

Visiting the Cincinnati Zoo Calming Room





The Cincinnati Zoo has a new Calming Room!

This room is for people who might get overwhelmed or overstimulated while they're at the Zoo.



If we need to use the Calming Room, we can let a Zoo employee know. They will help us get to the Calming Room.



Someone will wait for us at the Calming Room gate. They will let us into the Calming Room.

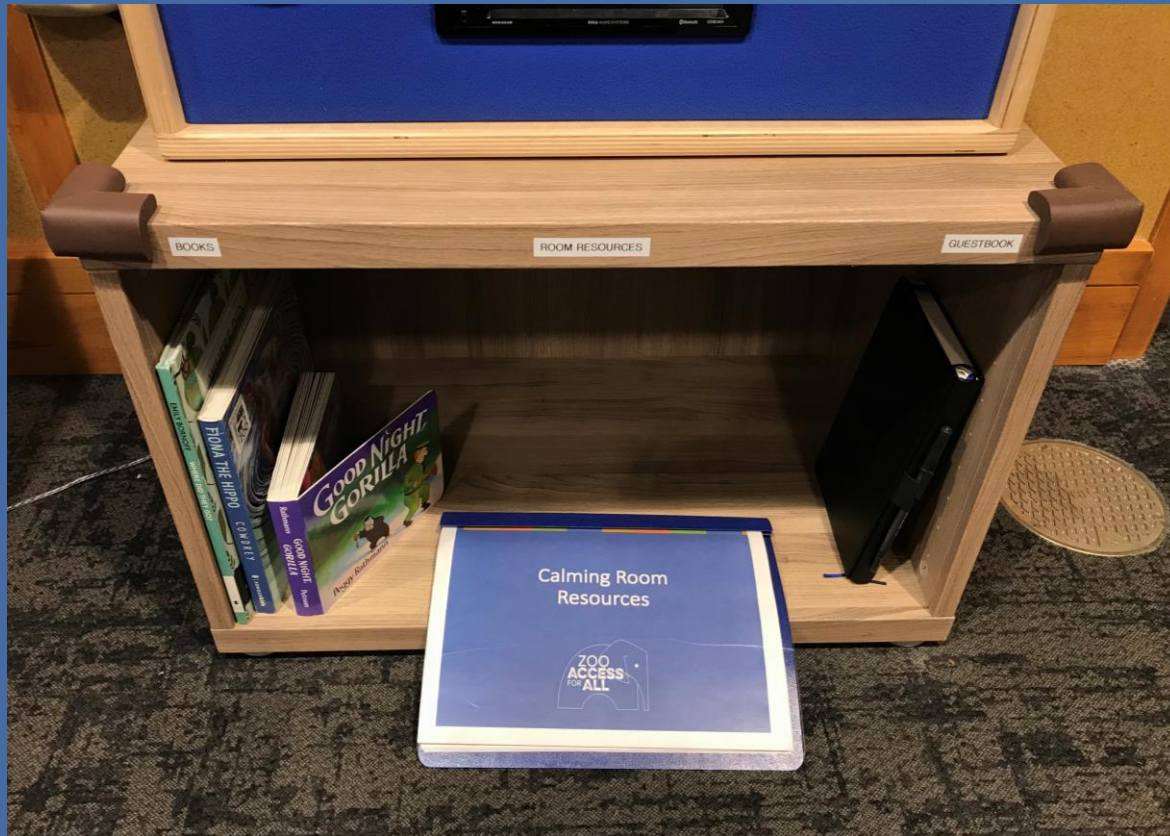


When we are inside, the employee will tell us to call them if we need help, and they will check on us in 30 minutes.

We can use the Calming Room for as long as we need it.



