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# MY MUSEUM TOUR

A Visual Checklist and guide  
for visitors



# MY MUSEUM TOUR

## A Visual Checklist for Visitors on the Autism Spectrum

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1. Plan your visit to the Museum by printing out the checklist and picture cards a few days before your visit.
2. Decide which areas you want to visit.
3. Cut out the corresponding cards.
4. Attach the cards you wish to visit on your checklist.
5. You can also add breaks to your tour by using the other picture cards (yellow).
6. Leave a few boxes empty so you can add to your tour during your visit.
7. Bring your completed checklist with you to the Museum. You can also bring some extra copies of the other picture cards to use at the Museum.
8. Check off each stop on your tour in the "Done/ completed" column when you complete it at the Museum.

# ATTACH PICTURES OR WRITE DOWN THE STOPS



**DONE/COMPLETED**

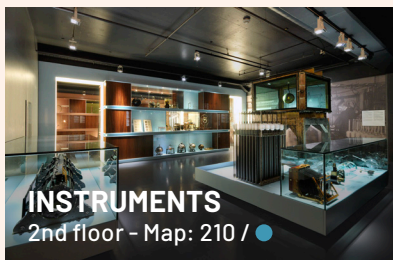
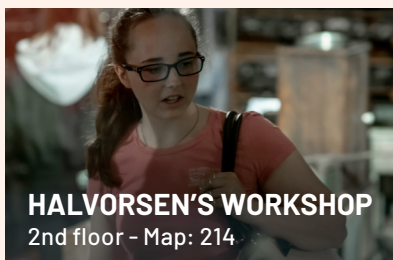
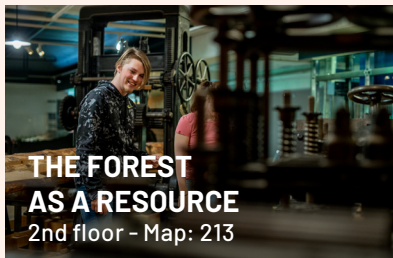



**DONE/COMPLETED**




# CUT OUT

the areas you would like to visit

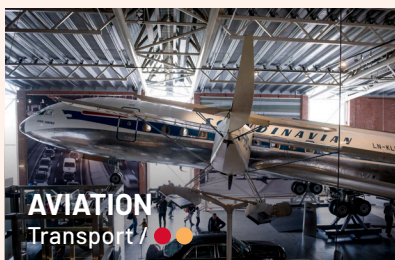
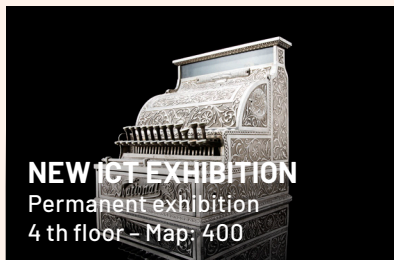


● \*NOISE   ● \*QUIET ZONE   ● \*NATURAL LIGHT   ● \*LOW LIGHTING



# CUT OUT

the areas you would like to visit



● \*NOISE   ● \*QUIET ZONE   ● \*NATURAL LIGHT   ● \*LOW LIGHTING



# KLIPP UT

det du har lyst til å gjøre



## CLOCKS AND WATCHES

Permanent exhibition

1st floor - Map: 114 / ●



## MATHEMATICS

1st floor - Map: 107 / ●



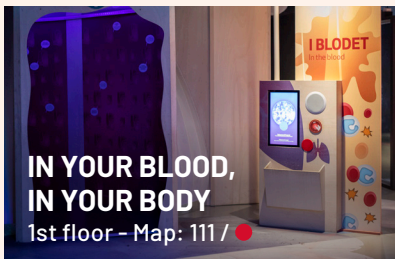
## LIGHT

1st floor - Map: 107 / ●



## MID-AIR

1st floor - Map: 107 / ●



## IN YOUR BLOOD, IN YOUR BODY

1st floor - Map: 111 / ●



## ENERGY FUN FAIR

1st floor - Map: 107 / ●



## SPACE

1st floor - Map: 107 / ●



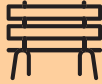
## MUSEUM SHOP

1st floor / ●

● \* STØY   ● \*STILLE SONE   ● \*NATURLIG BELYSNING   ● \*DEMPET BELYSNING



## I WOULD LIKE ...



I WOULD LIKE  
TO **SIT**



I AM READY TO  
GO **HOME**



I AM  
**HUNGRY**



I NEED  
A **BREAK**



I NEED  
THE **RESTROOM**



I AM  
**THIRSTY**