

# My Crowder Park Pack

A Resource for Visitors on the Autism Spectrum



# My Crowder Park Pack

## Instructions:

1. First, take a look at our brochure (included in the notebook) to learn about the different activities you can do during your visit. Open up the brochure to see a map, which will tell you all the different buildings you can explore and where they are located in the park.
2. When you've decided which areas you want to visit, use the location cards with Velcro on the back to create your own tour checklist.
3. You can use the communication cards to say when you need to take a break, sit down, use the restroom, etc.
4. Sensory supports (noise-reducing headphones, fidget toys) are also included in your bag, use them as you'd like!
5. Feel free to ask a staff member for suggestions for activities, quieter places in the park to explore, etc.
6. Then, start your tour! When you have completed a stop on your tour, check it off using the dry erase marker in the "All Done" column.

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## Sensory tips:

### Noisy places

- The children's large playground near the Upper Pavilion can get very busy and loud during popular times. Quieter times are generally early morning weekdays, early Saturday mornings, and early afternoon on Sundays. Park hours are 8 a.m.– Sunset, Sunday-Saturday. The park office does not have established business hours, but feel free to stop by.

### Quiet places

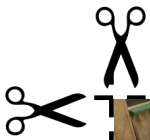
- The Coopers Hawk walking trail (Trail 0.4 miles) offers quiet, shady opportunities to explore. The main pond boardwalk offers beautiful, quiet scenery and wildlife observation opportunities. Please note that the park does not allow fishing.
- Visit our established Prairie Garden on the Outer Loop Trail. Take a seat and enjoy views of blooming pollinator flowers, birds passing through for some seed, and of course pollinators such as bees and butterflies.

### Activity suggestions

- Activities that offer more interaction and sensory opportunities include the Discovery Box bin located outside the park's main office. Pick up a box to do a variety of different educational activities through out the park.







**Discovery Box at Park Office**



**Picnic at Cardinal Shelter**



**Bird watch at Upper Pavilion**



**Observe wildlife at Pond boardwalk**



**Observe pond from swing**



**Nature walk on Coopers Hawk**



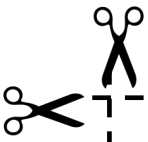
**View pollinators in Prairie Garden**



**Picnic at Heron Shelter**



**Picnic at Robin Shelter**



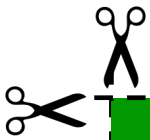
**Visit Upper Playground**



**Visit Lower Playground**



**Visit the  
Bird Garden**



I need a  
restroom



I need help



I would like  
a drink of  
water



I am ready  
to go home



I need a  
quiet space



I would like  
to sit down

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## Tour Checklist

This is what I will see or do:  
(attach picture cards or write steps)

All done




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## **Crowder County Park**

**4709 Ten-ten Road**

**Apex, NC 27539**

**Telephone: 919.662.2850**

**Email: [crowderpark@wakegov.com](mailto:crowderpark@wakegov.com)**

**Website: [wakegov.com/parks/crowder](http://wakegov.com/parks/crowder)**

**Crowder County Park welcomes comments and suggestions about how we might continue to improve our accessibility. Please call, email, or write to us.**

**This resource was created with help from Access Coordination at The Metropolitan Museum of Art and the Autism Society of North Carolina**

