



A GUIDE TO THE AUTISM SPECTRUM

Jennings Beach – Fairfield
Sunday, September 8, 2019



SEPTEMBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

On Sept. 8th
I will go to
the Autism
SpectRUN.

It will be a fun
day with my
family and
friends!



The SpectRUN will be at Jennings Beach in Fairfield, Connecticut.



I will drive to the SpectRUN with my family. We will park in a big parking lot with lots of cars. I will make sure to stay near my family or hold hands with someone while we walk to registration.



There might be a line at the registration tent. I will wait with my family and friends. Once we get signed in, then it is time to have fun!



The SpectRUN will be a sensory friendly event, which means everyone will do their best to not make sudden or loud noises. Participants can use the pom poms to show excitement without making noise!



There will be some fun games and activities that I can try, like face painting and arts and crafts. It's okay if I would rather not play . I can rest with my family.



If I need a break I can go to the sensory tent. The sensory tent will be a quiet place for me relax.



There will be some music and announcements. I can wear headphones or go to the sensory tent where it will be calm and quiet. A nice volunteer can show me where to go.



Water and snacks like fruit and drinks will be available if I get hungry or thirsty. I can also bring my own snacks or drinks to the SpectRUN.



The walk will also have people dressed up in costumes. I do not need to be scared though, even though some might have masks or face paint on.

They are all very nice people who are trying to help everyone laugh and have fun.

I can even take a photo with them if I want to.



The SpectRUN will happen even if it is raining. If it does rain I can wear a raincoat and hold an umbrella.



At the SpectRUN there will be a stage where there will be people speaking. There might even be a few people who sing and dance. I can sing and dance if I want to.



When the SpectRUN starts, we will move to the starting line. I can walk or run. I can take as much time as I need.



Along the way, there will be people cheering my family and me on.
At the finish line, there will be lots of people celebrating that we
have completed the SpectRUN.



When I am done, I can go back and listen to music, hang out with friends, play games or get a snack if I want.



I am so excited to go to the SpectRUN. It will be a lot of fun!

