

A GUIDE TO WALK DAY



UNION AND MORRIS COUNTY WALK
SUNDAY, OCTOBER 6, 2019

OCTOBER 2019

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On October 6th 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 Nomahegan Park and will start in the Lawn Area.





Nomahegan Park is a BIG community park with lots of green space, trails and path, sports fields and a playground!





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!





Some people will get a ticket to take to another tent to pick up their shirt. Everyone who raises at least \$150 in donations from their family and friends for the **Autism Speaks Walk** will get a ticket for a shirt!



My **Walk** might even have 1,500 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. It's okay if I would rather not play though. I can just rest with my family too.



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



The **Walk** will also have people dressed up in costumes. I don't need to be scared though, even though some may have masks or face paint on.

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



There will also be lots of music and announcements.

But I can wear my 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!

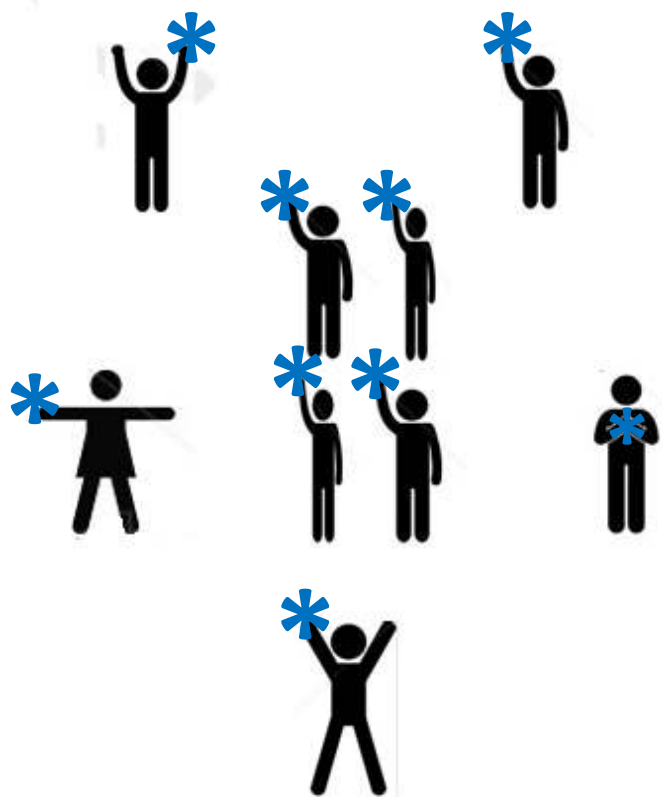


When the **Walk** starts, we will move to the starting line and walk along the route with all of the people. The **Walk** is about 1 mile and will take about 45 minutes.



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.



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!

