

My name is \_\_\_\_\_ and I am going  
to the Rosamond Gifford Zoo!



To get into the zoo, **first** I walk into the main entrance, **then** I get my ticket to enter. I may have to wait in line. I can practice having a calm body as I wait. I am so proud of myself when I am patient!



There are many animals at the Rosamond Gifford Zoo. In fact, there are more than 700 animals! Some animal exhibits are inside, some animal exhibits are outside. An exhibit means to show or display something. I am most excited to see the \_\_\_\_\_ during my visit to the zoo!



It is good to know that in cold weather, like winter, I may not see some of the animals in the outdoor exhibits because they need to stay warm. It is important and nice to care about the animals at the Rosamond Gifford Zoo!



Sometimes it may be sunny or bright at the zoo. If the sun or lights bother me, I can put on sunglasses or a hat. Also, I can go to a shady spot. It is important to feel good and comfortable during my time at the zoo.



Animals, people, food, and the outdoors are some of the smells I will smell at the zoo. If it is too smelly, I can eat a piece of candy, be sure my mask is over my nose, or smell something special. I feel good knowing I can make myself feel better.



Children, music, and animal noises are some of the sounds that I will hear at the zoo. If it is too loud I can put on my headphones or go to a quiet place. It is important to let my adult know that it is too loud for me. If I need a pair of headphones, there are soft animal headphones at the Curious Cub Gift Shop!



If I feel very wiggly or worried I can ask for a squeeze, take a break or go to a quiet place. Feeling calm is important and good for me!



### Take a Deep Breath

Smell the flower



Blow the pinwheel





I can have my picture taken at the zoo. Maybe on the big make-believe tiger or posing as penguins. I may have to wait my turn to get my picture taken. It is kind to wait my turn. Being kind is the best!



It is important to be safe at the zoo. Staying with my adult, holding a hand, and not climbing will keep me safe. My safety is important to my family and the Rosamond Gifford Zoo. I love being safe!



The Rosamond Gifford Zoo has a store called The Curious Cub Gift Shop. I may or may not go into the gift shop during my visit. It is good to know that the zoo's gift shop is online, too. So, I can go to the Curious Cub Gift Shop in person or online! It is nice to have options!



<https://www.syracusezooevents.org/shop>

I can plan my visit to the zoo before I go by looking at **this map** of the Rosamond Gifford Zoo. It is helpful to plan my visit and makes me feel confident. My feelings are important!



I can also go to the zoo's website to see the map and learn more.

<https://rosamondgiffordzoo.org/zoo-map>

Zoo's take good care of animals and that is important!  
Rosamond Gifford Zoo here I come!



This social narrative was written by Christina Van Ditto Warter, owner of S.A.M.E. which offers inclusive services, supports, and community programming and education.

For more information visit [www.soulandmindevolution.com](http://www.soulandmindevolution.com)

# SENSORY MAP AND GUIDE

LOOK FOR SENSORY SENSITIVE ACTIVITIES:

- Explorer's Outpost
- Curiosity Carts

 **CHILL ZONES**  
 **CAUTION**  
 **SENSORY OVERLOAD** 

 First Aid  
 AED  
 Restrooms  
 Food  
 Drinking Fountain  
 Picnic  
 ATM  
 Emergency Phone  


  
**ALL BENCHES**  
**"BREAK ZONES"**

