my turn
at Ann Arbor Hands-On Museum
A Sensory Friendly Sunday
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Autism Spectrum Disorders

Currently Affect:
• 1 in 68 Children
• 1 in 42 Boys
Autism or Autism Spectrum Disorder

- ASD refers to a *spectrum of behaviors*:
  - “if you have seen one, you have seen one.”
  - “A little autistic or very autistic”
  - Gifted or intellectually challenged
  - Verbal or nonverbal
  - Interactive or isolated
  - Sensory over-reactive or under-reactive to light, sound, crowds, etc.
Autism or Autism Spectrum Disorder

- Characterized by difficulties with:
  - Social interactions
  - Communication: verbal and nonverbal
  - Sensory processing
  - Behavior
Aim High School - Grades 6-12

A general education solution for special learning needs.

Farmington Hills, Michigan
Aim High School - Grades 6-12

A general education solution for special learning needs.

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Where did we start?

• Initial meeting with Gwen and Kelly of AIM High School

• Staff and volunteer training with Dr. Roger Lauer

• Worked with the exhibits team to create an exhibit guide
First Event

• AAHOM and AIM High School staff and volunteers worked in pairs

• Headphones, sunglasses, and smocks were provided

• 155 people registered – 75 attended

• Evaluations collected
  - 100% would recommend the event to a friend
  - 100% found staff and volunteers helpful
  - 57% reviewed the prep materials
  - 64% said the materials helped them and their child feel prepared for the visit
How did we create My Turn?

Funding
An attendee of the first event witnessed the success of the program and provided funding to continue the success throughout the community

- Funding included a stipend to each partner organization
- Budgeted for a part-time staff member

Partners
- Reached out to other community organizations
  - These were organizations we have worked with in the past or had strong roots in the community
- Immediate positive response
My Turn Brand

- Social story
- Less stimulation
- Quiet space
- Smaller crowds
- Trained staff
My Turn Sensory-Friendly Event Training:

• Interacting with Children on the Autism Spectrum
Presenters:

• Roger E. Lauer, Ph.D., Director, Center for Neuropsychology, Learning & Development in Ann Arbor (CNLD.org)
Agenda

• Define autistic spectrum disorder (ASD)
• Video, “A day in the life of a child with ASD”
• Demonstration of social, language and sensory processing issues
• Understanding behavior
• Interacting with a child with ASD
• When, or if, a problem occurs
• Wrap-up and questions
Autism or Autism Spectrum Disorder

• Characterized by difficulties with:
  – Social interactions
  – Communication: verbal and nonverbal
  – Sensory processing
  – Behavior
Social Interactions
A Day in the Life of a Child with Autism
Social Supports

• Reinforce with behavior-specific praise.
• Model the activity- show how to engage with the materials.
• Demonstrate social interaction, turn-taking and reciprocity.
• Use their strengths including sense of humor, affinity for music, rote memorization or visuals (timer).
• Use social stories and picture cues.
Speech & Language Challenges
Demonstration: Communication

• Let’s tell a story together entitled:
  – “My trip to the museum.”

• Everyone who would like to participate will add one sentence to the story.

• Your sentence cannot have any words with the letter “R”.

• I’ll start....
Demonstration: Tone

• Consider the following sentence:
  – “I didn’t say she stole the money.”

• Now let’s emphasize a different word in this sentence and see how it changes the meaning:
  – I didn’t say she stole the money. (but someone said it)
  – I didn’t say she stole the money. (I definitely didn’t say it)
  – I didn’t say she stole the money. (but I implied it)
  – I didn’t say she stole the money. (but someone stole it)
  – I didn’t say she stole the money. (but someone did something with it)
  – I didn’t say she stole the money. (she stole someone else’s)
  – I didn’t say she stole the money. (she took something else)
Sensory Processing
Children with Autism may process sensory input differently
Movement, the feedback from your body moving

- The feeling when I shake my head
- The feeling when I flap my hands
- The feeling of spinning
- The feeling of jumping
- What if feels like when I stiffen all my muscles
- Walking on my toes
- Run and crash
- My impulse to move may be very different in a small vs. large space
How can you be sensory friendly? What can help?

