This content information is written to help you know if you will be affected by any of the themes in HOT IN HERE and to point out subject matters which might be difficult.

HOT IN HERE is a new devised show, made by Pigfoot, in response to the live climate emergency. As a result, the exact content of the show is still being finalised.

Three 'Kinetic Beings' – shape-shifting, mischievous spirits who control the show – demonstrate how the dancefloor works. They might invite two or three audience members on stage to try the dancefloor with them.

We hear the prophecy of the Condor and the Eagle, which briefly describes the Condor's path (harmony with nature), the Eagle's path (violence and destruction), and the crossroads we face.

We see a video interview clip with climate advocate, Daze Aghaji, a climate advocate from the UK, who briefly describes a negative and positive version of the future, depending on the actions we take today.

The Kinetic Beings shapeshift into three people who were significant in the history of climate action, but are not well known. Eunice Newton Foote, who discusses her scientific discovery and sexism; Benny Rothman, who discusses the trespass of Kinder Scout, including a physical altercation with gamekeepers. Hazel M Johnson, who discusses the environmental injustice she experienced, and mentions the death of her husband and four baby girls from cancer, and the health of her children deteriorating from pollution.

We are introduced to three core characters whose journey the play will follow – Stelle, Zelda, and Alice.

Alice is at work, at a Recycling Centre. She explains why she's late to her manager – she was late dropping her kid at school because he didn't sleep because of the heat – but her manager reprimands her. She's told she's on pre-sort with Maria. We hear an interview clip with Kevin Mtai, a climate activist from Kenya who describes his campaign to prevent the US dumping waste in Kenya. Alice and Maria work and mention what they've found in their sort-needles, nappies & face wipes. While Maria goes on her break, Alice picks up a plastic bottle which has fallen off the conveyor belt, and is momentarily transported into a TV chat show. Her manager enters, and tells her off for getting distracted.

Zelda is pregnant, and at her first prenatal doctor's appointment. The Doctor recommends Zelda pauses her vegan diet during her pregnancy due to her low iron count. Zelda explains she's more concerned about air pollution, and mentions Ella Adoo-Kissi-Deborah, who died at the age of 9 due to air pollution. Zelda leaves to attend a baby bonding session.

Stelle is at Heathrow, and her flight to Costa Rica is cancelled due to a heatwave. Throughout Stelle's scenes, we hear her anxious internal monologue, where she thinks about the worst case scenario – like the planes bursting into flames. Stelle discusses the cancellation with her friend, and calls her twin Effie, who tries to explain that heatwaves are serious and flying will only make the climate crisis worse, threatening people in countries like Dominica. Stelle's flight is reinstated, and she goes to board the plane. We see a video interview clip with climate advocate, Sofia Hernandez, from Costa Rica, who briefly describes Costa Rica's vulnerability to climate disasters, like hurricanes, droughts, and floods.

The Kinetic Beings shapeshift into the persona of three Brits, who chant a glitzy, energetic song about their love for the heatwave, tanning- to help them get a man, and having a margarita. The upbeat tone continues even as the song gets more serious – the three Brits don't mind burning, not sleeping, or fainting, as long as the sun's out. We see videos and images of heatwaves and wildfires in the Global South.

We see a video interview clip with climate advocate, El Gibbs, from Australia, who describes the increase of severe weather events in Australia, and her town being surrounded by a wildfire for weeks, making the air toxic and burning an old forest. She mentions the danger of heat, killing more people – particularly disabled and older people – than fire does.

Zelda is talking to her baby, during the heatwave. She describes saying goodbye to Hampstead Heath on another hot day and researches why pregnancy can make women feel hotter, but decides not to tell her doctor as they might say she's exaggerating because she's a Black woman, and she needs to focus on not giving birth too soon. She explains the sustainability measures she's putting in place for her baby, then researches whether having a child affects the environment.

The heatwave continues. Stelle returns home from a day in town, and asks Siri the temperature – it's 35 degrees. Stelle asks Siri what the worst case scenario of heat stroke is; Siri lists the symptoms, which include nausea and vomiting, hallucinations and delirium, unconsciousness, and death. Stelle's internal monologue wonders what would happen if the earth is no longer habitable for humans. Stelle films an Instagram reel – chatting about how horrible it is taking the tube in a heatwave, but that it's still better than cycling – and giving tips on how to survive a heatwave.

The Kinetic Beings tell us the story of the Hopeful Plastic – a plastic water bottle which is sent to be recycled, but, when it arrives at the recycling centre, sees other plastic being thrown into a 'Useless' pile, to be sent to landfill. The Hopeful Plastic is thrown into the 'Naughty' pile – it's not profitable to be recycled.

Alice is at work again, and exhausted. We hear an interview clip with Laura Verónica Muñoz, who describes coming from a peasant family from the Chibchan Indigenous community, and the effects of colonisation on her family identity. She explains how crops have been affected by climate change. Maz and Alice work and chat. The plastic bottle falls off the conveyor belt again, Alice picks it up, and is transported into a 'This is your life'-style TV chat show. Alice describes her experience growing up in the countryside, her grandad losing three fingers working in the mines, and politicians disregard for working class people. We find out Alice wanted to be a dancer.

