MY BEECH BLUFF PACK

A Resource for Visitors on the Autism Spectrum

BEECH BLUFF
• COUNTY PARK •

MY BEECH BLUFF PACK

Sensory Tips

Noisy Places

- The playground on weekday afternoons or on weekends is busy and noisy. If you are interested in playing on the playground, we recommend visiting during the mornings or on weekdays.

Quite Places

- Check out our Harvest Hub for a quiet shady spot to take a break and rest. While there check out our exploration bed in our demonstration garden where you can engage your different senses and dig in the dirt.

Activity Suggestions

- Come stop by the Park Center to meet Stella the Box Turtle, view our exhibits, or borrow one of our Adventure Backpacks to guide you in your exploration of our trails.
- Read our StoryWalk along our Educational trail near the Park Center.
- Play on the playground and clamber across our bouldering wall.
- Head up to the Harvest Hub and explore our Demonstration Gardens or take a walk around our Food Forest.

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How to use the My Beech Bluff Pack

- First, take a look at our park map, which will tell you all the different buildings you can explore and where they are located in the park.
- 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.
- You can use the communication cards to say when you need to take a break, sit down, use the restroom, etc.
- Sensory supports (noise-reducing headphones, fidget toys) are also included in your bag, use them as you'd like!
- Feel free to ask a staff member for suggestions for activities, quieter places in the park to explore, etc.
- Then, start your tour! When you have completed a stop on your tour, check it off using the wet erase marker in the "All Done" column.

Harvest Hub

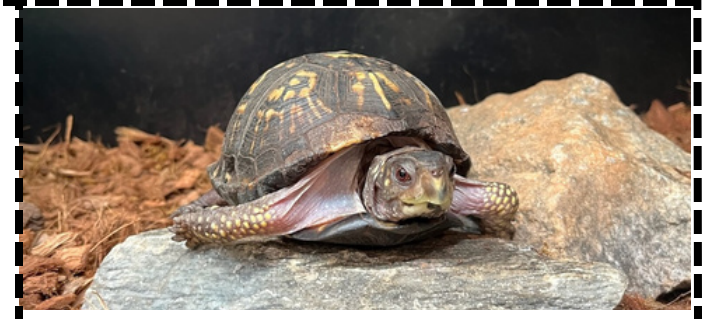
Visit Exhibits

Playground

Read StoryWalk®

Picnic at Sage Shelter

Demonstration Gardens



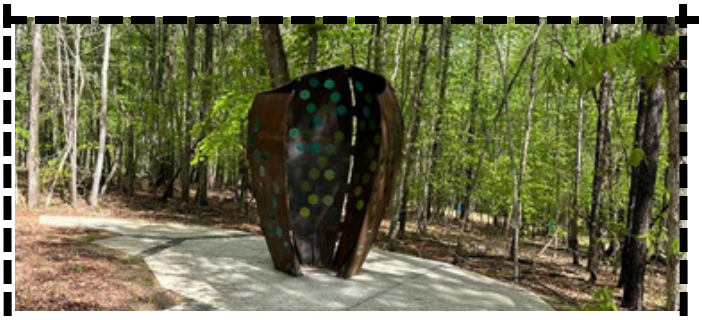
Stella the Box Turtle

Borrow Adventure Backpack

Canopy Walk

Bluff Overlook

Walking Trails



Art Sculptures

Picnic at Muscadine Shelter

Visit Food Forest

I would like a drink of water

I am ready to go home

I need a quiet space

I would like to sit down

I need a restroom

I need help

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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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Beech Bluff County Park
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Willow Spring, NC 27952

Telephone: (919) 255 - 7290
Email: BeechBluff@wake.gov
Website: Wake.gov/BeechBluff

Beech Bluff 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.

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