Denmark, Sweden, and Finland, each with its own unique languages, customs, and histories.

The extremes of day and night experienced by Nordic people for millenia have naturally inspired rich outdoor and indoor traditions. One of the latter is encapsulated by the Danish word *hygge* (also used in Norway), which is loosely translated as “cozy” and applied to any indoor activities that bring warmth and happiness, often shared with family and friends.

Song and dance also form an important part of Nordic folk traditions. The songs of the Saami people, who today live across the far northern regions of Norway, Sweden, Finland, and even Russia—well above the Arctic Circle—are rooted in a unique vocal style called *joiking*, which is featured in *Frozen*.

One of the most striking elements of the Nordic countries is geography. The towering mountains and picturesque fjords of Norway, in particular, inspired the setting of *Frozen*'s Arendelle, a fictional seaside kingdom. Key to our story is the far northern latitude, which causes nearly endless sunshine in the summer and almost total darkness in the winter, during which the famed Northern Lights dance in the sky. The balance of summer and winter is essential to survival; without summer there will be nothing to harvest to sustain life during the harsh, cold, dark winter. Among the animals that can survive the temperature extremes are reindeer, which have been used by Nordic people for work, food, and clothing.



## Trolls Rock!

Some of the most memorable characters from Disney's *Frozen* are the lovable rock trolls. Trolls have deep roots in Norwegian folklore and are a significant part of the country's cultural heritage. Often depicted as living in remote mountains, forests, and caves, trolls are believed to possess supernatural powers. They are also famously known for being turned to stone when exposed to sunlight, a motif commonly found in Norwegian fairy tales and folklore. When stories are adapted to be performed on stage, sometimes changes are made! In Disney's *Frozen The Broadway Musical*, the troll characters have been transformed into "Hidden Folk," which are more human-like fantastical creatures inspired by the elfin *huldúfolk* mythology from Iceland and the Faroe Islands.

## Patterns in Norwegian Cultures

Norwegian patterns are full of cultural significance. Often seen in sweaters, tapestries, and wood carvings, these patterns are inspired by nature, folklore, and the country's history. These patterns were a big inspiration for the design team when creating costumes for the residents of Arendelle, as well as the stage itself. Common motifs in Norwegian patterns include snowflakes, animals like reindeer, and geometric shapes. See if you can notice patterns in the stage or characters' costumes that you have seen before. You may even have these types of patterns in your own closet!



Costumes—Queen Iduna



Costumes—Elsa



Scenery—Floor Design

Get ready to become a Performance Detective! During the show, keep your eyes and ears open for the following clues:

## 3 Things to Look and Listen for During the Performance

### Look for...

#### 1. Royal Orb and Scepter:

- **Clue:** These items represent royalty! Watch closely for when they are used—what important event do they symbolize? What happens to them during the performance?

#### 2. Seasons and Weather Changing:

- **Clue:** The weather in Arendelle changes throughout the show. Pay attention to how the costumes and the set changes to reflect the seasons. How do you dress for different seasons and weather? How do the performers show this?

#### 3. Northern Lights:

- **Clue:** Keep an eye out for these stunning lights in the sky. Have you ever seen the northern lights in real life? Where in the world can they be seen? Look for the magical way they appear in the show!

### Listen for...

#### 1. Trumpet Fanfare:

- Listen for the sound of trumpets! This fanfare is a sign of something special. What does it signal in the show, and who enters after this majestic sound?

#### 2. Animal Noises:

- Throughout the show, there are different animal sounds. How many animals can you hear in the performance? What kind of animal sounds do you hear, and how does it compare to the animals you might hear in Minnesota?

#### 3. New and Familiar Songs:

- There are new songs and familiar ones in the show. How are the songs you already know different or the same as you remember? What do the new songs bring to the story that makes it even more magical?

Take note of everything you discover! You're the detective, so pay close attention—there's a lot to uncover!

# Little Bit of You, Little Bit of Me: Character Creation

**Supplies:** Paper, coloring supplies, and [the recording of “A Little Bit of You” song from \*Frozen\* The Broadway Musical](#)

In the movie, Anna and Elsa work together to make Olaf, the snowman who loves warm hugs! Olaf is special because he has a little bit of each sister’s personality. Now, it’s your turn to create your own character with a little bit of YOU and a little bit of someone else’s personality!

## Think About the Song:

Start by listening to the song “*A Little Bit of You*” from *Frozen*. Think about how Olaf is made from both Anna and Elsa. What parts of Olaf’s design come from each sister? What qualities of Anna and Elsa do you think Olaf has?

## What’s Special About You?

Now, think about yourself! What are some things you like? What makes you, YOU? Write down or think of some things that make you special.

## Now Think About What Makes a Friend or Family Member Special—you can work together with them or create something special for them as a gift.

What are some things they like? What makes them, them? Write down or think of some things that make them special.