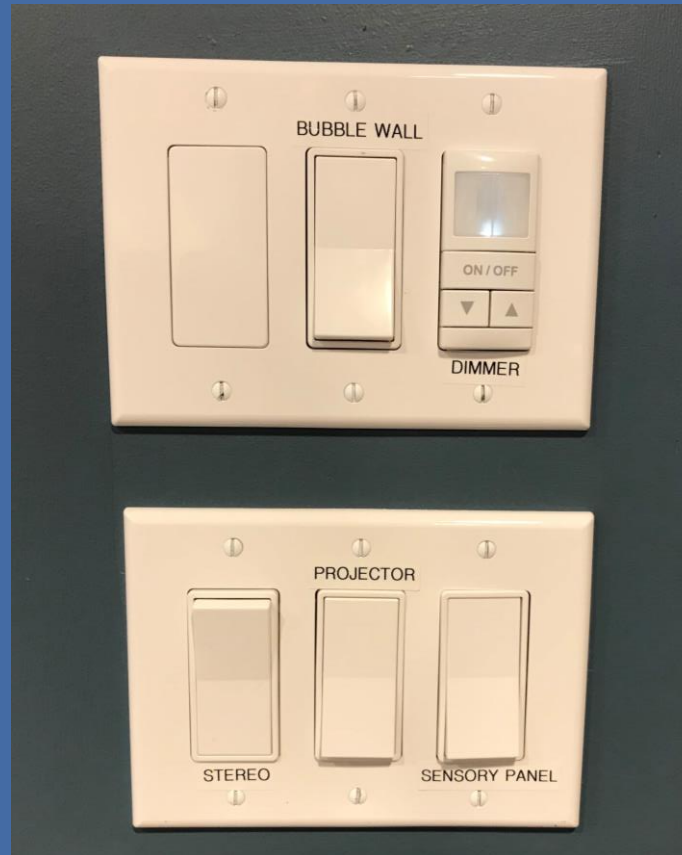
There are many items in the Calming Room. These items are there to help me take a break, and regulate my body.



I can learn more about the items in the Calming Room by looking at the Calming Room Resources book. It is under the stereo.



We can set the Time Timer to help us transition back to our Zoo visit after the Calming Room. It will quietly tick down.



I can use the light switches to turn on the projector, the bubble wall, the sensory panel, and the stereo. I can also dim the lights.



The projector and the bubble wall are calming to look at and may make me feel calm.



The sensory panel has items for me to touch and move. I might like the textures and sounds it makes.



We can play music on the stereo if we want to. There are instructions on how to use the stereo on top of the stereo.



I can sit and rock in the rocking chair.

The stereo is connected to the rocking chair, and it makes the rocking chair vibrate softly to the music.



There is a big crash pad on the floor. I can sit on it, lay on it, crash into it, or hide underneath it.

