

# Schools Relaxed Panto

**CAP  
ITAL**  
THEATRES

Jack and the Beanstalk 2026



# Visual Story

This visual story is written to help you prepare for your visit to the Festival Theatre, to see the pantomime *Jack And The Beanstalk*. We're really looking forward to welcoming you.

This guide will help explain the story through pictures and words. It will also help you get to know the theatre.

If there's anything you're worried about, let your teachers know and they can get in touch to see how we can help.

Get ready for some Fee Fi Fo Fun!

# Arriving at the theatre

This is the Festival Theatre, where you'll be watching the show.



You might travel here by bus, car, or taxi. It's important to be very careful when crossing roads. Make sure you listen carefully to your trusted adults.

For many schools, the first space you will see is the foyer:



You will see our staff. They will be wearing black or blue t-shirts. They are here to help if there's anything you need.



Our staff will take you to your seats.  
Some schools will be sitting downstairs. This area  
is called the Stalls:



Some schools will be sitting upstairs. This area is  
called the Dress Circle:



The toilets are just outside the auditorium, on each level.



Our staff will be happy to show you the way.

You'll know that the show is about to begin when the music starts and the performers come on stage. The lights will go a bit darker, but you'll still be able to see what's around you.



We know that watching the show can be noisy and some of you might find this a bit overwhelming. You can ask for ear defenders if you like:



Our panto stars love to hear you laugh, boo, and maybe even shout "He's behind you!" but we understand that some of you might like to enjoy the show in a more quiet way. That's fine too.



There are break-out spaces outside of the auditorium if you'd like to watch the show in a quieter space, or if you'd enjoy another activity like colouring in.

# The story

Now it's time to tell you the story of the show!

First, let's meet the characters.



## **Dame May McTrot**

Dame May McTrot is our fabulous panto Dame. She's here to tell the story. She'll also make sure there are plenty of chances to join in and giggle if you want to.

She wears big sparkly colourful costumes and likes to make fun of the baddies. People sometimes call her Auntie May.



## **Fleshcreep**

This is Fleshcreep. He is the baddie. He is in charge of an army of Giants. There is one giant who is bigger than all the rest. Their name is Blunderbore.

If you like, you can give Fleshcreep a big "Boo" whenever he does something nasty.



## **Jack**

This is Jack McTrot, Dame May's son. Jack is one of the Panto's friendliest pals and helps to make sure that everything works out by the end.

Whenever he comes on, he says a great big "Hiya Pals!" He loves it when you say "Hiya Jack" back.



## **Pat**

Pat is a Cow. She lives on the farm with Jack. They are best of friends. When she grows up, Pat would love to be a famous actor.



## **Spirit of the Beans**

This is a magical character who can help our panto stars with magic when they get into trouble. She usually wears beautiful, sparkly costumes.



## **Princess Jill**

Jill is a kind girl who lives in the village.



## **Act One**

It's time for the show to begin.

Our story starts in the Royal Kingdom of Auchterreekie.

The first voice we hear is from one of the giants in the sky saying "Fum fo fi fee!" warning everyone about the giants. Then the Spirit of the Beans sings a lovely song to welcome us to the Royal Kingdom.



Then we meet Fleshcreep and his giant army. Some people might want to boo when they see him. He brings some giant-sized food to feed his giant army.

The giants are so big and hungry that they need more food. They want to eat all of the animals in Auchterreekie.



Jill and the Spirit hear the giants' rumbling voices. They go to look for Dame May McTrot, to see if she can help.

Dame May McTrot arrives singing a song about the pantomime, telling us all that we're going to have a really good time. If you listen closely, you might want to join in by singing "Come on, come on" when the time is right.



Next, we meet a very important person: Jack! He wants to get the party started and does lots of silly dancing. Every time we see Jack, we can say "Hiya Jack!"



Jack tells Auntie May that he wants to be an actor when he grows up, so he tries to show off his best acting skills. Unfortunately, his acting skills aren't very good.

As he can't be an actor, Jack decides that he actually wants to be an inventor. He's already invented a special big red button. When this button is pressed, the lights will go into party mode and funky music will start to play.



It's time to meet another star of the show: Pat, The Cow. She starts off by saying a big hello to everyone. But shouldn't a cow say "moo" instead of "hello"?



Jill wants to stop everyone worrying about the giants in the sky. She decides to organise a talent show called the Scottish Variety Show.

Jill asks Jack if he will help them fight the giants, but he says he's too scared.



Auntie May asks the audience if we can keep a look out for Fleshcreep. He's always dressing up in fancy dress to use as a disguise.

