

A GUIDE TO WALK DAY



 **AUTISM SPEAKS™**

WALK

powered by love™

NATIONAL PARTNER ALPHA XI DELTA

BOISE WALK

Sunday, September 15, 2019



SEPTEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	1	2	3	4	5

On September 15 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 at Boise State University and will start in the Lincoln Recreation Field.





Boise State's metropolitan campus runs along the banks of the Boise River, just a quick walk from the heart of Idaho's largest city.

It is home to more than 25,000 students from every state and more than 60 foreign countries.





I will drive to the **Walk** with my family. 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 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!



There will be fun games and 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.



Some of the fun activities might include face painting, dancing, bubbles, coloring, and lots more!



There will also be music and announcements.

But I can wear headphones or go to the Quiet Tent. A nice volunteer can show me where to go.





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!

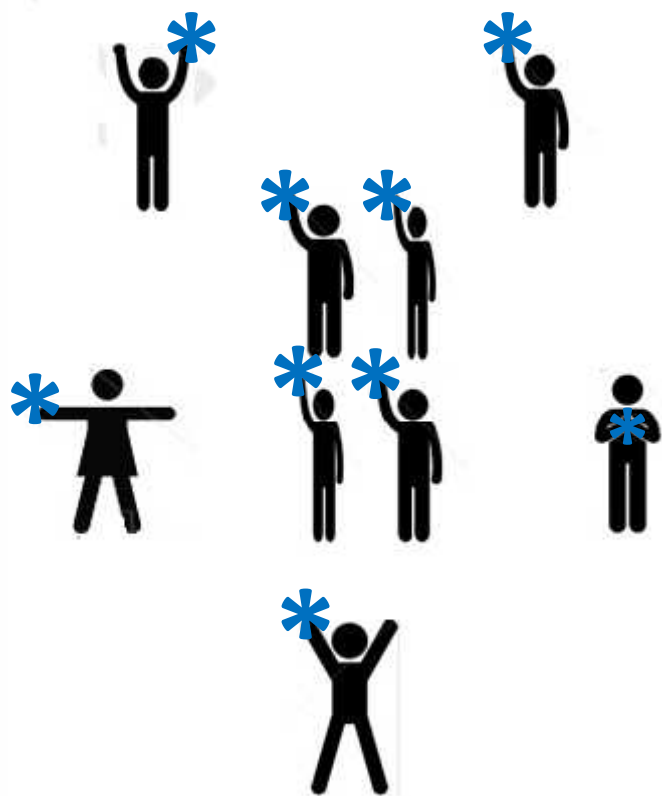


When the **Walk** starts, we will move to the starting line and walk along the route with all of the people. The **Walk** is about a mile and will take about 20 minutes.



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 helpers to help me find my family. I will go to the stage or look for people with these bright yellow or dark blue t-shirts.



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!

