



My trip to **New England Botanic Garden at Tower Hill**



New England
Botanic Garden
AT TOWER HILL



Autism
Resource Center
A Program of Advocates



I am going to New England Botanic Garden's Sensory-Friendly Evening on Tuesday, July 22. "Sensory-Friendly" means it will be quieter with less people than usual.



When we get to the Garden, we will park the car and walk up the hill to the entrance.

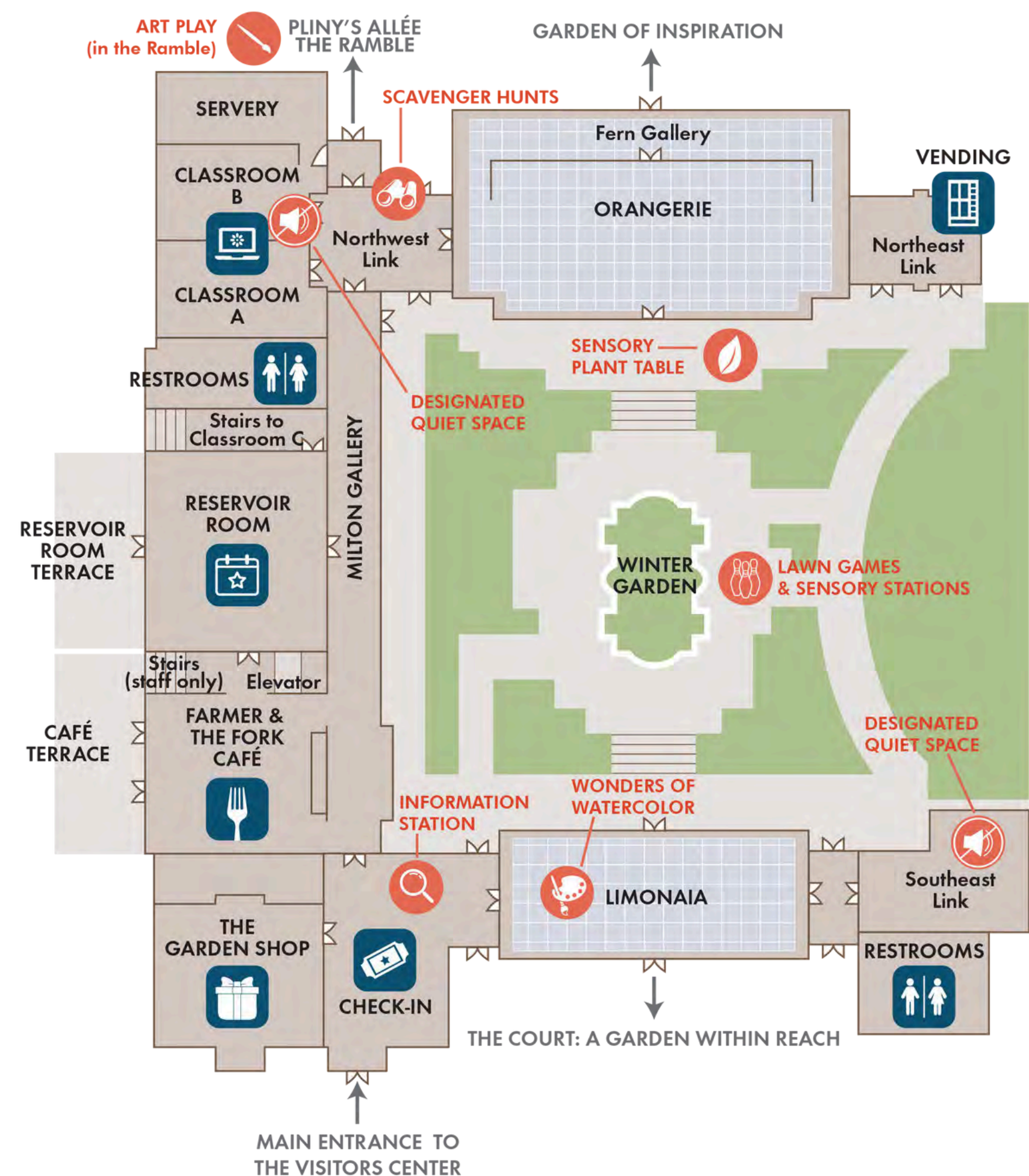


Then we will enter the Visitors Center. We may need to wait in line to check in. I will be patient and wait my turn.



After we check in, there will be an Info station with maps and schedules. I may also see some friends at Autism Resource Center staff table in the Visitor Center.

Our indoor map will look like this.



Our outdoor map will look like this.





Once we are checked in, we can explore the gardens. Flowers can be explored by looking and smelling. I will try not to pick or pull any flowers, because then they will not grow anymore.



I will see fountains and water displays throughout the Garden. The fountains may be noisy in some gardens. I will watch my step and stay on pathways so I will not step into the water.



I may see frogs or insects in the water displays. I will try my best not to touch them. Frogs breathe through their skin, so the oils on my hands may hurt them.



I can participate in a scavenger hunt. I can look for different flowers and insects throughout the gardens. I can pick up a list in the Northwest Link.



I can do arts and crafts in The Ramble art area. There is sponge stamp printmaking, chalk, and drawing.



I can explore The Ramble play area. I can carefully climb on the rocks and logs.



There will be lawn games and interactive sensory stations in the Winter Garden. There are also flower beds to look at. I can run and play on the grass.



In the Limonaia, I can paint with watercolor. The Limonaia can be bright and sounds will echo in here because of the high glass ceiling.



If things are too loud and I need a break, I can go to the Southeast Link or Classroom A/B. They are both quiet spaces with calm sensory activities for me to do.



We can also explore the other gardens and the trails around New England Botanic Garden. I may see more wildlife - creatures that live in the wild such as chipmunks, snakes, and birds - while exploring the gardens. I will watch wildlife from a distance for both of our safety.



Once we are done having fun, we can leave through the Visitors Center to go to the parking lot and then go home.



I will follow all my rules and have fun spending time at the gardens.
Thank you, New England Botanic Garden at Tower Hill!



If I want to learn more about the Garden, I can visit nebg.org before my visit.