

A GUIDE TO WALK DAY



Suburban Walk

Cantigny Park

Sunday, October 23, 2022



On 10/23/2022, 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!

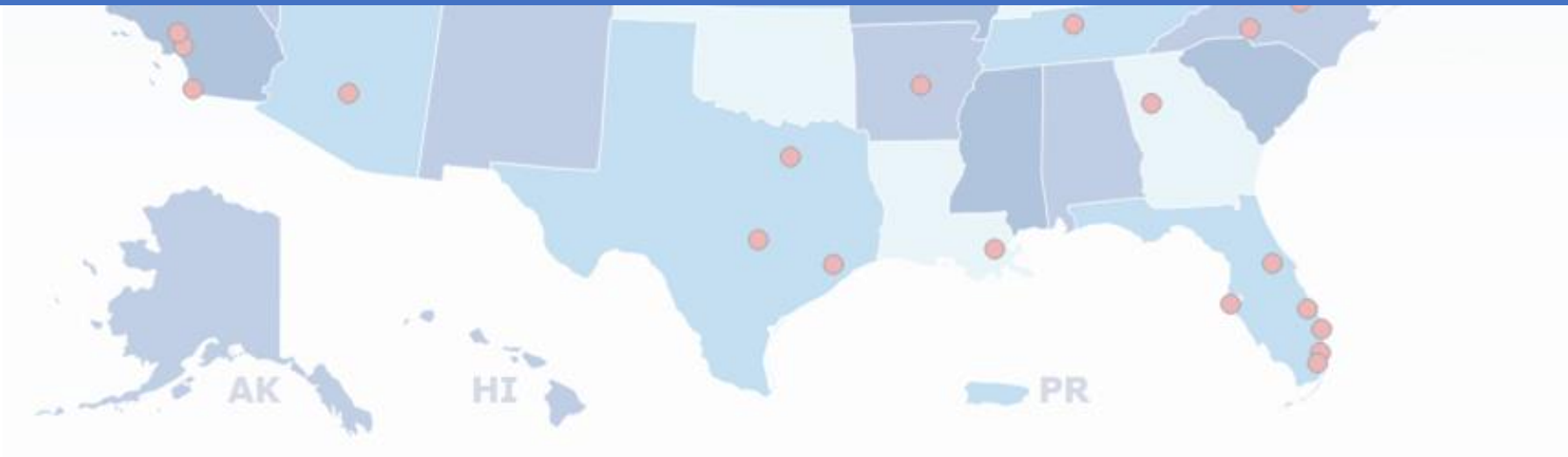


Autism Speaks Walks bring the community together to have fun and raise money that goes towards helping people with autism of all ages with lots of different strengths and abilities!





Autism Speaks Walks take place all across the United States – nearly 70 different places!



My Walk will be at

Soldier Field on the Stadium Green





I can get to the **Walk** by car, bus or train.



There will be a big parking lot there with lots of cars. I will make sure to stay close or hold hands with someone when we walk to the event!



My **Walk** will have a lot of people!





The **Walk** takes place outdoors. I may see people wearing masks.

Some options to help me stay safe at the Walk are:

- I can wear a mask.
- I can keep a safe distance away from other people.
- I can wash my hands at the cleaning stations.



At the **Walk**, there will be big tents, big signs and lots of people.





All of the **Walk** participants will get a very **cool blue pom pom!**
Waving the pom pom is a fun, quiet way to celebrate and show excitement!





Some people will get t-shirts at the **Walk** for raising \$150 in support of **Autism Speaks**.





At the **Walk**, there will be a big stage where there will be people speaking.

There might even be a few people who sing and dance!

If I need a break from the excitement, I can use a calming strategy.





There will also be lots of music, clapping and announcements. If it is too loud, I can wear my headphones or go to the quiet zone. The quiet zone will be quiet, and I can sit down and relax.



There will be a lot of fun games and activities that I can try if I want to. If I don't want to play, that's okay! I can just relax with my family too.



Some of the fun games include sensory activities, arts and crafts and lots more!



Water and snacks like granola bars will be available free of charge.





Before the **Walk** starts, there will be a mission moment where all of the people will move their pom poms to celebrate how autism is special to us. Then, we will all raise them together before the countdown to the **Walk** begins!





When the **Walk** starts, we will move to the starting line and walk a little while.

The **Walk** will take about 45 minutes. I can walk as quickly or slowly as I want to!





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 in the tent and be dry, too.



I will stay with my group or team so I can stay safe. If I get lost, I will look for helpers wearing walkie talkies or neon green shirts that say **VOLUNTEER**.



Along the way, there may be people cheering for me and my family as we walk. At the finish line, there will be a party where lots of people will be celebrating that we have completed the **Walk!**



I am so excited to go to the **Autism Speaks Walk**.
It will be a lot of fun!