• Noise cancelling headphones.
• Neutral voices or voices with increased animation.
• Lights that can dim, sunglasses, hats with a brim.
• Carrying something heavy, a weighted vest.
• Having space to move.
• Having a quiet, calming space.
• Having something to chew on that is safe for my mouth.
• The ability to be right up close, or on the edge of the activity.
• Someone who knows the child very well, that can support their regulation.
Behavior Support
What is behavior?

• Behavior is communication
• Message from the child to an adult in their environment
• It lets you know how the child is thinking or feeling
Behavior Support for Children

• If redirection is necessary, use an **unemotional** tone of voice;

• Use **pictures** to help with understanding-”show them and tell them”;

• Make the environment **predictable and consistent** with an activity that has a clear beginning/middle/end;

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Behavior Support for Children

- *Do not force participation*- it is not a failure if the child declines to participate or opts out;
- Support transitions and **be flexible**;
- Be positive, reinforcing and nonjudgmental;
- Most importantly, ask for help when needed
When, or if, a problem occurs

- **Ask** the parent/caretaker to help;
- **Provide** adequate personal space and avoid standing too close;
- **Redirect** to quiet/calm areas (review locations);
- **Ignore** mild issues.
### My Turn

**A Sensory Friendly Sunday**

9-April  Ann Arbor Hands-On Museum  
14-May  Leslie Science & Nature Center  
11-June  UM Museum of Natural History  
17-June  Wild Swan Theater  
9-July  UM Museum of Art  
13-Aug  Therapeutic Riding, Inc.  
10-Sept  Ann Arbor Hands-On Museum  
8-Oct  Arab American National Museum  
14-Oct  Arts in Motion and Friends  
12-Nov  UM Museum of Natural History  
10-Dec  Leslie Science & Nature Center  
14-Jan  Therapeutic Riding, Inc.  
11-Feb  UM Museum of Art  
17-Feb  Ann Arbor Symphony Orchestra  
11-Mar  Arab American National Museum

On the second Sunday of every month, families affected by sensory sensitivities are invited to participate in free My Turn events. Visitors will be able to explore in their own way in a less stimulating, judgement free and less crowded environment.

**A Sensory Friendly Saturday**

On select Saturdays, we invite families with sensory sensitivities to attend free sensory-friendly performances. Specially trained actors, dancers, and musicians will put on a show specifically designed for My Turn audiences.

For more information and to register, please visit [www.myturncommunity.org](http://www.myturncommunity.org)

[Like us on Facebook!](http://www.facebook.com/myturncommunity)

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**My Turn** was created for families affected by autism spectrum disorder by the Ann Arbor Hands-On Museum and is managed by AHHOM in conjunction with our community partners.

Photo: (734) 995-5439  E-mail: Myturn@aahom.org

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http://www.aahom.org  •  734-995-5439
Next Event:
Sunday May 14, 2017
Leslie Science & Nature Center
Please join us for a fun filled day!
Register

About My Turn
Families affected by Autism Spectrum Disorder are invited to attend each free program in a low sensory stimulating and crowd free environment.

My Turn: A Sensory Friendly Sunday
Each program allows visitors to have the opportunity to explore at their own pace and in their own way. Visitors also have the option to participate in hands-on activities designed specifically for audiences with sensory sensitivities. If the need should arise, families can take a break in a designated quiet room and borrow a weighted lap pad or tactile toy from our sensory tool kit.
Read More
My Turn: A Sensory Friendly Sunday at Leslie Science & Nature Center

By My Turn

May 14, 2017

Sensory-friendly activities are being incorporated into My Turn every month to create an inclusive environment for children and families of all abilities. The event will include a special activity related to the day’s weather and an animal encounter. Come out and enjoy the day with a sensory-friendly twist.

What is My Turn?
My Turn is a free, family-friendly, hands-on exploration program that takes place on the first Sunday of each month at 11 a.m. The program is designed to encourage children to explore the world around them and includes guided tours, animal encounters, hands-on activities, and more. The program is ideal for children and families visiting the Science Center for the first time and for those seeking a more relaxed and less busy environment.

Sensory-Friendly Features
My Turn incorporates the following sensory-friendly features:

- Low-volume music throughout the day
- Accessible restrooms
- Quiet spaces
- Signage with large print and braille
- No bright lighting
- Few fasteners or hard surfaces
- No strong scents

What is Sensory-Friendly?
Sensory-friendly activities are designed to reduce sensory overload, which can be overwhelming for individuals with sensory processing difficulties. Activities include:

- Gentle, soothing movements
- Soft, repetitive sounds
- Mild scents
- Minimal visual stimulation
- Calm, calming spaces

Weather-Related Activity
The weather-related activity for May will be a guided tour of the Children’s Garden. Participants will learn about the different plants and their adaptations for sunny weather.