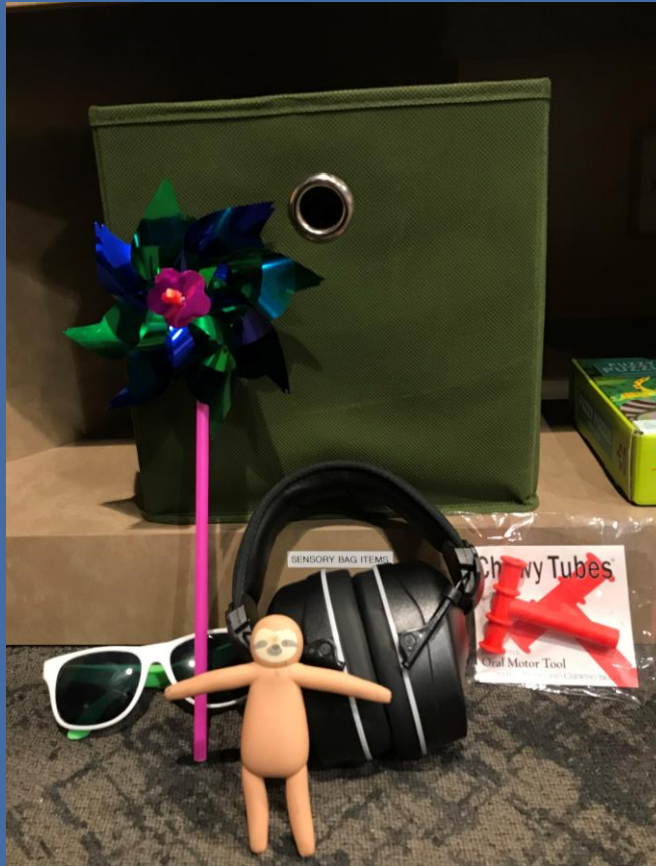


I can sit in the tent. The tent might make me feel safe and like I have my own space.



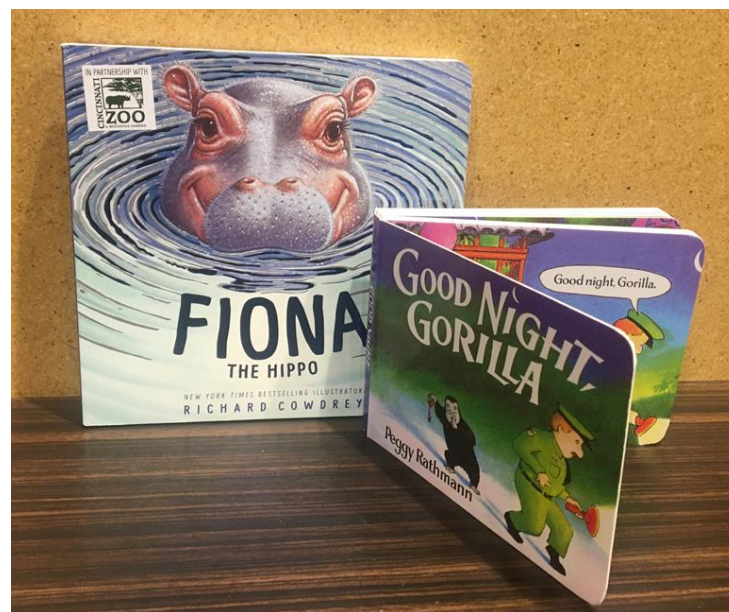
Under the bench, I will find a weighted lap pad and a vibrating pillow.

Putting the lap pad on my body might make me feel calm.
The pillow will vibrate when I squeeze it or sit on it.



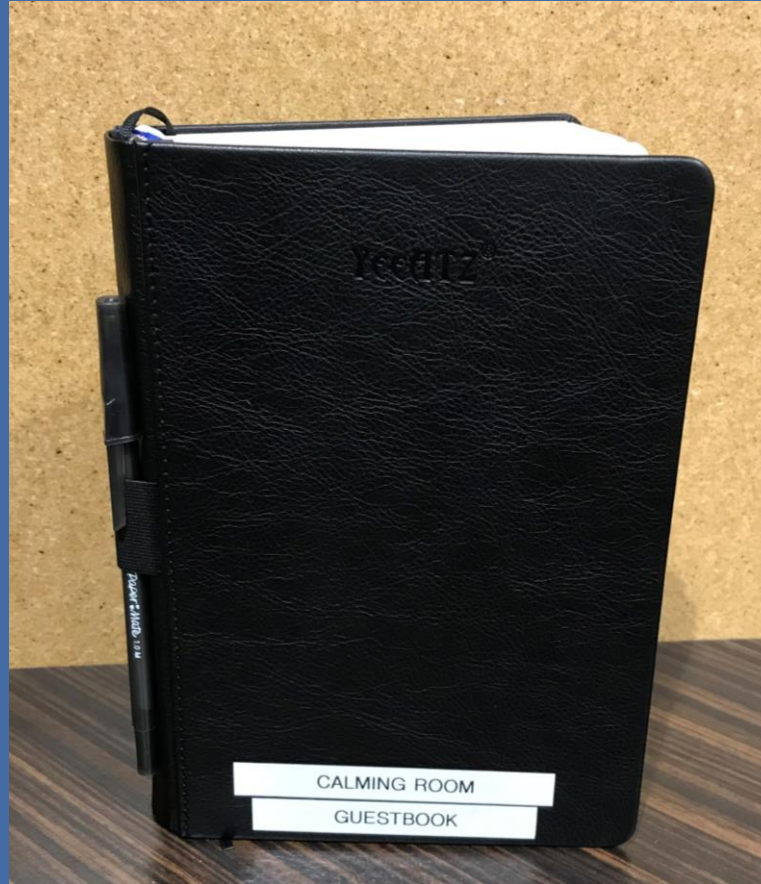
There is a green bin with items from the Zoo's Sensory Bag inside. I can use these items while I am in the Calming Room.