## Create Your Character:

Take a piece of paper and start drawing! Imagine a character that has a little bit of YOU and a little bit of your friend or family member. You can start by thinking about something you both like, like a favorite food, sport, or hobby. Maybe both of you love the ocean? Then your character could have ocean-themed things like a seashell hat or fish fins. Or if you both love space, your character could have a star-patterned shirt or glowing space boots! Or, if you both like ice cream, maybe your character has a cone-shaped hat or a sprinkle-covered cloak!

## Give Your Character a Name and Backstory:

After drawing your character, give them a cool name and a fun backstory! Where do they live? What are their superpowers? Do they have any funny habits or quirks? Maybe they love to dance, or they always make up silly songs!

## Share Your Character with Your Friend or Family Member:

If you made your character as a gift, share it with your friend or family member and let them know how it’s made up of special characteristics you both share.





# Learn Norwegian!

This fictional kingdom of Arendelle was inspired by the towering mountains and picturesque fjords of Norway. Learn some Norwegian before seeing the show! Draw a line from the English word on the left to its matching Norwegian word on the right. Answers on page **16**.

English:	Norwegian:
Hello	Takk
Goodbye	Hiem
Thank you	Hei
Home	Skole
School	Frossen
Frozen	Ha det

Just like Elsa discovers her strength and freedom in *Frozen*, you have your own unique powers that make you *you*! In this fun activity, you’ll explore what makes you strong, brave, or kind by writing your very own “Let It Go”-inspired lyrics.

### Step 1: The Song & Scene

There’s a powerful moment in *Frozen* when Elsa runs into the mountains and sings “Let It Go.” It’s not just about magic—it’s about finding confidence and letting go of fear.

#### 🎵 Here’s a part of the song:

*“It’s funny how some distance makes everything seem small,  
And the fears that once controlled me can’t get to me at all.  
It’s time to see what I can do,  
To test the limits and break through.  
No right, no wrong, no rules for me. I’m free!”*



### Step 2: Find Your Inner Power

Elsa’s power is ice, but yours might be something like:

- Being a kind friend
- Staying calm under pressure
- Always trying your best
- Being super creative

Write down one strength you’re proud of. Can’t think of one? Ask yourself: *What do people often compliment me for?*

### Step 3: Power Words Brainstorm

Now, think about how your strength makes you feel. Write a list of **adjectives** (descriptive words) and **verbs** (action words) that come to mind.

For example, if your strength is kindness:

- Adjectives: Warm, gentle, brave
- Verbs: Help, listen, comfort

### Step 4: Write Your Lyrics

Using your power words for inspiration, write a short verse like Elsa’s. It can rhyme, but it doesn’t have to! Here’s a fill-in-the-blank starter if you need help:

I used to think my power was something to hide,  
But now I know it’s what makes me **(positive feeling)** inside.  
I’ll show the world that I can **(action verb)**,  
No holding back—I’ll **(brave action)**, it’s true!

### Step 5: Share Your Power (Optional but Fun!)

- Read your lyrics out loud to yourself, a family member, or even a pet!
- Want to go all out? Sing your lyrics to the tune of “Let It Go.”
- Feeling artsy? Write your lyrics in a cool shape (like a snowflake or heart) and decorate the page!

### Bonus Reflection:

Think about your power and answer one or two of these questions:

- How does your power make life better for you or others?
- What would you do if your power ever made someone feel left out?
- Do you know anyone else with a power like yours?



# Write Your Own Fairy Tale

*Frozen* is based off a fairy tale called *The Snow Queen* by Hans Christian Andersen. It was first published in 1844, making it almost 200 years old! Every fairy tale needs **people** (characters), a setting where the story takes **place**, a **problem** to solve, a **plot** to follow, and a **peaceful** ending. Using these tools, you can create your own fairy tale and tell your story. Who knows, maybe someone will put *your* story onstage about 200 years from now!

**Step One:** Start by choosing your **people** and where your story takes **place**. Here are some options that you might find in a fairy tale:

People	Place
Trolls	A castle
Fairies	An enchanted forest
Witches/Wizards	A cave
Giants	A mountain
Royal (Kings, Queens etc.)	A hut in the woods

**Step Two:** Brainstorm some **problems** the people could have, a **plot** to solve the problem, and a **peaceful** ending. Circle which ones you'd like to include in your story.

## Problem Ideas:

1. \_\_\_\_\_
2. \_\_\_\_\_

## Plot Ideas:

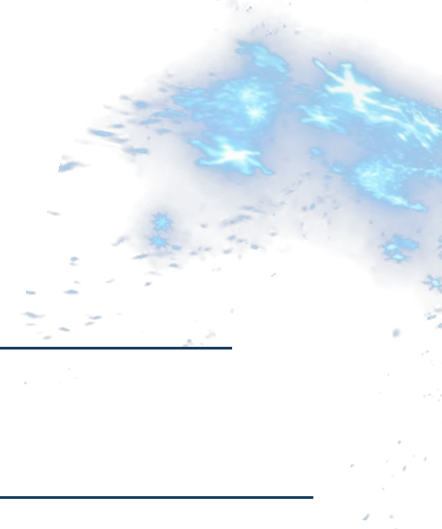
1. \_\_\_\_\_
2. \_\_\_\_\_

## Peaceful ending Ideas:

1. \_\_\_\_\_
2. \_\_\_\_\_

**Step Three:** Follow the sentence structure below to create your story:

1. Introduce your people and place.
2. Tell us what the problem is.
3. What is the first thing the people do to solve the problem?
4. What is the second thing the people do to solve the problem?
5. How does your story end peacefully?