Animal Encounter
The animal encounter for May will feature a visit with Louise, the African grey parrot. Participants will learn about Louise’s personality and a little bit about her daily life.

What to Bring
- Comfortable shoes
- Sunscreen
- Rain gear (in case of rain)
- Snacks and drinks (no sharing)

What to Wear
- Comfortable clothing
- Sunhat and sunglasses
- Weather-appropriate clothing (sweaters, jackets)

Limitations
- No food or drink allowed in the Children’s Garden
- No pets allowed

Free Entrance
The event is free for members of Leslie Science & Nature Center. Admission is $7 for non-members.

Contact Information
For more information, please contact the Science Center.

1-866-678-2200
www.lsnm.org

RSVP:
To receive updates on My Turn, please sign up for our newsletter.

https://www.lsnm.org/newsletter-signup/

Follow us on Facebook and Twitter:
https://www.facebook.com/LSNM
https://twitter.com/LSNM

My Turn is made possible through the support of our members and donors.

This program is supported in part by funds from the Michigan Council for Arts and Cultural Affairs and the Michigan Heritage Council, a division of the Michigan Department of Natural Resources.
My Turn: A Sensory Friendly Sunday at Leslie Science & Nature Center

My Turn
Sunday, May 14, 2017 from 10:00 AM to 12:00 PM (EDT)
Ann Arbor, MI

Order Summary

Item
Watches

Feeding Tins

8

Registration Information

9:42 Please complete registration within 10 minutes.
After 1900 minutes, the registration will be released to others.

***Please only register for one ticket per family***

Your Information

First Name: [Redacted]
Last Name: [Redacted]
Email Address: [Redacted]

Other Information

What is your zip code?
How many adults are in your family?
How many children are in your family?
How many members of your family at the event?
Have you visited LSCC before?
Yes
Anything else we should know:

Complete Registration

Organizer

The Ann Arbor Hands-On Museum, along with partner organizations and sponsors, is committed to providing a safe and inclusive environment for all guests. Please note that all visitors are required to wear shoe covers. Thank you for helping us create an enjoyable experience for everyone! For more information, please visit [www.aahom.org](http://www.aahom.org) or call 734-995-5439.
• AAHOM social story
Using My Senses to Explore

There are some things that I can touch and explore with my hands. When I am allowed to touch something, I will see this picture:

Sometimes things at Leslie Science & Nature may have a strong smell. The Critter House has a strong smell because animals live there. When something may have a strong smell, I will see this picture:

I will walk slowly to keep myself and others safe when I see this picture.

When I cannot touch something, or if an area is closed, I will see this sign:

Some activities may be noisy. I can cover my ears, use ear protection, or move to another place if it is too loud for me. When something might be loud, I will see this picture:

I will use a quiet voice and whisper when I see this picture:
Entrance & Lobby
Building
Front Doors
Lobby
Lobby Restrooms
Musical Stairway

First Floor
H2Oh!
Water Flow
Cohesion Plane
Over-Undershot Paddlewheel
Bubble Columns
Water Vortex
Water Wheels

Building in a Building
The Building
3D Blueprint
Construction Careers
Sanitation (NSF, Inc.)
Plumbing Traps
Sinks
Three-Way Switch
Two-Way Switch
Toilet

Nano
Carbon Chain Model
Interactive Panels
Particles in Suspension
Static Electricity vs Gravity

First Floor, continued
On & Off the Concourse
ScienceWorks 1
ScienceWorks 2
Whisper Dishes
ViewSpace
Ball Track
Zoetrope
Code Mode
The Big Bang Theory
Giant Zipper
Echo Tube
Geakac
Tornado Vortex
Infrared
Planetary Gravity
Solar Collector
Block Party
Giant Lens

Waste to Watts
Electric Generators
Energy from Waste
Landfill Model
Crane
Solar Cities
Carbon Balance
Insulation
Electric Meter
Energy Absorption
Sunny, Cloudy or Night

