

Create your own visual schedule! Use the template provided to add in your park-specific information and photographs. Copy any additional pages or image cards that you need.

To create your park pack, you will need:

- Laminated visual schedule pages with Velcro dots on the “checklist” page
- Cut out & laminated photographs of locations, with Velcro dots on the back
- Cut out & laminated communication cards
- A binder to hold the pages and pencil case to hold the location cards, communication cards, dry erase marker, and eraser (a felt square is a good eraser)
- A copy of your brochure to put in the binder
- A tote back or backpack to hold the binder, pencil case, and whatever sensory-supports you include in the back (like noise muffling headphones, fidget toys, timer, etc.)

My Lake Crabtree Park Pack

A Resource for Visitors on the Autism Spectrum



My Lake Crabtree 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. Feel free to ask a staff member for suggestions for activities, quieter places in the park to explore, etc.**
- 5. 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 playgrounds near the shelters, and the floodplain parking lot can get very busy and loud during popular times. Weekend afternoons and weekday evenings are usually the busiest times. The quietest times are weekday mornings, and early mornings most weekend days. The park is open from 8 a.m.—sunset each day.

Quiet Places

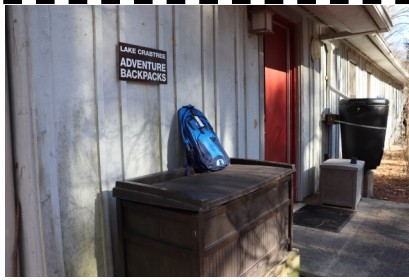
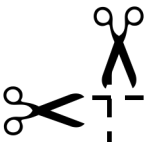
- The Old Beech Nature Trail is a relaxing and enjoyable walk in the woods. It is 0.6 miles long, and is shady and quiet under the trees. Along the way you can learn about nature on a self-guided tour by grabbing a brochure at the entrance, or by listening to the Story Map tour.
- If you want to sit for a while, there are several nice picnic tables and benches spread throughout the park, or visit the amphitheater.



Activity Suggestions

- Check out one of our Adventure Backpacks from the bin in the office garden. While you're here, try to spy some different birds at the feeders. These Adventure Backpacks have different outdoor and nature themes to learn about and fun activities for you to do!





Adventure Backpacks at Park Office



Native Wildlife Garden



Visit the WaterWise Garden/Floodplain



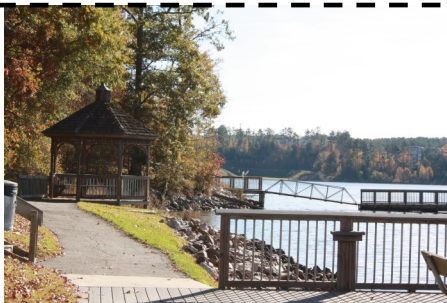
Hike the Old Beech Nature Trail



Climb the Boat Rental tower



Enjoy the view of the lake



Sit at the gazebo



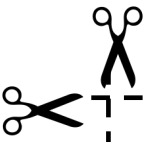
Take a break at the amphitheater



Visit the Tot Lot/Kid Lot



Visit the Playground



Location 11

Location 12

Location 13

Location 14

Location 15

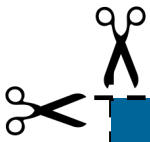
Activity 1

Activity 2

Activity 3

Activity 4

Activity 5



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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Lake Crabtree County Park

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Lake Crabtree 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