We see a video interview clip with climate advocate, Sonya Epifantseva from Russia, who says that it's not the fault of people who have jobs in high-polluting industries, but the fault of the owners and the government.

The Kinetic Beings lip-sync to British politicians from the last 20 years who have made and broken environmental promises.

We see a video interview clip with climate advocate, Fatou Jeng from The Gambia, who talks about the importance and privilege of being able to use your vote and your voice as a "weapon" in European countries.

Stelle is at home, in her bedroom, on the phone to Effie. She recounts a recurring dream in which she is approached by an Indigenous Native American man, and then the ground becomes an eye which she falls into and wakes up. Until one night in the dream, she asks to stay asleep. She is joined by a Kalinago girl from Dominica, who she met in real-life shortly before Hurricane Maria, as well as people who have been displaced and well-known climate activists. The dream continues, and a mighty tree grows out of the earth, Stelle eats the soil, and cries with joy. Back in reality, Stelle is confused as Effie had just been telling her about environmental prophecies.

We see a video interview with Ashfred Norris, a climate advocate from Dominica, who mentions the impact of Hurricane Maria on Dominica.

The Kinetic Beings take on the character of a Rupaul's Drag Race presenter, the island of Dominica and Hurricane Maria, who dance-battle. While commentating the battle, the presenter tells us about Hurricane Maria's size and strength, and its impact on Dominica. Hurricane Maria wins the battle.

We return to the video interview with Ashfred Norris, who describes his visit to Hellshire Beach in Jamaica, where a local showed him how far the sea had risen.

The Kinetic Beings cue two more video interviews, with Mitzi Jonelle Tan (climate advocate from the Philippines) and Izzy Laderman (climate advocate from the U.S.). Mitzi describes her experience growing up with frequent flooding and her fear of drowning in her bedroom. Izzy explains the disproportionate effect of climate disasters on disabled people, and tells us about a paraplegic woman who drowned in her bedroom during Hurricane Katrina after her caregiver was separated from her.

Back in the recycling centre, Alice finds the water bottle again that takes her back into the imagined chat show. Alice talks about her job, which she started because she needed money, but soon realised the importance of her work. Alice talks about the need to destroy capitalism in order to fight the climate crisis. Rain starts to pour. Maz runs in and tells her that Luke's school is closing and Alice needs her to pick him up.

We see Alice, Zelda, and Stelle experience the same flood in three different locations. Alice tries to get from work to Luke's school. Stelle tries to get from the airport to home. Zelda is stuck in her new house and speaks on the phone to the doctors and her mother. We see imagery of flooding in London, and the characters vividly describe damage to home and infrastructure because of flooding.

We return to the video interview with Mitzi Jonelle Tan, who describes flooding and typhoons in the Philippines, and having to do her homework by the candlelight. She mentions Typhoon Haiyan which killed 6,000 people. We see another video interview clip with climate advocate, Lina Yassin from Sudan, who talks about the importance of seeing people impacted by flooding as individual stories, not numbers.

The Kinetic Beings address the audience directly, taking them through a life-story of realisation, from being born to witnessing a beloved tree be cut down and experiencing grief as a result, to realising the extent of capitalism, the Industrial Revolution, colonialism, plastic waste, the disproportionate effect of climate change on the Global South, and environmental racism. This finishes in a call to action for our core characters, and the decision to fight for collective action.

We see Zelda in a new doctor's surgery. They speak to a medical professional, who is only half listening. The medical professional asks if they will have anyone with them; Zelda misunderstands what they mean and spills her feelings of isolation and climate anxiety. She's realised that she is part of 'climate gentrification', the global impact of the climate crisis, and that it's worse in The Gambia, where her mum lives.

We see Alice in a community centre, at a meeting she has hosted about the climate crisis, following the flood. Alice calls for the audience to think of their three best qualities they can use in the fight against climate change, and gives examples of the actions they can take in the community.

Stelle creates an instagram reel "How To Survive A Lying Idiotic Government" - giving tips on how to fight for political climate action, like voting, dancing as protest, and supporting people on the frontlines.

Zelda introduces a documentary she has made. She talks about her own experience with the climate crisis, living a sustainable lifestyle, and her wish to platform other voices from around the world.

A video montage plays, with climate activists from over 20 countries around the world. It shares climate impacts that are taking place: flood risk, sea level rise, typhoons, food insecurity, climate displacement. It also shares climate actions: reading books, planting trees, having conversations, saving water, using electricity, buying second hand, talking about it. The activists share organisations they have founded, such as Bring your Own Bottle, Singapore, Kenya Environmental Action Network, and the Gray2Green movement in Nigeria. They discuss the power of young people working together and taking action, of listening to Indigenous people, being compassionate to one another. They describe climate justice as fighting for someone you love.