

My Trip to the State Fair of Virginia



**A trip to the Fair is going to be fun.
There will be lots of other people at the Fair.
That is okay, they are having fun too.**



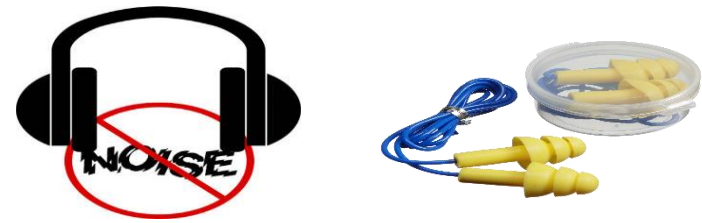
I need to plan my trip to the Fair.
Things I may need to help me plan my trip:

1) Comfortable shoes & clothing –



Some activities are outside & some are inside

2) Headphones or earplugs –



Some rides & activities can be loud & make noise

3) Sunglasses –



Sunny days & bright lights

4) Favorite item –



Helps me feel safe & happy

5) Healthy snacks & water –



For when I get hungry & thirsty

I will need a ticket to go to the Fair.

When I arrive, I will go to one of the ticket booths & get a ticket.

I might have to wait in line for a few minutes until it's my turn to get a ticket. There may be a lot of people. This is okay. The other people are also excited about being at the Fair.

After I get my ticket, I can go through the gate & enter the Fair. There will be other people entering the Fair at the same time.

I need to remember to stay with my family & friends. I need to follow all the rules for my visit at the State Fair of Virginia.



I am excited – I am at the Fair. I can't wait to find all the fun activities & animals waiting for me.

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I will need to go through a tunnel to get from one side of the Fair to the other side. It is okay to not like going through the tunnel. There are a few things I can do that may help me feel better about going through the tunnel:

- 1) I can cover my ears.**
- 2) I can close my eyes & hold someone's hand.**
- 3) I can imagine all the fun Fair things on the other side waiting for me & my family & my friends.**
- 4) I can think of my favorite place that makes me happy & smile.**



If I need help finding my way around the Fair, there are maps & signs posted along the way to help me. I can also ask a Volunteer, they can help me find all the exciting fun things I want to see & do.



**There are a lot of food choices at the Fair.
Or I can eat the healthy snacks I brought with me.
I need to drink water during my visit too.**



There will be fun activities, arts & crafts to see & do.



I can pet & learn about many animals like cows, ducks, horses, chickens & more!



There are special shows to enjoy with my family & friends. We can go on rides & play games too.



Some rides & games will be loud or have bright lights. If I get overwhelmed, I can use my headphones, earplugs or sunglasses I brought to help me feel better.



If I need to take a break, I can go to the Sensory Comfort Zone located in the Farm Bureau Center. There, my family & I will find comfortable places to sit & sensory activities to explore. We will follow the rules for the comfort zone.



SENSORY Comfort Zone



- *This area is meant to be a fun, calm, relaxing space.
- *Hand sanitizer is available.
- *Children must always be accompanied by an adult.
- *Shoes must be worn always.
- *No running or rough play.
- *All zone equipment must remain in area always.
- *Remember to take all your personal belongings.



After my family, friends & I finish enjoying all the fun things at the Fair, we may be tired & ready to leave.



We can use the maps & signs posted around to help find our way out of the Fair. There may be a crowd of people leaving at the same time. That is okay. I will stay with my family & friends & think about all the fun I had at the Fair.



Hopefully I can plan visiting to the State Fair of Virginia on another day!

