

# Sensory Sunday Participant Guide

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## Introduction

Thank you for joining us for our Sensory Sunday! The Museum is committed to providing inclusive experiences for all visitors and we are excited to welcome you at the museum for this special program series. Designed for families of children, teenagers, and young adults with disabilities who are neurodiverse, on the autism spectrum, or have sensory processing disorders or cognitive disabilities, Sensory Sundays provide a sensory inclusive experience during your visit to the Museum. Enjoy building block activities, a sensory room, an incredible foam station, and a touch tour of our permanent exhibition, [\*Tropical Dreams: A People's History of South Florida\*](#), or explore the museum's exhibitions at your own pace.

Spaces in the museum will have modified lighting and sound to support a sensory inclusive environment. Quiet areas and a sensory room will also be available. Community resource providers will be available on-site.

Our Sensory Sunday programming will take place before the museum is open to the public from 10:00 am – 1:00 pm.

HistoryMiami Museum will be recognized as an autism-friendly partner by UM-NSU Center for Autism and Related Disabilities during our March Sensory Sunday. Join us for our designation ceremony on the plaza at 10 am!

## Requesting Accommodations

HistoryMiami Museum is committed to providing inclusive experiences for all visitors. To request materials in accessible format, sign language interpreters, and/or any disability accommodation, please contact Hana Squires, Accessibility Coordinator, at [accessibility@historymiami.org](mailto:accessibility@historymiami.org) or call (305) 375-1621 at least two weeks in advance of your visit to initiate your request. TTY users may also call 711 (Florida Relay Service).

To learn more about HistoryMiami Museum's accessibility, visit <https://historymiami.org/plan-your-visit/accessibility/>.



# Getting to the Museum

## Parking

HistoryMiami Museum is located at 101 West Flagler Street on the plaza level of the Miami-Dade Cultural Center. The closest parking garage to the museum is the Miami-Dade Cultural Center Garage, located at **50 NW 2nd Avenue, Miami, Florida 33128**.

Upon entering, drive up to the ticket kiosk and push the green button. You will receive a white parking ticket. Please be sure to take this with you to the museum to validate your parking.

Take the south elevator to the second-floor exit. Exit this floor and follow the pathway across a covered, above street level footbridge that leads directly to the Miami-Dade Cultural Plaza. Parking for Museum visitors with validation is a flat rate of \$5. Parking may be validated at the Museum's Visitor Services desk.

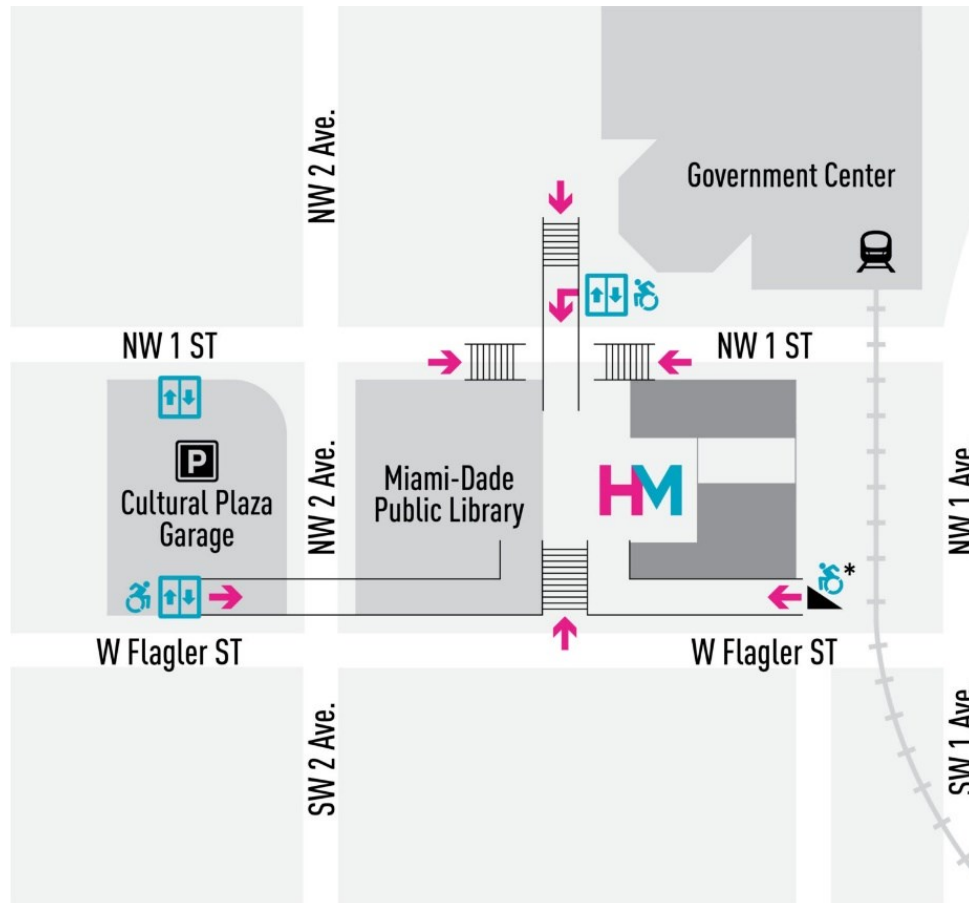
Please note the museum does not own or operate the Miami-Dade Cultural Center Parking Garage. For questions and concerns, please visit the Parking Attendant Office of the Miami-Dade Cultural Center Parking Garage located on the north side of the garage near the entrance on the street level. For further assistance, contact Miami-Dade County Internal Services Department, Parking Operations at (305) 679-7275.

