

A GUIDE TO WALK DAY

 **AUTISM SPEAKS®**

WALK

powered by love™

NATIONAL PARTNER ALPHA XI DELTA

PHILADELPHIA

SATURDAY, OCTOBER 19, 2019



OCTOBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	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	31	1	2

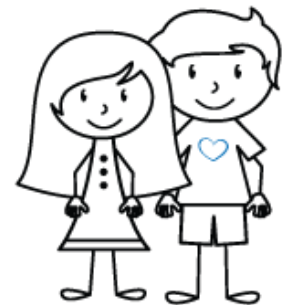
On **SATURDAY, OCTOBER 19th**, I get to go to the **Autism Speaks Walk!**

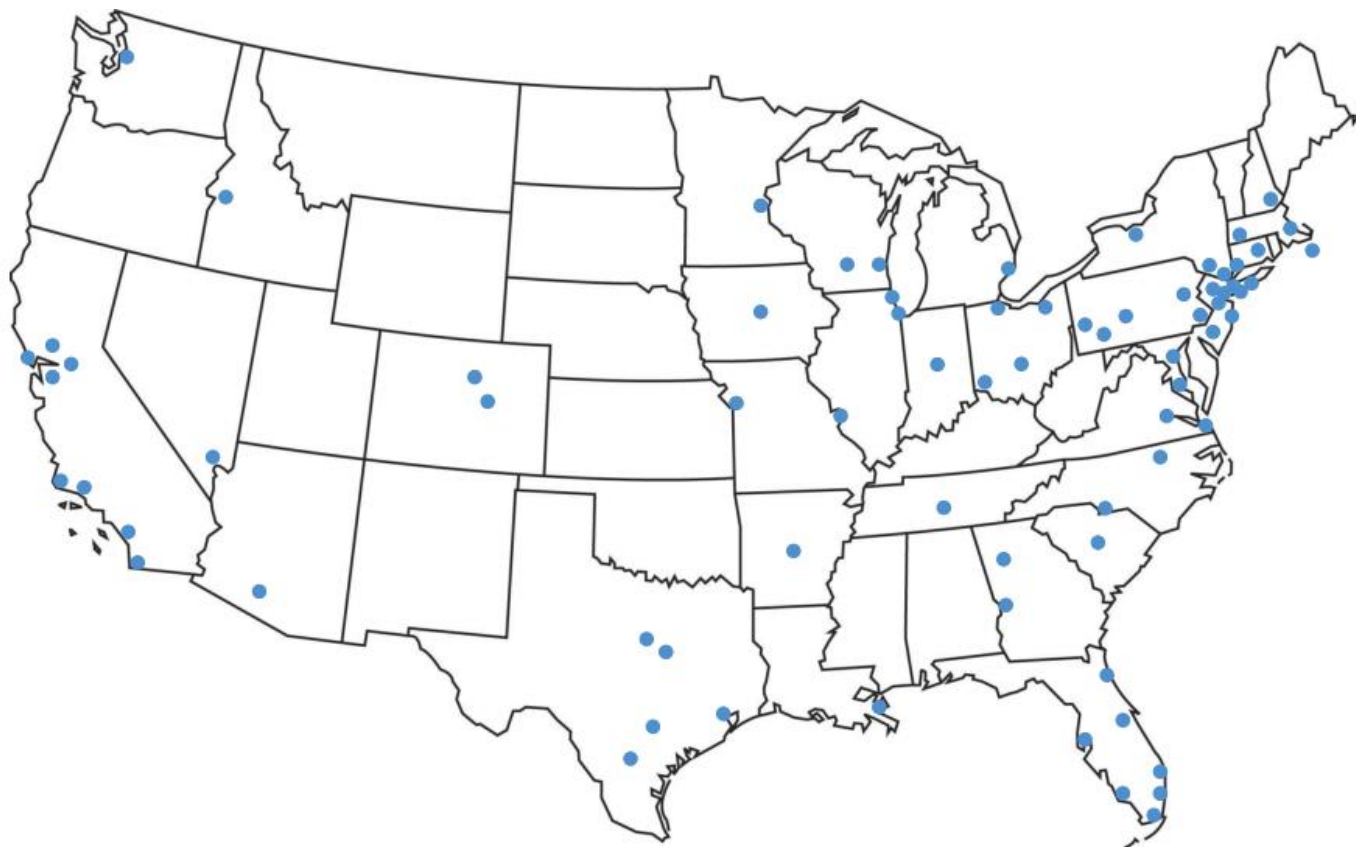
It will be **so much FUN** and **such a SPECIAL day** for my family and me!





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 take place in Philadelphia, all around the outside of a cool stadium called Citizens Bank Park.



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Citizens Bank Park is where the Philadelphia Phillies play baseball!



I can get to the **Walk** with my family by driving or taking the bus or the Septa Broad Street line. I will be sure to hold hands with someone when I walk from the station or the parking lot to the tent where we will check-in. There will be lots of tents set up!