If I want to use a Sensory Bag when I leave the Calming Room, I can borrow one at the Welcome Center.

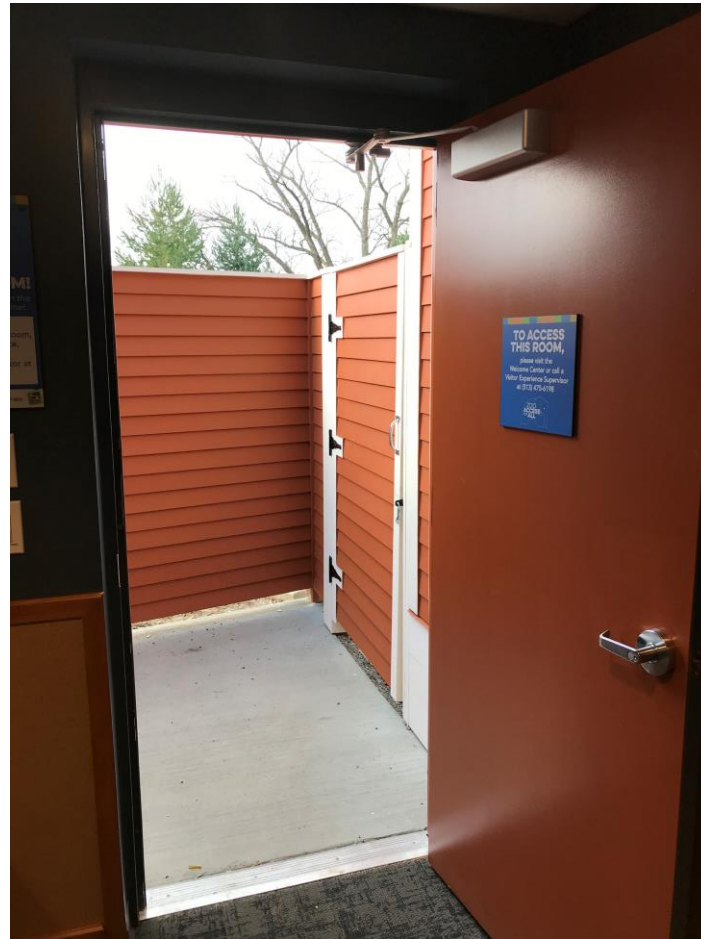


There is a puzzle under the bench, and some books under the stereo. I can play with the puzzle or read the books while I calm down.

My family might want to use these while they sit in the Calming Room with me.



There is a guestbook under the stereo. If we want to, my family can write a message to the Zoo or to other families who will use the Calming Room.



When we are ready to leave the Calming Room, we can walk out of the room. We don't have to wait for someone to come back. The employee will come back and clean up when we're gone.



Thank you for visiting the Cincinnati Zoo!

Other Resources for Your Visit

Please visit the Welcome Center for more information on our Zoo Access for All resources, including:

- Sensory-Friendly Restrooms & adult changing tables
- Sensory Maps & visual schedules
- Rides Access Pass for the train & carousel
- Social narratives & visual supports
- Sensory Bags

www.cincinnati-zoo.org/plan-your-visit/zoo-access-for-all