## Public Transit

The Museum is conveniently located across from Government Center Station. To access the Miami-Dade Cultural Center Plaza, you may choose to take the stairs, the ramp, or an elevator up to the second floor. See below for a plaza map with arrows identifying the accessible routes.

## Drop-off Areas

If you will be dropped off at the museum for your visit, you may do so on W Flagler Street. Please see the map below for the accessible routes to the Miami-Dade Cultural Center Plaza.



Map not to scale. \*Ramp access may not be fully accessible.

## Entrances

The Museum is located on the plaza level of the Miami-Dade Cultural Center. The plaza level is accessible by elevator from either the ground level or from the parking garage.

The Museum is comprised of two buildings, North Building and South Building. The North Building is equipped with automatic sliding doors, which are centrally located. The South Building is equipped with a power-assist door on the far left of the entryway.

Sensory Sunday will take place in both the museum's North Building and South Building. You may choose to check-in in either building.

# Sensory Sunday Program Schedule

The following activities will be ongoing between 10:00 am and 1:00 pm:



## Check-in

**Ongoing from 10:00 am to 1:00 pm**  
*North or South Building*

Check-in at the check-in table in the lobby of both our North and South Buildings. At check-in, you will be asked for the name(s) you have registered under for the Sensory Sunday program. Visitors will receive a sticker to show that you have checked in. Please wear the sticker somewhere visible. If you prefer not to wear a sticker, that is okay! We ask that someone else from your group wear two (one for them, and one for you!).

Visitors will receive a complimentary fidget at check-in. You may also checkout a Sensory Backpack and noise-reducing headphones to be used at the museum at our check-in table. Please return these items at the end of your visit to the museum.



Activity Station

## Building Blocks Station

**Ongoing from 10:00 am to 1:00 pm**  
*South Building, Lobby*

A building blocks station for quiet, hands-on play, will be available in our South Building lobby. This drop-in activity will be ongoing throughout the morning.



Activity Station

## Incredible Foam Station

**Ongoing from 10:00 am to 1:00 pm**  
*South Building, Folklife Gallery*

An incredible foam station for quiet, hands-on play, will be available in our Folklife Gallery, located on the lobby level of the museum's South Building. This drop-in activity will be ongoing throughout the morning.

# Sensory Sunday Program Schedule cont'd

The following activities will be ongoing between 10:00 am and 1:00 pm:



Activity Station

***Tropical Dreams: A People's History of South Florida Touch Tables***

**Ongoing from 10:00 am to 1:00 pm**  
*North Building, Third Floor*

If you prefer to explore the museum's exhibitions at your own pace, you can visit our three touch tables located inside our *Tropical Dreams* exhibition. Hosted by our Museum Educators, each table will have items from our teaching collection that help tell the story of South Florida's history. This drop-in activity will be ongoing throughout the morning.