Lighting Efficiency

First Floor, continued
All About You
HVA Ambulance
Gurney
Emergency 911
Toledo Scale
Dr Bones
Color Frequency
Peripheral Vision
How Pupils Work
Hearing Frequency
Measure-Up

Vending Area
Vending Area
Faucet Pendulum
Firehouse Finds 1
Firehouse Finds 2
Elevators

Mezzanine
Circus Mirrors
Doll House
Chaos Chimes
Preschool Gallery
Engineers on a Roll
Infant Play Area
Tiny Climbing House
Small Climbing House
Fire Truck
Lights of the Round Table
Water Play

Second Floor
How Things Work
Bicycle Caliper Brakes
Bimetallic Strip
Camera Obscura
Car Differential
Car Disc Brakes
Clockworks
Cylinder Lock
Electric Generator
Egg of Columbus
Ferrous Fluid Magnetoscope
Gear Table
Hand Crank Generator
Home Light Switches
Hydrogen Fuel Cell
Inverted Pendulum
Jacobs Ladder
Lever
Ones and Zeros
Packet Traffic
Pulleys
Traffic Light
Ham Radio
Crystal Radio
Oscilloscope
Telegraph

Second Floor, continued
Explore Your World
Amazing Pipes
Audio Tech
Blast Off
Block by Block
Bubble Capsule
Bubble Sheet
Geocube
Giant Magnet
Lyons Store
Magnetic Circus
Measurement Mat
Michigan Basin
Parking and Unpacking
Patterns Seen
Pipes of Pan
Siren
Small Magnets
Wave Machine
Switch Yard

Third Floor
Light and Optics
Third and a Half Floor
Electrical Current
Fourth Floor
MediaWorks
Chroma Key
Ocylinder Scope
Pin Screen
Recollections
Singing Bowl
Stereoscope
Delayed Speech

Icons
Audio Sensitivity
No Known Sensitivity
Visual Sensitivity
No Known Sensitivity
Exhibit is Closed
Exhibit is Open

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Welcome to Ann Arbor Hands-On Museum!

This is the entrance to the museum at 220 East Ann St, Ann Arbor, MI.
H2Oh!

Located on the 1st Floor to the left of the Concourse as you reach the top of the stairs from the Lobby.

A collection of interactive exhibits with water.

You may get wet interacting with this exhibit. Protective clothing will be available. A hand-drier is located on the wall.
Recollections

Located on the 4th floor.

Stand in front of the red screen and move around. Watch special video effects change your shadow.

The audio for this exhibit will be played at a low level for your visit.

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EXHIBITS TOO LOUD? LIGHTS TOO BRIGHT?

Feel free to borrow these sensory soothing items for your visit.

These kits are designed for families affected by autism or sensory sensitivity.

Please return to the front desk for sanitizing after use.
• What happens during the event
  – Sign in
  – Example of activities
  – Quiet room
  – Can stay until regular open hours
Year 1 stats

- Attendance: 635
- Families: 178
- Adults: 334
- Kids: 301
- Kids on Spectrum: 191
- Unique families: 114

- AVG attendance: 52.9
- AVG families: 14.5
- AVG Adults: 27.8
- AVG Kids: 25.1
- AVG Kids on Spectrum: 16
- AVG 1.56 events per family

- Over 432 people/68% visited for the first time
- Washtenaw -- 38.96%
- Wayne -- 23.38%
- Oakland -- 22.73%
- Genesee -- 3.25%
- Jackson -- 2.60%
- Livingston -- 3.25%
- Ingham -- 1.95%
- Lucas -- 1.95%
- Monroe -- 1.30%
- Wood -- 0.65%
Lessons Learned

- Photos and Releases
- Attendance
- Location
- Days/times
- MOU
- Training Schedule
- Facilitation techniques
Other Outcomes and Partnerships

• Sean Ahlquist (Taubman College of Architecture and Urban Planning), Costanza Colombi of the (Department of Psychiatry), and Dale Ulrich and Leach Ketcheson (School of Kinesiology)
Other Outcomes and Partnerships

• Masterpieces
• Growing Together
• Accessibility Programs Coordinator
Videos Shown

- https://www.youtube.com/watch?v=FO1W7iXTSQE&t=152s
- https://www.youtube.com/watch?v=jc6Ju6QnIXs&t=2s
Examples of Resources

• http://myturncommunity.org/resources/