When a person walks on stage dressed as a pando, the panto stars think it must be Fleshcreep. Luckily, it's not!



Then, the real Fleshcreep marches on. Some people might want to boo at him again.

Jack decides that his next dream job is to be famous on social media. He brings out a camera to film some fun videos. Jack, May, and Fleshcreep talk about their favourite TV shows to watch.

Next, it's time for the Scottish Variety Show to begin.

It starts with the Spirit of the Beans welcoming everyone and introducing today's special guests: The Proclaimers, who are a Scottish band. But it turns out that it's not really The Proclaimers, it's actually Fleshcreep all dressed up.



Then, Jack, Pat and Jill take their turn. They sing a song that is cowboy themed. They do a special routine called line dancing and wear fun cowboy outfits.

Up next is May McTrot's performance. She sings her own song, in a sparkly and colourful dress.



Finally, the Mystery Magician says he is going to perform a magic trick. He asks Jill to climb into a magic cabinet where he will make her disappear. But it turns out that the Mystery Magician is actually Fleshcreep. He has used this magic trick to capture Jill!



Fleshcreep says that he's going to take Jill away to the Giant's Castle in the sky. He says that Jack has to give Pat and all of the animals to him, otherwise the giants will eat the princess! They only have 24 hours to do this.

Auntie May says that the only way to save Pat The Cow is to take her to market and sell her.

On the way to the market, Jack meets Fleschcreep. He offers to buy Pat and wants to pay with magical beans. Fleshcreep tells Jack that if he throws the beans onto a compost heap they'll grow big and tall. Jack thinks he's made a great deal.



On the way home, Jack bumps into the Spirit of the Beans. She explains that the beans aren't magic, but that she is. She performs a magic spell that will make the beans do amazing things. They'll help Jack to save Pat and everyone in Auchterreekie.

When Jack shows the beans to his mum, she's not too happy. May sends Jack to bed, then throws the beans on the compost heap. This means the magic can start to work.

The Spirit of the Beans appears, and the beanstalk begins to grow. Jack begins to climb up!



## The Interval

It's now time for the show to take a break. This break is called the interval. It is a good time to go to the toilet if you need. You can also have a walk in our break-out spaces or enjoy an ice cream at your seat. Make sure you stay with your teachers if you do want to leave your seats.



## Act Two

It's time for the show to start again. You'll know the story is about to begin when the music starts to play. During the interval, our panto stars have climbed up the beanstalk to rescue Jill.

Act two begins in the City of Clouds and Stars. Fleshcreep sings a song all about himself and how great he is.



Jill manages to escape from her prison and finds the Spirit of the Beans. All they need to do now is rescue Pat and climb back down the beanstalk.

Fleshcreep finds Auntie May and Jack. Every time he tries to be angry, Jack and Auntie May sing a silly song that makes fun of Fleshcreep.



Annoyed that Jill has escaped, Fleshcreep uses all of his powers to hide Pat from the rescuers.

But Fleshcreep is no match for the Spirit of the Beans and Jill. They manage to find Pat and help her to escape.



Fleshcreep is very angry at losing Pat the cow. To make matters worse, he's also lost a pair of poisonous pythons. He and Auntie May have a big, confusing argument about it.

Suddenly, the Giant roars "Fee Fi Fo Fum!"



Now it's time for Jack and Jill to fight Blunderbore and save all of Auchterreekie. They use the giant's own supersized cutlery to fight back.

Auntie May sings about how she's survived through her very long time as a panto star.

Meanwhile, Jack and Jill manage to rescue Pat. But as they're trying to escape, Fleshcreep finds them. All our panto stars are chased by Fleshcreep and the giants.

They manage to climb down the beanstalk, only to see that Blunderbore is following them!



With their feet safely on the ground, Jack and Jill use axes to chop the beanstalk down, before the giant can reach them. The beanstalk comes crashing to the ground, saving everyone in Auchtereekie.



Without his giant henchmen, Fleshcreep is much less powerful.

The panto friends have a vote to decide what should happen to him.

They vote to banish Fleshcreep forever.

Next, Jack reminds us of everything that has happened in the entire story by speaking super fast.

We're nearly at the end of the show, so it's time for a big song to say thank you and goodbye to our panto pals. Some people like to clap, cheer, or dance, but you can join in however you like.



## **The End**

At the end of the show, please stay in your seats until your teachers tell you it's time to leave. You'll soon be going back to school. This is a nice time to talk about the things you loved best.

We hope you had a great time at the pantomime!