Activity Station

**Sensory Room**

**Ongoing from 10:00 am to 1:00 pm**  
*South Building, Theater*

Experience the museum's sensory room, located in the museum's South Building Theater. Explore the sensory room's interactives in this low light environment. The sensory room will be available throughout the morning.

**Self-Guided Experience**

**Ongoing from 10:00 AM to 1:00 PM**  
*North and South Building Exhibitions*

Explore the museum's exhibitions at your own pace! View *Tropical Dreams: A People's History of South Florida*; *Miami, The Magic City* photography exhibition; and our Whitman Family Gallery in the museum's North Building. See the *History and Ourselves* exhibition, Folklife Gallery, and Community Gallery in our South Building. Learn more about our current exhibitions at <https://historymiami.org/current-exhibitions/>.

# Sensory Sunday Program Schedule cont'd

The following activities are timed:



**Autism Friendly  
Designation Ceremony**

**10:00 am**  
*Cultural Plaza*

HistoryMiami Museum will be recognized as an autism-friendly partner by the University of Miami-Nova Southeastern University Center for Autism & Related Disabilities (UM-NSU CARD) during our March Sensory Sunday! Join us out on our museum plaza at 10:00 am for the ceremony.



Tour Waiting Area

**Guided Tour of *Tropical Dreams: A People's History of South Florida***

**From 11:00 am to 11:30 am**  
*North Building, Third Floor*  
Tour group to meet at the top of the staircase in the exhibition

Enjoy a guided highlights tour of our exhibition *Tropical Dreams: A People's History of South Florida*! This tour will include stops at our touch tables, which will have items from our teaching collection to explore. Tour group to meet at the top of the staircase inside the exhibition.



# Going to the Museum

1



Cross the Miami-Dade Cultural Center Plaza to HistoryMiami Museum.



2

Enter the museum's north or south building for check-in.

3



Check-in with museum staff in either the north or south building lobby. There may be a line to wait in. At check-in, our staff will ask the name(s) you have registered under. Everyone will receive a sticker to wear.



4

There are a few different exhibitions to visit. Some may be brighter, and some may be darker than others. Some may be cold. Some might have music, high-pitched buzzing, or other sounds. Other people will also be at the museum.

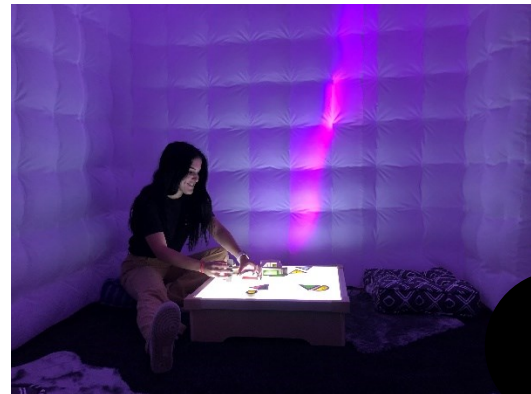


5



Some things in the museum are for touching. Some things are only for seeing or hearing.

6



If you need a break, you can leave the galleries and go back later. There are quiet corners in some exhibitions and a sensory room to sit quietly inside.

7



There will be some activities at the museum that you can do. You can play with incredible foam.

8



You can play with blocks at the block building station.

9



You can choose to join a guided tour to learn about the history of South Florida.

10



Or you can explore the museum's exhibitions at your own pace.

**I will be visiting HistoryMiami Museum. Following the guidelines below will help me stay safe and have fun. While visiting, I will follow the museum guidelines.**



I will move at a moderate pace throughout the museum



I will use my listening ears or eyes to follow instructions from my caregivers and museum staff



I will stay with my group while visiting the museum



I will use talking voices while inside the museum



I will wait patiently and take turns sharing the museum space and activities



If I feel overwhelmed, frustrated, or need a break, I will ask for help from my group members or museum staff