

SENSORY-FRIENDLY MORNING

AT THE IOWA STATE FAIR



AUGUST 14

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 Wednesday, August 14, 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!



Spanish interpreters and sign language interpreters will be located inside the Gate 15 entrance, and at the Fun Forest Stage during the Kids' Club Make and Take event.

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 on Grand Ave by the Grandstand 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, the radio station broadcasting, 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 sealed bottles of water are allowed on the grounds during the Fair. If perishables or medications need to stay cool, small soft sided 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 at times moves slowly. Please plan accordingly so you have plenty of time to enjoy the special morning activities.

PRESENTED BY



IowaStateFair

NOTHING COMPARES

8 AM - 3 PM **1 Calming Room**

8 - 9 AM **2 Little Hands on the Farm**
(opens to the public at 9 a.m.)

8 - 9 AM **3 Animal Learning Center**
(opens to the public at 9 a.m.)

8 AM **4 Sensory Walk**

9 AM **5 The Garden**

9 AM **6 DNR Courtyard (Unstaffed)**

9 AM **7 Avenue of Breeds**

9 AM **8 Thrill Town (Unstaffed)**

10 AM **9 Thrill Ville (Unstaffed)**

10 - 11 AM **10 Blue Ribbon Kids' Club**

9-10:30 AM **11 The Kitchen**

8 AM **12 Discovery Garden (Unstaffed)**

11 AM - NOON **13 Have You Herd**

11:30 AM-4:30 PM **14 Fun Forest Stage (Unstaffed)**

9 AM **15 Barn Education Areas**

Morning Programming Sponsored by Drake University

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

1. Calming Rooms *

If your child needs a place to calm down or recharge before heading back to the Fair, try out one of our sensory-friendly calming 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.
(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)

8. Thrill Town (Unstaffed)

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 mitigated from 9 a.m. to noon.

9. Thrill Ville (Unstaffed)

Thrill Ville has a family-friendly atmosphere, located between the Grandstand and Ye Old Mill. Lights and sounds will be mitigated from 10 a.m. to Noon.

10. Blue Ribbon Kids' Club *

Everyone is invited to Kids' Club Wednesday morning from 10 a.m.-11 a.m.! Make your own DIY Fidget Toys and ISpy Bottles.

11. Sensory Event in The Kitchen *

Join us in The Kitchen from 9 a.m.-10:30 a.m., where you can create your own "snack" necklace at our make-and-take event. This year, we are also featuring speech therapists.

12. Discovery Garden (Unstaffed)

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.

13. Have You Herd *

From 11 a.m.-Noon, come meet youth exhibitors and their cows and goats. You will get to see, pet and learn more about these animals from the people who take care of them every day!

14. Fun Forest Stage (Unstaffed)

Stop by a show every hour from 11:30 a.m. until 4:30 p.m. You can see The Chipper Experience comedy and magic show or Dollypops music show.

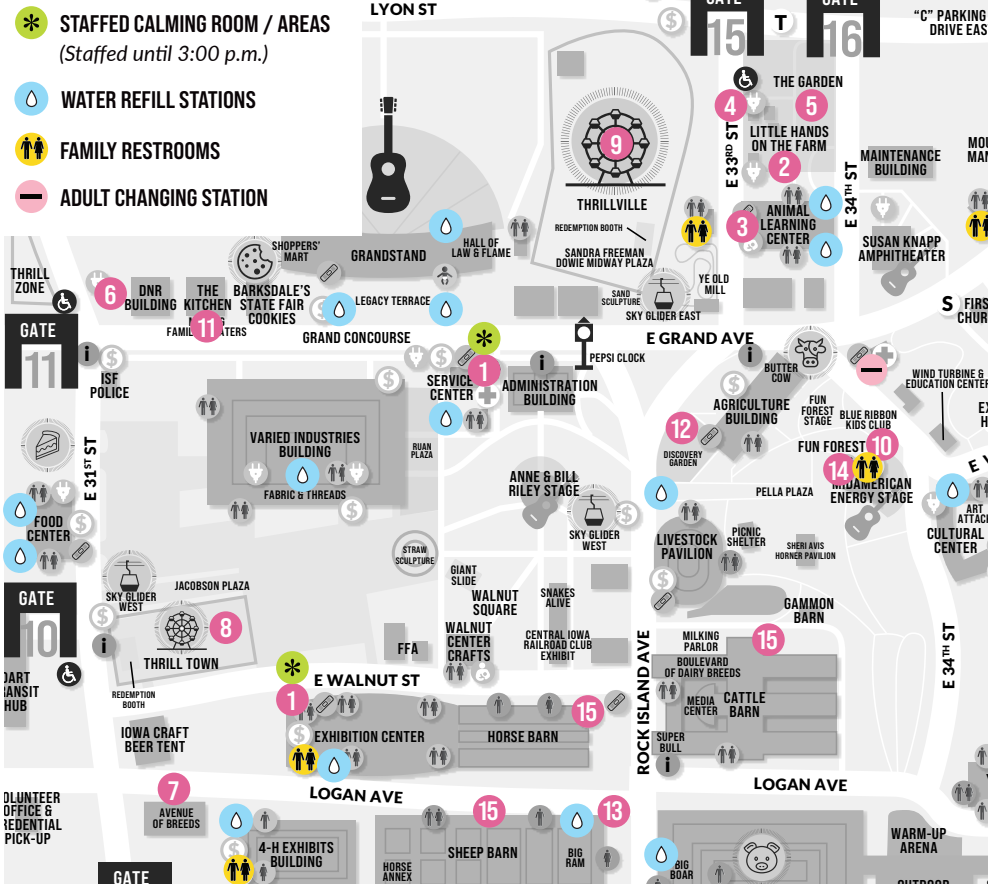
15. Barn Education Areas *

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.

* Staffed during Sensory-Friendly Morning



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. 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 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.)*

3. Animal Learning Center *

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.)*

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. "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.

6. DNR Courtyard (Unstaffed)

In this 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, touch and feel stations and presentations about the Iowa outdoors.

7. Avenue of Breeds *

The Avenue features 70 breeds and 100-120 unique animals you might not know are raised in Iowa. Sensory Bins with added touch, feel and smell will be available.