

My Yates Mill Park Pack

A Resource for Visitors on the Autism Spectrum



My Yates Mill 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

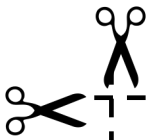
- The children's play area and exhibit hall located in the A.E. Finley Visitors center, can get very busy and loud during popular times. Quieter times are generally mid- to late weekday afternoons, early Saturday mornings, and early afternoon on Sundays. Building hours are 8:30 a.m. – 5 p.m. The park grounds are open from 8 a.m. – sundown every day.
- The Mill yard and mill dam can also get quite busy on weekends, and late afternoons.

Quiet places

- The walking trails offer quiet, shady opportunities to explore. The fishing pond also offers a quiet, recreational opportunity (bring your own supplies, NC freshwater fishing regulations apply).

Activity suggestions

- Places that offer more interaction and sensory opportunities include the “Kid's Croner” play area located in the Visitors Center, and the exhibit hall's interactive displays.
- Check out one of our discovery boxes, which have many educational activities you can do at your own pace. Ask the front desk on how to check these out.



A.E. Finley Visitor Center



Visitor Center Scavenger Hunt



Visit Frankie in the visitor center



**Play dress up and
do fun activities in
the visitor center
kids corner.**



Go on a scavenger hunt hike



Relax on visitor center back porch



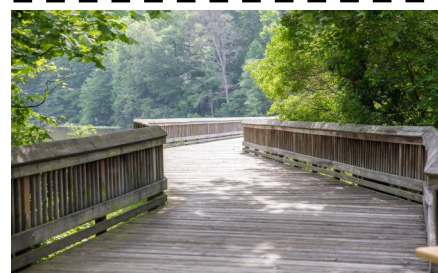
Play a game in the open play field



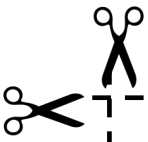
Visit the pollinator gardens



Hike one of the trails



Relax on pond boardwalks



**Fish off the
park's main pond
boardwalk**



Visit the mill building



Observe the mill dam



**I.D. trees with our tree trail
brochure**



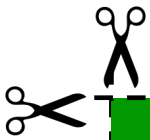
**Have a picnic at the field
classroom**



Observe the pond



**Look for
wildlife**



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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Historic Yates Mill County Park

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Historic Yates Mill 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

