These activities are great, not just to practice museum etiquette, but for classroom etiquette as well! It is important for children to follow rules and respect their caregivers and the spaces they occupy.

**WOW! Children’s Museum Field Trip Rules:**

- **Walking Feet** - Using your walking feet keeps you safe and other museum visitors safe too!
- **Keep Your Shoes On** - For the health and safety of all visitors, we ask that you keep your shoes on in the Museum.
- **Inside Voices** - For friends that have sensory processing struggles, shouting and loud volumes can feel overwhelming. We know you’re excited! We are glad you’re here! But we understand you much better when you use your inside voice.
- **There is Space for Everyone!** - When you visit the Museum, there may be other children here sharing your space. Some of them may be smaller than you, so be aware of your surroundings and share your space accordingly.
- **Have fun!** - We have lots of learning experiences that are exciting and hands-on!

**Practice Etiquette Games and Stations with Your Students:**

**Musical Lines**: Place colorful tape on the floor, you can make the line straight, zig zag, any type of pattern you think would be fun. Be unafraid to make it a challenge! Once your tape is down, the fun begins! This game is basically musical chairs but for practicing to how to line up. Play your class’s favorite song as your children meander around the tape line in a group, once you stop/pause the song, your students should rush to line up. Even though it’s a rush, and a game, your students should try to line up in an organized manner. The goal of this game is not to eliminate people, but rather, to make the line itself challenging.

**Quiet Voices**: This is a very simple game to practice using a whisper and inside voice! A great book to practice this is "I am Using my Inside Voice!" by Make Believe Ideas. After you’ve read this book, use the labels below and let the children label loud voices/sounds and quiet/inside voices/sounds. Here are some ways to explore this: each child gets a turn to use their inside or outside voice, then the rest of the class will hold up their “inside” or “outside” label. Bring in instruments and soft materials, place them around the room for children to place their labels (inside sound/outside sound).

**3-Legged Race**: This activity is to practice spatial awareness. It is best for children 4+. Tape or tie two children together at the legs, create a space for running, and organize races. This activity helps children better understand how to work in a team and how their movements effect the movements of their peers. You could do running, walking, or hopping type races.
**Calm Down Tools:** We know going to a new place, especially a space designed for play can be so exciting! But it can also be overwhelming. Luckily for your class, there are some great, simple tools that help calm down a child's nervous system. Take 10 deep breaths. Find a comfortable seat, close your eyes, and take a deep inhale through your nose and a deep exhale out of your nose. Repeat 10 times. Lavender oil is easy to find and use. You can purchase a diffuser or use a spray bottle to infuse your classroom with a lavender scent.

**Calming Sensory Table:** Fill your sensory table with rice, dried lavender, dried flowers or anything you can think of that would feel calming. Provide scoops for children to explore.

**Flower Petal Sensory Play:** Many local stores are willing to donate old flowers to schools and organizations. You can create a bin of flowers or even create your own potpourri!

We hope these strategies help!
If you are a teacher that has a child with sensory processing struggles, please reach out to us in advance of your trip. We can provide a sensory menu, along with weighted vests or headphones for your students.