SENSORY-FRIENDLY MORNING AT THE IOWA STATE FAIR

With thousands of things to do, see or eat, the Iowa State Fair might seem a bit overstimulating to some, so we will be turning down the lights and sounds for a morning.

Special sensory programming is planned with modifications in certain zones on the Fairgrounds.

Use this itinerary and map as a guide to the Sensory-Friendly Morning Wednesday, August 17, from 8 a.m. to Noon.

For a complete list of daily activities, visit iowastatefair.org.
1. Calming Room
Calming Room is located in the Robert G. Horner Service Center from 8 a.m. to Noon.

2. Little Hands on the Farm
Follow the path that includes the garden, grain bin, apple orchard, chicken coop, tractor shed, sheep barn and more. Fill out the Little Hands on the Farm AgVenture Passport and receive a piece of fruit, granola bar or ice cream for your work on the farm. (Opens to the public at 9 a.m.)

3. Animal Learning Center
Fairgoers can see morning chores, snuggle with baby animals and visit the Animal Learning Center when it is quieter. (Opens to the public at 9 a.m.)

4. Sensory Walk
Follow the directions on the colorful sidewalk pathway in Kids’ Zone. Hop once or take a reset and see the Fairgrounds come to life.

5. The Garden
The Garden features fruit trees, vegetable gardens, the history of corn display, soybeans, alfalfa and a composting display.

6. DNR Courtyard
A quiet area located outside the DNR Building, sit next to the pond and watch wildlife interact with one another. The DNR Building features several aquariums, educational displays and presentations about the Iowa outdoors.

7. Avenue of Breeds
The Avenue features 100 breeds and 100-120 unique animals you might not know are raised in Iowa.

8. Thrill Town
Find kid-friendly rides in a fun, clean and convenient location east of Gate 10 and north of the Jacobson Exhibition Center lawn. Lights and sounds will be toned down for our sensory aware friends from 9 a.m. to noon.

9. Mascots and Strolling Acts
Fairfield and Rosetta are waiting for you. Take a picture with them and the other Fair strolling acts, including Bandaloni, the Strolling Piano and Robocars, starting at 9:30 a.m. in Pella Plaza.

10. Thrill Ville
Thrill Ville is a clean and family-friendly atmosphere, located between the Grandstand and Ye Old Mill. Lights and sounds will be toned down for our sensory aware friends from 10 a.m. to noon.

11. Blue Ribbon Kids’ Club
Everyone is invited to Kids’ Club Wednesday morning! Make your own sensory bottle and help make other bottles to donate to local schools and charities.

12. Sensory Event in The Kitchen
Slime and Play Dough Make and Take in The Kitchen, where you can create your own and then take it home!

13. Discovery Garden
A little bit of quiet and a lot of green, beautiful flowers and native plants to Iowa can be found along with a walking bridge and fish pond. It’s a shaded place to sit and reset.

FAIR TIPS

Kid Find: Make sure everyone in your group is accounted for with the Kid Find Wristbands. If you’d like to take part, go to the nearest information booth, the Hall of Law or the Star 102.5 booth to get a wristband.

Sights and Sounds: We'll turn down the sounds, lights and motion as much as possible, but if you have noise-canceling headphones, we recommend bringing them as a precaution. Please be aware that the usual sights and sounds on the Fairgrounds will return at Noon. There may be loud sounds and/or lights in the Thrill Town and Thrill Ville areas, and a Truck and Tractor pull event will begin at Noon in Elwell Family Park. The National Anthem will be played on the Fairgrounds loud speakers at 10 a.m.

Food/Drink Policy: Outside food for dietary reasons and a sealed bottle of water are allowed on the grounds during the Fair. If perishables or medication need to stay cool, small soft sided coolers are permissible.

Questions about the Sensory-Friendly Morning? Email Emily Wynn at ewynn@iowastatefair.org.