



**just
for
me**

A day at Frost Science

**Today I will visit the Phillip and
Patricia Frost Museum of Science.**

Some people call it Frost Science.

There will be a lot for me to see and touch.





**If I take public transportation or walk
to the museum, I will enter here.**

All museum guests are greeted by a staff member when they walk in.

This will be the first thing I do.

The staff will be sitting at the ticket counter at the entrance of the museum.





A staff member will give me a wristband. I need this wristband to enter the museum, and it also lets me leave and come back in on the same day. The wristbands can be any color and will be made of paper or cloth.

If I want, I can wear my wristband on my wrist. It does not hurt. I can choose to have the staff member or my adult put on my wristband.

I can also have an adult I am with wear my wristband for me. Either choice is okay!

Frost Science staff wear a blue shirt with a badge or lanyard and a name tag. They might also be wearing a navy blue jacket.

**They are adults that can answer my questions.
They can also help me if I get lost.**





There will probably be other guests at the museum when I arrive, or who arrive at the same time as me. They might also be excited to explore, so they could be noisy.

The museum has a sensory toolkit that I can check out during my visit. It has headphones, sensory toys, and more. All the museum needs is an ID, and the bag is mine to borrow for the day. We will get the ID back when we return the bag to Frost Science staff after we are done.



The group I am with will get a map of the museum.

I can visit all the exhibitions.

During Just for Me hours, there will be one exhibition with special activities where I can learn about science in my own way and at my own speed.

The museum has an aquarium, a planetarium, dinosaurs, science exhibitions, and a roof with plants! It's ok if we don't get to see everything in one day.

**The restrooms are on Levels 1, 2, 3, and 4.
They are located near the walls with blue tile.**





As I explore the museum, there are many exhibitions to see.

Some I can touch. Some I cannot touch.

The adult I am with and Frost Science staff can help me understand which exhibits are for touching and which are just for looking.

I can move between levels of the museum using the stairs or the elevator.

Some elevators are see-through, so I might be able to see outside as I ride. Others are not see-through. If we take the elevator, I might need to wait a few minutes, and it could feel crowded once I'm inside.



Level 1

One of the exhibitions I might see is called *Power of Science*.

I can learn about famous scientists, the importance of protecting our oceans, how scientists are studying the human body, and new research about our universe.

There is a dance floor in this exhibition that lights up when I step on it. Sometimes the lights in the room are dimmed. I will see bright neon colors.



Level 2



I can walk up the ramp or the stairs in *Power of Science* to get to the Oculus.

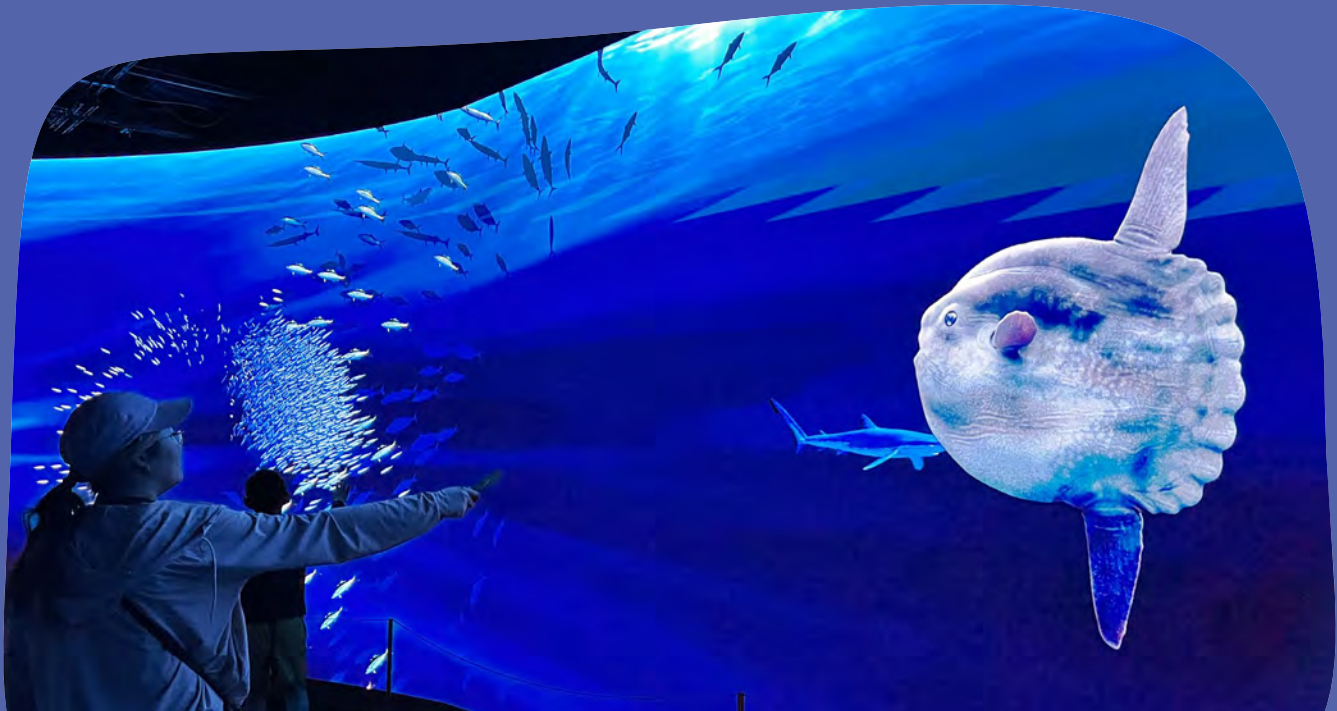
Fish and sharks will swim over my head. But they are in a big aquarium, so I am safe.

