



I am going to Calmapalooza.

Calmapalooza will have activities that won't be too loud or too fast for me to enjoy. I can find out about the different activities as I continue reading the social story.

It will be an outside activity, so I need to dress to match the weather. If it is rainy or stormy, Franklin Center will communicate the new plan to me. I know I can be flexible if there is a new plan!



This is an outdoor event. I will enter the event through the community room. Whenever I need to use the bathroom, I can use the bathrooms inside the gym. There will be activities going on in the gym too. Besides using the bathroom and doing activities in the gym, I won't be able to go to any other places inside the building.



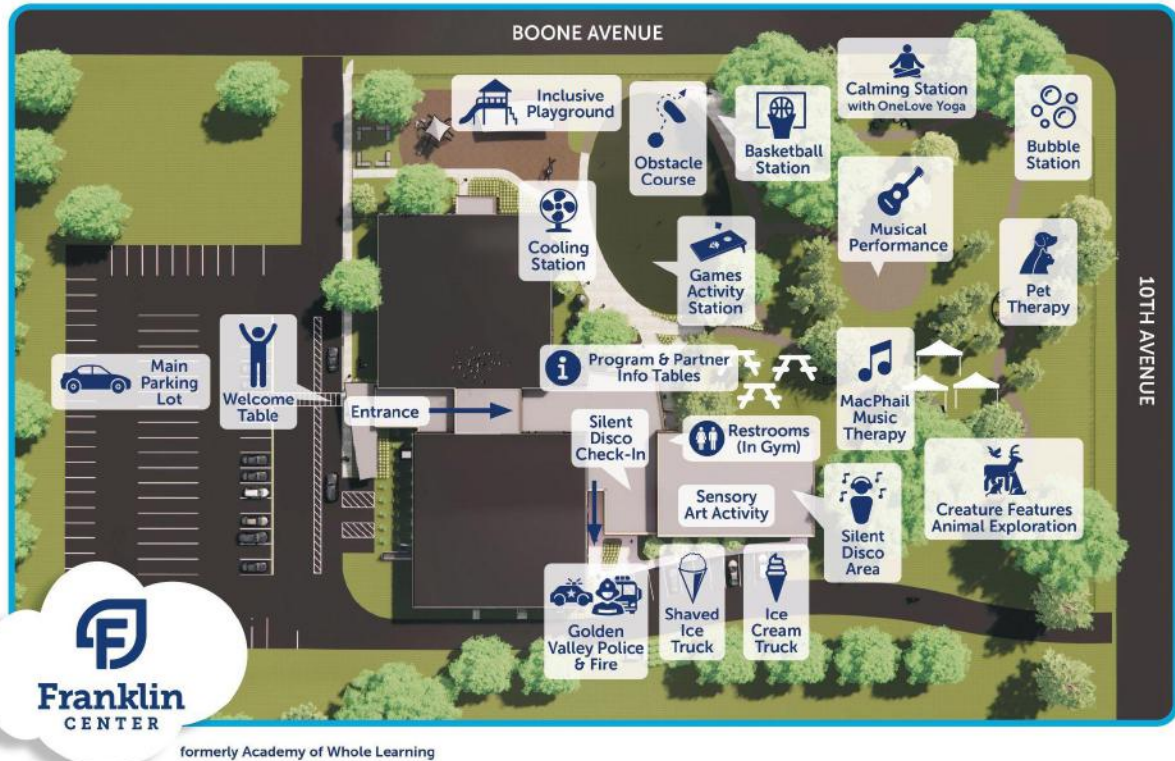
I may see a person with a video camera and a person with a camera walking around the event. They are taking videos and photos so other people can hear about the event in the future. If I don't want to be filmed or photographed, I can ask them not to include me.

CALMAPALOOZA

A festival of sensory-friendly fun

Sunday, September 10, 2023 | 1-3 PM

1001 Boone Ave N | Golden Valley, MN 55427



When I arrive at the event, I will park in the main parking lot. If the parking lot is full, there is an overflow parking lot across from Franklin Center where I can park.

I will walk from my car to a welcome table. A person will be there to give me a map and answer any questions I might have.



People who can answer my questions will be wearing shirts that look like this. They will be walking around the event ready to help me.

