WOW! provides a variety of sensory experiences for children of all abilities

**Heavy Work**

- Ask a staff member at the front desk for a **weighted vest**. While wearing the vest…
  - Pull the bubble up over yourself
  - Walk to the top of the pirate ship and raise the flag
  - Crawl through the tunnel in the Forest of Light

- Pull yourself up in each of the **pulley chairs**.
  - Which of the three chairs is the hardest to pull?
  - Can you find someone to race?

- **Push or pull** open the museum’s front door and hold it open for someone else.

- Close the **purple stage curtain**, then pull it open again.

- Ask the adult you came here with for a **bear hug**.

- **Lift and build** with the arc blocks in Build It!

**Movement**

- **Find a rocking chair** and rock slowly back and forth.

- **Play freeze dance** in the dance area.

- **Practice yoga** in the yoga studio.

- **Practice your balance** using the balance beams in Build It! How many different paths can you make? Can you lift the beams yourself?

**Tactile**

- Push your whole body into the **pin screen** in Forest of Light.

- Find a **furry animal costume** by the stage and try it on.

- Run your fingers along the **marble wall** in Forest of Light.

- Find the Braille chart on the wall by the activity rooms. **Close your eyes** and feel the chart.

- **Go into the tree** in Forest of Light and feel in the hollows, what animals do you feel there?

**Visual**

- Go inside the hollow tree trunk in Forest of Light and **look up at the stars**.

- Go underneath the pirate ship and **watch the fish**.

- **Create an artistic display** in giant lite brite.

**Auditory**

- Find the suction cup Squigs in Build It and stick them to the plastic dome. Can you make a **loud snap** when you pull them off?

- **Go underneath the pirate ship** for a darker, more private space. Select some books to read with your caregiver.

- What sounds can you make when you **build a Lego tower** in Build It and knock them over? How tall can you make your tower?

- Ask a staff member at the front desk for **noise cancelling headphones**. While wearing the headphones…
  - Pull the bubble up over yourself
  - Walk to the top of the pirate ship and raise the flag
  - Crawl through the tunnel in the Forest of Light

**Low Sensory Experiences**

- Under the pirate ship
- Forest of Light tree trunk
- ArtSpace
- Build It!

**Sensory Seeking Experiences**

- Stage and music area
- Wind room
- Top of the pirate ship
- Clinic
- Bank
- Market

Join us for an upcoming Sensory Friendly Playtime program!
Admission is free for participating families!
To register or for more information visit: [wowchildrensmuseum.org/visit/sensory-friendly-playtime/](http://wowchildrensmuseum.org/visit/sensory-friendly-playtime/)