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When I get to the **Walk**, I will see lots of activity and people.



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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!



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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 a blue ticket to take to the T-Shirt Tent, to pick up their shirt. Everyone who raises at least \$150 in donations from their friends and family for the **Autism Speaks Walk** will get a ticket for a shirt!



This is what this year's shirt looks like.



My **Walk** might even have 5,000 people there! That is a LOT of people getting together to have fun and help out.



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There will be a lot of fun activities that I can try if I want to. It's okay if I would rather not play though. I can just rest with my family too.



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Some of the fun games include face painting, arts and crafts and lots more!



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The **Walk** will also have people dressed up in costumes. I don't need to be scared, 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!



There will also be lots of music and announcements. But I can wear my headphones or go to a special quiet area inside the stadium. A nice volunteer can show me and my family where to go.

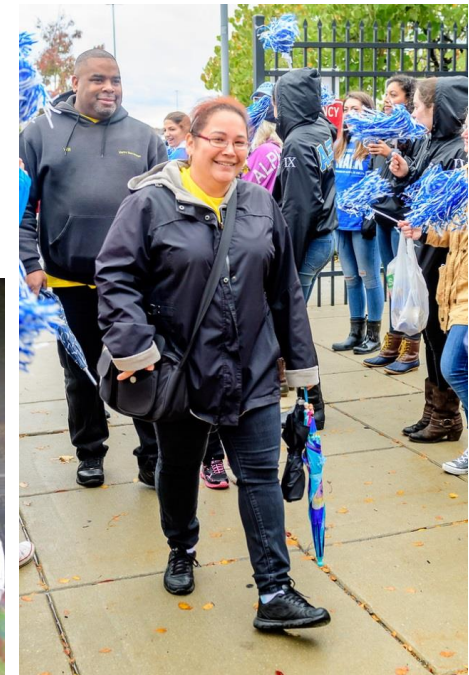




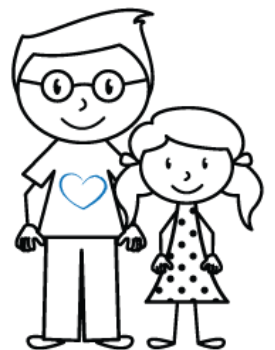
Water and snacks like apple slices & soft pretzels will be available if I get hungry or thirsty. There might also be a truck selling donuts. I can also bring my own snacks or drinks to the **Walk!**



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. There are places at the **Walk** where I can stay dry, too.



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At the **Walk** there will be a big stage. People will be speaking into a microphone. There might even be a few people who sing and dance! I can sing and dance if I want to!

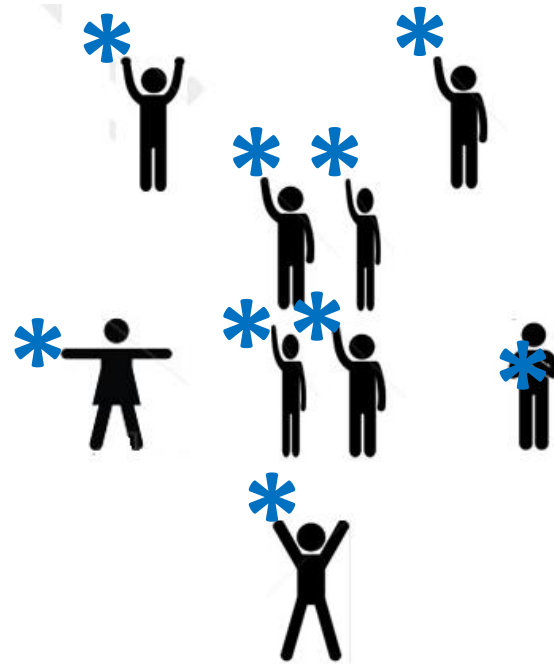


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Before the **Walk** starts, there will be a mission moment where all of the people will move their pompoms in different ways to celebrate how autism is special to us.

Then we will all raise our pompoms together before a “whispered” countdown, that will officially start the **Walk**!



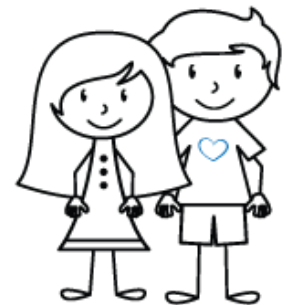
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When the **Walk** starts, we will move to the starting line at the arch, and walk with all of the people. The **Walk** route is a little more than 1 mile and will take about 30 minutes to finish.



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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 wearing bright yellow t-shirts.



Along the way, there will be lots of people cheering my family and me on as we walk. After we finish walking, the music may be louder, and lots of people will be dancing, and celebrating that we have completed the **Walk!**



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I can go back to the stage area and enjoy the music, take photos, or get a snack or a drink 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
Philadelphia Autism Speaks Walk.
It will be a lot of fun!