I can relax under the Oculus for as long as I need or until my group decides it is time to go.

Level 2

After the Oculus, I can explore more of the Aquarium, starting with *The Deep*.

The Deep is a dark and I will see aquariums full of jellies and a video of fish, whales and sharks swimming along a long wall.



Level 2



I can also explore *MeLab: The Journey*. To get here, I will need to take one of the main elevators or the stairs.

In this exhibition, I can learn about being healthy while moving around and playing games.



Level 3

The level above *The Deep* is called *The Dive*. Here, I will see different aquariums with many different types of fish and marine life, some big and some small.



Level 3



Level 3



I can also explore *Feathers to the Stars*. Here, I can learn how things fly, such as birds, planes, and spaceships.

There will be a big dinosaur in the middle of the room, but it is ok. The dinosaur just wants to teach me about dinosaur feathers. I can even make my own paper airplane!

Level 3



On the same level as *Feathers to the Stars*,
I can explore *MeLab: The Discovery*.
Here, I can learn more about being healthy.

If I need some quiet, I can take a break in the
Library of Me. There are soft chairs I can sit on,
or I can just sit on the floor. If I want, I can grab
a book to read.

Level 4

I can go to the Level 4 and explore *The Vista*, where I can see fish from above. If I want to, I can try to touch a stingray. I will only use two fingers to pet them, and they won't sting me.

If I want to see birds walking around, I will go through special doors. The animals need their space, so I should not touch them. I will only look.



Level 4



Level 4

***River of Grass* is on Level 4. If the adult with me says so, I can wear a smock and play at the water tables.**

Next to the water tables is a dark room with animals and plants moving on the walls and floor. It will be dark, and I will hear natural sounds.





I can find *The Dig* on Level 4.
Here, I can learn more about
dinosaurs and see real fossils.

Experts might be working
in the lab, carefully cleaning
or studying bones. They are
concentrating, so I will use
a quiet voice and not tap
on the glass.



Level 5



On Level 5, I can talk with scientists about the ocean and see corals up close in the *Marine Conservation WetLab.*



Level 6



The roof is one level above. There's lots of plants I can see and activities I can do to learn about the environment. It might be closed due to the weather. If it is, that's ok, we'll just explore it another time.

Level 1



At some point during my visit, I might go to the Frost Planetarium on the Level 1 for a show.

It will be like going to the movies.

My group will need to leave strollers outside, if possible.



Level 1



I will follow the directions of the staff to enter the planetarium.

The walk will be dark, but it is short.

Some shows can be loud, and I can ask for headphones. I can return them at the end on my way out.

Level 1



The planetarium is a round, dark room.

**If I feel uncomfortable, an adult in my group
can help me leave before the show is over.**

**I will exit the planetarium either the same way
I entered or through doors at the top.**

Level 1



There is a place to buy food and drinks at Frost Science. It is called Food@Science.

If it is open during our visit, my group and I can decide together if we want to buy something to eat.

Level 1



**There is also a store at the museum
called the Science Store.**

**It is located near the entrance and exit.
There are lots of items to see.**

**If I have permission from an adult in my
group, I may be able to buy something.**



**I will listen to the adults in my group.
I will have a good day and stay with my group.**

**When it is time to go, I will leave the museum the
same way I entered.**

**I won't be sad because I know I can come back for
another adventure another time!**

Use this page to decide where you want to go in the museum, based on what **you** like best!

I like...

Dinosaurs	↔	The Dig
Airplanes & Space	↔	Feathers to the Stars
Me	↔	MeLab
Fish	↔	The Dive
Sharks	↔	The Oculus
Birds	↔	The Vista
Plants	↔	Roof
Jellies	↔	The Deep
Dancing	↔	Power of Science

I am ready for a fun day!