I can ask questions like “where is the food truck?” or “where is the music therapy?” and they will be able to help me.

If they give me directions like “use walking feet please,” I didn’t do anything wrong. They just want me to be safe. It is very important that I stop and listen to safety reminders.



If I need a break, there will be people wearing the blue shirts that can help me find the calming space. The calming space will be quiet and will have headphones, fidgets, and other tools that can help me calm down.



Near the calming space, there will also be a few instructors leading yoga activities. I can choose to participate in the activities, but I do not have to. This is another way I can help calm my body down.



I may hear some unexpected sounds, like people clapping their hands for the musical performances.

There are train tracks close to the event, so there may be a train horn noise. I can use strategies to help me stay calm.



If I need to use the restroom, I will go to the restrooms in the Franklin Center gym. I will open the door and go in. It is very important that I lock the door so that someone doesn't come in when I am using the restroom. I can ask a staff member to show me where the restrooms are. I will remember to wash my hands after using the restroom.



There will be free water to drink if I get thirsty. There will be a sign for the water to help me find it.



There will also be an ice cream truck and a shaved ice truck where I can pay for food.

If I get food from the truck, I will wait in line and tell the workers behind the counter what I would like to order. I will pay for the food. They will make my food for me, and they will call me when my food is ready.



The Golden Valley Fire Department will have their fire truck at the event. The Golden Valley Police will also be at the event with their police car.

The fire truck will not make any noise. I can choose to explore the inside of the fire truck if I would like to.

The firefighters will answer my questions about the firetruck and what it is like to be a firefighter. I will want to listen carefully to their instructions about how to explore the firetruck.



The silent disco is a place where I can listen to music and dance. If I choose to participate, I will get my headphones at the silent disco check-in table after I arrive. I will need an ID to check-out the headphones. I can use the ID of my parent or guardian if I don't have one.

I will wear headphones like these and have a choice of three music channels to listen to. I will stay in my personal space bubble when I dance. I can just listen to the music instead if I don't feel like dancing. I am allowed to wear my headphones outside the silent disco space as I walk around the event.

When I am finished with my headphones, I will return them to the check-in table where I picked them up. I will get the ID back after I turn the headphones in.



There will be a misting station with small misting fans that I can use to cool off. I will wait my turn if there are others using the fans. The fans will spray me with mist, but I won't get very wet. I will return the fan when I am done using it.

If I am using my silent disco headphones, I will take them off and hand them to a family member to hold while I use the fan.



On part of the turf field, there will be an obstacle course that I can try if I want to. There will be event staff helping show me how to do the obstacle course.

Some parts of the course might be challenging and I can choose to skip them.

MacPhail

CENTER FOR MUSIC



Guitar



Cabasa



Ocean Drum

Music Therapists from MacPhail Center for Music will be there. They will help me to try different instruments.

I may need to wait until it is my turn to try the instruments.



On another area of the turf field, there will be some different yard games, like bags, bocci ball, or giant Jenga.

If I want to play one of these games, I might have to wait my turn until other event guests finish their game.



There will be a live musical performance at 1:30 pm. The music will be at a soft volume. I can choose if I want to watch and listen to the music or not.



Creature Features will be at the event. They will be outside under a tent. They are bringing some animals with them. The staff will tell me what animals I can and can't touch. I will get to learn facts about animals.



One of the gym activities will be a sensory art activity. This activity might get a bit messy, but there will be a tarp covering the ground if I spill. I can go to the bathroom and wash my hands if I get messy.



There will be a pet therapy dog at Calmapalooza.

The dog owner will give me instructions on how to interact with the dog. I may need to wait until it is my turn to interact with the dog.



There will be a chance to play with bubbles if I would like. I will be able to make and pop my own bubbles.

I will follow staff instructions on how to use the bubble equipment.



There will be a playground at the event.

I will be sharing the playground with other guests at the event and may need to wait my turn to use different parts of the playground.



If I attend Franklin Center, I may see staff I know.

It is okay to say hello, but they may not be able to talk to me for very long because their job is to help everyone at the event, not just me.

Everyone at Calmapalooza is working towards the same goal: having a lot of fun! I know I can have fun at Calmapalooza.