

Going to a Big Event



We are going to an event. The event can be big or small. This event is a place where people go to learn and play. Events can be really fun!

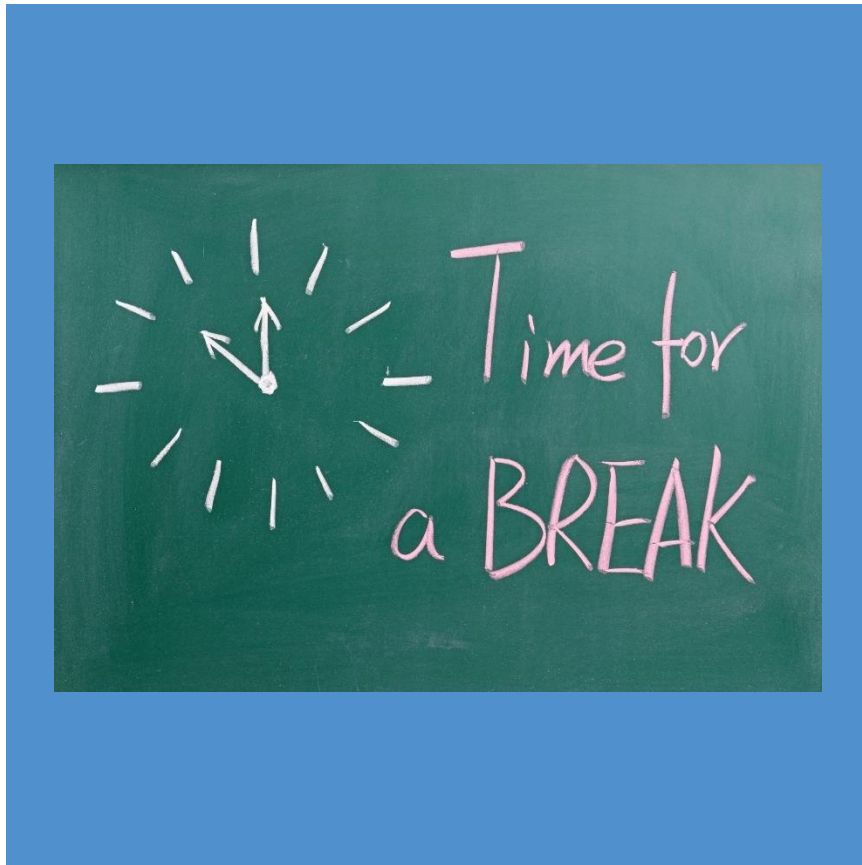


Sometimes events can feel noisy or crowded. It's okay. I can tell my mom or dad if I feel scared or nervous.



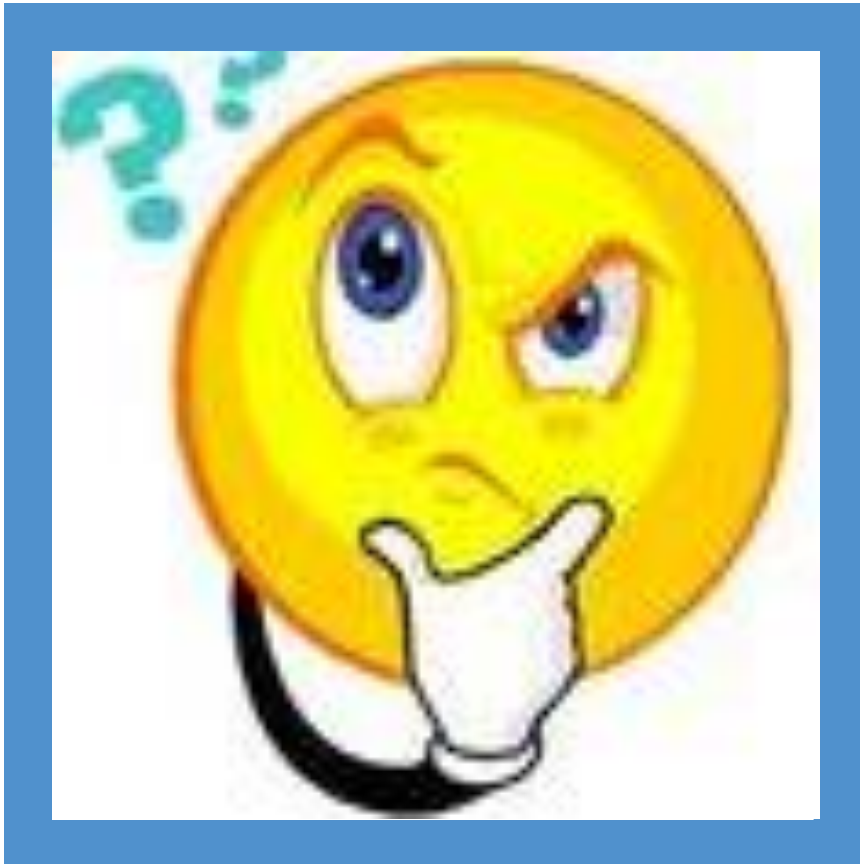
They might hold my hand or take me for a short walk. I can take a break from the noise and crowd and still have fun at the event!

If the noise is too loud, or if there is too much going on around me, that's ok. I can tell my mom or dad.



They might take me to a different place at the event. This place is quieter, and smaller and not as many people.

When I get to the Break Room, I can do different things to help feel better.



Sometimes I may feel nervous about a different place, especially if the place is new.

It's okay! My mom and dad know what I like and will help me choose something to help me feel better.

There may be things I already know, and there may be things I've never seen before. That's ok.



I can ask for crayons to color with or play tic-tac-toe.

I can also read books or listen to music.

I can squish a squeeze ball.

I can watch a sensory bottle.

Once I feel better, I can return to the event and keep having fun!



There are fun things to see and do at the event when I am ready.

If I see something I do not know about, I can ask my mom and dad to find out.

I did it! Going to an event was lots of fun and now I know that I can do it again!



Things to Try

When we go to an event, I can bring:

- A favorite toy
- Headphones
- A comforting fidget
- Sunglasses
- A hat