A GUIDE TO WALK DAY

AUTISM SPEAKS®
WALK
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NATIONAL PARTNER ALPHA XI DELTA

Bay Area
Sunday, April 14, 2019
On April 14 I get to go to the Autism Speaks Walk!

It will be so much FUN and such a SPECIAL day for my family and me!
Autism Speaks Walks bring the community together to have fun and raise money that goes towards helping people with autism of all ages with lots of different strengths and abilities!
Autism Speaks Walks take place all across the United States – over 70 different places!
My **Walk** will be at the San Jose State University Football Practice Field.
The Walk route will be around the football practice field!
I will drive to the **Walk** with my family or take the bus. I will make sure to hold hands with someone when we walk from our parking spot to the event!
When I get to the Walk, I will see lots of activities, tents, a big arch and people.
There might be a line at the registration tent because lots of people will be there to turn in the donations they raised to help people with autism. Once we get signed in, it’s time to have fun!
At the registration table, all of the **Walk** participants will get a very cool blue pom pom!

The pom pom is a sensory-friendly way to “clap” and show excitement without the noise!
Some people will get t-shirts in line if they raise a certain amount of money from their family and friends for the Autism Speaks Walk!
My **Walk** might even have 1,000 people there! That is a LOT of people getting together to have fun and help out.
There will be a lot of fun games and activities that I can try if I want to, like face painting, music and arts and crafts. It’s okay if I would rather not play though. I can just rest with my family too.
There will also be lots of music and announcements.

But I can wear my headphones or go to a special tent where it will be calm and quiet.
Water and snacks like bananas and granola bars will be available if I get hungry or thirsty. I can also bring my own snacks or drinks to the Walk!
The **Walk** will happen even if it’s raining. If it does rain, I might have to wear a raincoat or boots, or hold an umbrella.
At the **Walk** 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 **Walk** starts, we will move to the starting line and walk around the campus with all of the people. The **Walk** will take about 20-30 minutes.
Before the **Walk** starts, there will be a mission moment where all of the people will move their pom poms in different ways to celebrate how autism is special to us.

Then we will all raise them together before the countdown to the **Walk** begins!
I will hold a grown up’s hand and stay close to my family during the Walk.

If I get lost, there will be lots of helpers to help me find my family. I will go to the stage or look for people with bright yellow t-shirts and headsets on.
Along the way, there will be people cheering my family and me on as we walk.

At the finish line, there will be lots of people celebrating that we have completed the **Walk**!
When I am done, I can go back and listen to music, play games or get a snack if I want. I can also go home after a fun day at the Autism Speaks Walk!
I am so excited to go to the Autism Speaks Walk. It will be a lot of fun!