

AUTISM FRIENDLY ACTIVITIES

AND DAY'S OUT



Comprehensive
Behavior Supports

AUTISM FRIENDLY ACTIVITIES

Tips to prepare your child prior to your day out together!

1.

Prepare a social story so your child is fully aware of the day's events.

2.

Research the area so you, the parent, know what to expect.

3.

Keep your trips short & sweet to keep your child calm and relaxed.



AUTISM FRIENDLY ACTIVITIES BY LOCATION

Mid-Hudson / Upstate

Mid-Hudson Children's Museum, PoughKeepsie, NY

The Mid-Hudson Children's Museum aims to support families that have young children with autism by providing extra support aids, offering special assistance and periodically offering special museum hours for low-stimulation exploration. They provide visual and auditory support ("Social Stories", flip book exhibit guides, communication cue cards, sunglasses, and noise - cancelling headphones) and have identified special "quiet spaces" within the Museum to support the specific needs of children with autism and other sensory integration challenges.

Julie's Jungle Playground Hopewell Junction, NY

Julie's Jungle is the first fully accessible playground built in Dutchess County, NY. It was built for children of all abilities to play and learn together.



AUTISM FRIENDLY ACTIVITIES BY LOCATION

New Jersey

We Rock the spectrum – Locations all over NJ

We Rock the Spectrum Kids Gyms was founded to provide a place for children of all ability levels to play and grow together. When inside children can benefit from our uniquely designed sensory equipment that is specifically designed to aid children with sensory processing disorders. With open play, children are welcome to come in and enjoy the same activities that are offered during the private sessions and private parties. This includes full use of the gym with all equipment, and an arts & crafts section that has: beading, painting, lanyards and much more.

Liberty Science Center – Jersey City

Liberty Science Center features experiences for guests of all ages and stages of learning every day. But on Special Needs Days, they offer an entire day of science learning tailored to special needs classes. The program was developed by an advisory team of special education teachers, healthcare professionals, museum staffers, and parents of special needs children.

Each Special Needs Day includes live science presentations, activities, and theater shows. Pre Registration is required. For more information about Special Needs Days, contact us at 201.253.1310 or groups@lsc.org.

Urban Air Trampoline – Hackensack, NJ

With new adventures behind every corner, Urban Air is the ultimate indoor playground for your entire family. Take your kids' birthday party to the next level or spend a day of fun with the family and you'll see why they are more than just a trampoline park. For more information regarding sensory friendly days call a location near you.



AUTISM FRIENDLY ACTIVITIES BY LOCATION

New York City

Sloomoo institute – New York, NY

A sensory playground centered around slime, Sloomoo Institute is an artistic universe made to intrigue, delight, and evoke your inner child. Slime encourages wonder and joy, regardless of age. More than a childhood memory or satisfying social media trend, slime has been known to be a source of stress relief and it lets you unleash your imagination. So wear comfortable shoes, clothes you don't mind getting messy (tip: wear pants and shirts with sleeves you can easily roll up) and get your ticket to indulge!

Extreme Kids & Crew – Brooklyn, NY

Extreme Kids & Crew is a welcoming space where young people with disabilities, their friends, and their families, socialize, create, and play. We are striving to become the NYC community hub for young people with disabilities and their crews by expanding equitable opportunities regardless of disability, race, ethnicity, income inequality, or gender identity. Extreme Kids & Crew seeks to show people that disability is not to be feared, pitied or mindlessly exalted, but understood to be an inherent part of life. We will achieve this by establishing and maintaining creative community centers for the disability community.

The Intrepid Museum

The Intrepid Museum opens its doors early for children with autism and their families and stays open late for teens and adults. Families can pick up a sensory bag with interactive activities designed for the whole family, and explore the Museum without the crowds! Participants receive a social narrative ahead of time. Programs are free but registration is required.



MORE LOCATIONS SUGGESTED BY PARENTS JUST LIKE YOU

Pennsylvania

- Sesame Place – Theme park in Bucks County, Langhorne
- Please Touch Museum, Philadelphia
- Hersheypark – Hershey, PA
- Knoebels Amusement Resort – Elysburg, PA
- Elmwood park Zoo
- Legoland discovery center – Philadelphia

New York City (Brooklyn, Manhattan, Queens)

- Autism Theatre Initiative – Midtown
- The Discovery Squad – Upper West Side
- Discoveries Program – Upper East Side
- The Intrepid Museum offers Early Morning Openings and Sensory Friendly Evenings for individuals with autism eight times a year
- Govenner's Island
- Sloomoo institute – Sensory haven based around slime
- Central Park
- Conservatory Gardens
- Metropolitan Museum of Art
- The high Line
- Urban Air Trampoline – Sensory friendly schedule
- New York Hall of Science
- Prospect Park Zoo
- Queens Zoo
- Extreme Kids & Crew
- New York Public Library – Sensory Storytime
- Chuck E. Cheese – Sensory Friendly Sundays
- New York Hall of Science – Queens NY



MORE LOCATIONS SUGGESTED BY PARENTS JUST LIKE YOU

Upstate NY

- Trevor Zoo – Millbrook
- Lake Taghkanic State Park
- Dover Stone Church
- Julie's Jungle Playground
- Vanderbilt Mansion
- Bounce – special pricing upon request
- Sensory Friendly Museum Days – Bethel Woods center for the arts
- Syracuse WonderWorks – Sensory Friendly Days
- Mid-Hudson Children's Museum, Poughkeepsie
- Winslow Therapeutic Riding Center Warwick, NY

New Jersey

- Sahara Sam's Oasis Indoor Water Park – West Berlin, NJ
- 17th Annual Autism Beach Bash – Sunday Sep 12, 2021 Belmar, NJ 07719
- Adventure Aquarium – Camden, NJ
- Bowlero – North Brunswick NJ
- Chuck E. Cheese – Sensory Sundays Brick, Bridgewater, Cherry Hill, Deptford, East Hanover, Edison, Jersey City, Mays Landing, Paramus, Union, Wayne and West Windsor
- Liberty Science Center (pre-register for special needs day) – Jersey City
- We Rock the Spectrum – Kid's Gym
- Sensory Taekwon-Do – Bergenfield

Long Island

- Long Island Children's Museum – Garden City
- Children's Museum of the East End – Bridgehampton
- Coe Hall & Park Sensory Garden – Oyster Bay
- Pump it up – Great Neck

Connecticut

- Connecticut Science Center – Hartford, CT
- Children's Museum of Southeastern Connecticut – Niantic, CT
- Stepping Stones Museum – Norwalk, CT
- Mystic Aquarium – Mystic, CT



***A smile
with every
step forward.***



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