

SENSORY-FRIENDLY MORNING

AT THE IOWA STATE FAIR



AUGUST 16

8 A.M. TO NOON

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-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/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.

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

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 16, from 8 a.m. to Noon.

For a complete list of daily activities, visit iowastatefair.org.

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.

PRESENTED BY



IowaStateFair

NOTHING
COMPARES

ITINERARY

8 AM – 4 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 opens**

9 AM **5 The Garden opens**

9 AM **6 DNR Courtyard opens**

9 AM **7 Avenue of Breeds opens**

9 AM **8 Thrill Town opens**

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

9:30 AM **9 Mascots**

10 AM **10 Thrill Ville Opens**

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

9-10:30 AM **12 Sensory event in The Kitchen**

8 AM **13 Discovery Garden**

11 AM – NOON **14 Have You Herd**

11:30 AM-4:30 PM **15 Fun Forest Stage**

9 AM **16 Barn Education Areas**

**Morning Programming
Sponsored by Drake University**

1. Calming Rooms

Our Calming Room was so popular last year we've added more space! 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 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.

Move Your Body: Enjoy movement activities led by ChildServe Occupational therapists including stretching, jumping, bouncing on therapy balls and testing out an obstacle course.

All rooms will be air conditioned and staffed by ChildServe Occupational Therapists on August 16, from 8-4 p.m. Find us at the Robert G. Horner and Sheri Avis Horner Service Center OR the expanded space for 2023, Jacobson Exhibition Center.

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. (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 - from 8-9 a.m. A place to hear, feel, smell and touch; sensory bins will be available all day. (Opens to 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

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 100 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.

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 from 9 a.m. to noon. An iSpy - vision game will be added for more interaction this year.

9. Mascots

Take a picture with Fairfield and Rosetta between 9:30 a.m.-10 a.m. at Pella Plaza.

10. Thrill Ville

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

11. Blue Ribbon Kids' Club

Everyone is invited to Kids' Club Wednesday morning from 10 a.m.-11 a.m.! Make your own breathing bead bracelets and weighted lap buddy.

12. Sensory Event in The Kitchen

Join us in The Kitchen from 9 a.m.-10:30 a.m., where you can create your own sensory bags at our make-and-take event.

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.

14. Have You Herd

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

15. Fun Forest Stage

Stop by a show every hour from 11:30 a.m. until 4:30 p.m. You can see Fantastick Patrick with his incredible tricks or the Barrel O' Fun Magic Show.

16. 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.

