

Going to a sensory-friendly movie screening



A social story by Blue Sky Community Services

We are looking forward to seeing you soon at a sensory-friendly movie screening.

This experience can feel a little different when it is new to you.

We hope this story helps you prepare for the sensory-friendly movie screening.

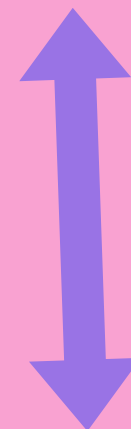
A sensory-friendly movie screening is a little different from how people usually watch a movie together.



Everyone can wear headphones to listen to the sound of the movie.

I control the volume of the movie on my headphones. I choose how loud or soft I want it to be.

My volume can be different from other people.



It's okay to take my headphones off if I need a break.

At a sensory-friendly movie screening there are lots of different places I can choose to sit or stand.



I might want to sit on cushions on the floor.



I might want to sit on a bean bag in a little tent.



I might want to sit at the back with an activity desk in front of me. I might do some colouring-in or drawing.

Or I might want to sit on a chair or even stand at the back.



I can move around whenever I need to. I just need to make sure the movie screen stays clear so everyone can see.

There are sensory tools available in the space that I can use. These tools can help me feel comfortable and safe while I enjoy the movie.



The movie space, when it is all set up, might look something like this.



If I start to feel overwhelmed
or need help at any time,
that's okay.
I can let someone know and
they will help me.

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