



Going to the Irondequoit 4th of July Celebration!

Today, I am going to a festival!

A festival is a fun event with music, food, games, and lots of people.

There might be music playing, people laughing, food trucks and fun things to look at. It can be very exciting!



Festivals can be fun, but also loud or busy.

Sometimes I might feel:

- 😊 happy
- 😐 okay
- 🤔 overwhelmed
- 😢 upset

If I start to feel too much, that's okay. I can take a break.





There is a special place just for breaks.

It is called the Sensory Tent.

Inside the sensory tent:

- It is quiet
- There are fidgets and calm lights
- I can sit down or lay on a mat
- A helper will be nearby if I need anything



BREAK CARD

I NEED A BREAK



When I need a break, I can tell an adult or use my break card.

They will help me go to the sensory tent.
I can stay there until I feel ready to go back to the fun.





There might be a parade.

Parades have music, drums, people marching, and sometimes costumes.

Parades can be loud. If it is too much, I can:

- Cover my ears
- Wear headphones
- Watch from farther away
- Take a break in the sensory tent





There may be fireworks at the festival.

Fireworks are bright and loud and happen in the sky.

If I want to watch them, I can bring:

- 🎧 noise-canceling headphones
- 🧣 a blanket to sit on

If fireworks feel too loud or scary, it's okay!

I can cover my ears, go to a quiet spot, or skip them completely.





Festivals are for fun!

I can enjoy the parts I like.

I can take breaks when I need to.

It's okay to leave early or skip things that feel too hard.

Everyone is proud of me for trying.

