

SENSORY-FRIENDLY MORNING AT THE IOWA STATE FAIR



PRESENTED BY



IowaStateFair

NOTHING
COMPARES

AUGUST 19

8 A.M. TO NOON

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 list and map as a guide for Sensory-Friendly Morning on Wednesday, August 19, from 8 a.m. to noon.

Make sure to arrive early to avoid crowds!

For a complete list of daily activities, or to watch a video about the day, **visit iowastatefair.org** or scan this QR code!



Kid Find: Make sure everyone in your group is accounted for with Kid Find Wristbands. Go to the nearest information booth, the Public Safety Building, East Marketplace or the Star 102.5 booth on the Grand Concourse 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-cancelling 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 lights in the Thrill Town and Thrill Ville areas and the radio station broadcasting. The National Anthem will be played on the Fairgrounds' loud speakers at 10 a.m.

Food/Drink Policy: Outside food and drink are allowed on the grounds during the Fair. If perishables or medications need to stay cool, small coolers are permissible.

Parking: On-grounds parking is available off University Ave. In order to park everyone safely, the line to get into the parking lot moves slow at times. Please plan accordingly so you have plenty of time to enjoy the special morning activities.

8 AM **1** Welcome Tent

8 AM - 3 PM **2** Calming Room

8 AM **3** Little Hands on the Farm
(opens to the public at 9 a.m.)

8 AM **4** Animal Learning Center
(opens to the public at 9 a.m.)

8 AM **5** Sensory Walk

8 AM **6** The Garden

8 AM **7** Barn Education Areas

8 AM **8** Fun Forest Stage

8 AM **9** Avenue of Breeds

8 AM **10** Discovery Garden

The listed activities in this guide are available for all Fairgoers.

*** STAFFED CALMING ROOM / AREAS**
(Staffed until 3 p.m.)

WATER REFILL STATIONS

FAMILY RESTROOMS

ADULT CHANGING STATION
(Open from 8a.m. till midnight)



1. Welcome Tent ***** Drake University

Be sure to check out the Sensory-Friendly Morning Welcome Tent sponsored by Drake University inside Gate 15 to pick up your exclusive welcome bag!

2. Calming Rooms ***** ChildServe

If your child needs a place to calm down or recharge before heading back to the Fair, try out one of our sensory-friendly rooms, sponsored and staffed from 8 a.m. to 3 p.m. by ChildServe.

Calm Your Body: We offer a mixture of sensory experiences like adjustable lighting, sensory fidgets, a calming tent, music, coloring sheets and comfortable chairs.

(Robert G. Horner and Sheri Avis Horner Service Center)

Move Your Body: Enjoy movement activities led by ChildServe Occupational Therapists including stretching, jumping, bouncing on therapy balls and testing out an obstacle course. (Jacobson Exhibition Center)

3. Little Hands on the Farm ***** ChildServe

Follow the path that includes the garden, grain bin, apple orchard, chicken coop, tractor shed, sheep barn and more. Keep busy with "Walk Like an Animal" and "Animal Yoga" signs along the way. For all your hard work, at the last stop, grab a piece of a fruit, a granola bar or ice cream at the Grocery Store. Little Hands will have all sensory-friendly morning volunteers from 8 a.m. to noon to help with farm duties. *(Opens to the public at 9 a.m.)*

4. Animal Learning Center ***** ChildServe

See morning chores, snuggle with baby animals and visit the Animal Learning Center when it is quieter from 8-9 a.m. A place to hear, feel, smell and touch; sensory bins will be available all day. *(Opens to the public at 9 a.m.)*

5. 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.

6. The Garden ***** ChildServe

The Garden features fruit trees, vegetable gardens, the history of corn display, soybeans, alfalfa and a composting display. "I Pick" at the Garden will happen from 8 a.m. to 10 a.m. along with sensory bins of seeds, leaves, dirt and flowers.

7. Barn Education Areas ***** ChildServe

- At Cattle Corner, learn more about beef and dairy cattle in Iowa, feel different feeds, take pictures as farmers and so much more.
- In Horse Haven, learn how to braid a horse's tail, put

a horse puzzle together or take a seat and color a horse themed coloring page.

- Visit the Sheep Stop to feel wool from sheep, color a sheep-shaped chalk board or take your picture with a grand champion sheep.

8. Fun Forest Stage ***** Drake University

Stop by the Fun Forest Stage for live entertainment like Brad Weston's magic and juggling acts and The Rubber Chicken Show with Greg Frisbee. The stage is also home to the Kid's Club each weekday and Saturday at 10 a.m., featuring a special sensory-friendly program on Wednesday the 19th.

9. Avenue of Breeds **I** Able

The Avenue of Breeds showcases 70 different breeds and approximately 100 unique and common animals found throughout Iowa. This educational exhibit is organized and supervised by current and alumni members of North Polk FFA.

10. Discovery Garden **I** Able

Offering a little bit of quiet and a lot of green, the Discovery Garden features beautiful flowers, native Iowa plants, a charming walking bridge, and a peaceful fish pond. It's the perfect shaded oasis to sit, relax, and rest.

Sensory-Friendly Tips:

1. Arrive Early

- On August 19th, several kid-favorite and sensory-friendly activities are opening early (8 a.m.) to give families a little extra time to get settled before the crowds fill up.
- Plan extra time ahead for parking and making your way to the fair gates so you can start your morning feeling calm and unhurried.

2. Focus on Your Favorites

Choose your top 3 activities and visit them first so your family can focus on what brings the most joy.

3. Take a Break to Recharge

Review the event map to easily find ChildServe's Calming Rooms when you need a break. On Wednesday, August 19, ChildServe occupational therapists will be stationed in these Calming Rooms to support individuals with sensory processing needs with engaging activities.

*** Staffed during Sensory-Friendly Morning Hours**