**Title:** \_\_\_\_\_

**1) Once upon a time,**

---

---

---

**2) There was just one problem...**

---

---

---

**3) First,**

---

---

---

**4) Then,**

---

---

---

**5) Finally,**

---

---

---

**The End!**

---

# Northern Lights Simulation

## Supplies Needed

- A clear jar (like a mason jar or empty water bottle)
- Glow-in-the-dark paint or colored markers (blue, green, purple, and pink)
- Water
- Flashlight (to create the light effect)
- Glitter (optional, for extra sparkle)
- Paper or fabric (to cover the jar)

## Instructions:

- 1. Introduction to the Northern Lights:** Start by discussing the aurora borealis, a beautiful light display seen in the northern regions of the world, including Scandinavia. Explain that the lights are caused by particles from the sun interacting with Earth's atmosphere.
- 2. Prepare the Jar:** Have the kids color inside of the jar using glow-in-the-dark paint or markers in swirling patterns. Use colors like green, purple, and blue to represent the colors seen in the Northern Lights.
- 3. Add Water:** Once the jar is decorated, fill it with a little bit of water. You can also sprinkle in a bit of glitter for extra sparkle.
- 4. Light It Up:** Cover the jar with a piece of paper or fabric and then shine a flashlight through the side of the jar (or place it under the jar). This will illuminate the paint inside and mimic the glowing effect of the Northern Lights.
- 5. Observe:** Turn off the room lights and shine the flashlight on the jar to create a glowing, magical effect. Kids can also experiment with different colors and designs to see how the light changes.



# Heartwarming Acts

***“An act of true love will thaw a frozen heart.”***

Anna commits a true act of love to save Elsa and Elsa shows her love for her sister to thaw her heart. In the heart below, draw or write acts of love that you’ve done for important people in your life.



## CTC Theatre Etiquette

At CTC, we encourage audiences to engage with the live theatre experience and react freely. It's ok to laugh if something is funny, exclaim if something is surprising, gasp if something is scary, and maybe even dance along in your seats if the music inspires you. We value the real-time, honest reactions of our audiences.

We do, however, thank you for your partnership in making sure that any reactions from your kids are kind and respectful towards the actors onstage and towards all of the people who worked so hard to make the show possible.

# Accessibility

## Mobility Accessibility

The Red Lobby and UnitedHealth Group Stage are on the 2<sup>nd</sup> floor. At the building entrance, turn right and head through the Mia (Minneapolis Institute of Art) entrance. Then turn left just inside the entrance and go up the flight of 28 stairs to get to the lobby. Or you can use the elevator to the LEFT of the entrance doors. The balcony is accessed by going up another flight of 18 stairs. There is no elevator access to the balcony level.

An Accessible/All-Gender restroom is located next to the elevator on the 2<sup>nd</sup> floor in the Red Lobby. Additional restrooms are located down one floor near the entrance to the theatre.

## Quiet Room/Sensory Sensitivities

The Quiet Room is located at the rear left side of the main floor of the UnitedHealth Group Stage. There are 3 stairs to get to the seating in the Quiet Room. The Quiet Room is separated from the audience by a glass window, so patrons can verbalize freely. Those utilizing the Quiet Room can still see and hear the performance. The performance is also live streamed in the lobby. Please feel free to come and go from the Quiet Room as you need to throughout the show.

Please let an usher know if someone in your group would benefit from a fidget, ear plugs, noise canceling headphones, or coloring/activity sheets during your visit.

## Assistive Listening Devices

Please let an usher know if you would like to use an assistive listening device. These devices come equipped with an over-the-ear earpiece. This earpiece can be unplugged, and other devices, such as cochlear implants, can be plugged into the receiver using the 1/8" jack. If you will be plugging in your own device, please bring the appropriate cord as CTC does not have these on hand.

## Sign Interpretation and Audio Description

Each CTC production has a sign interpreted and/or audio described performance for each production. These performances are noted in the [list of performance dates](#).

## Prayer/Private Nursing Space

During your visit, please ask a member of our staff to use our private space for nursing, pumping, prayer, or other needs.



<b>English:</b>
<b>Hello</b>
<b>Goodbye</b>
<b>Thank you</b>
<b>Home</b>
<b>School</b>
<b>Frozen</b>

<b>Norwegian:</b>
<b>Takk</b>
<b>Hiem</b>
<b>Hei</b>
<b>Skole</b>
<b>Frossen</b>
<b>Ha det</b>

