

## Map your way

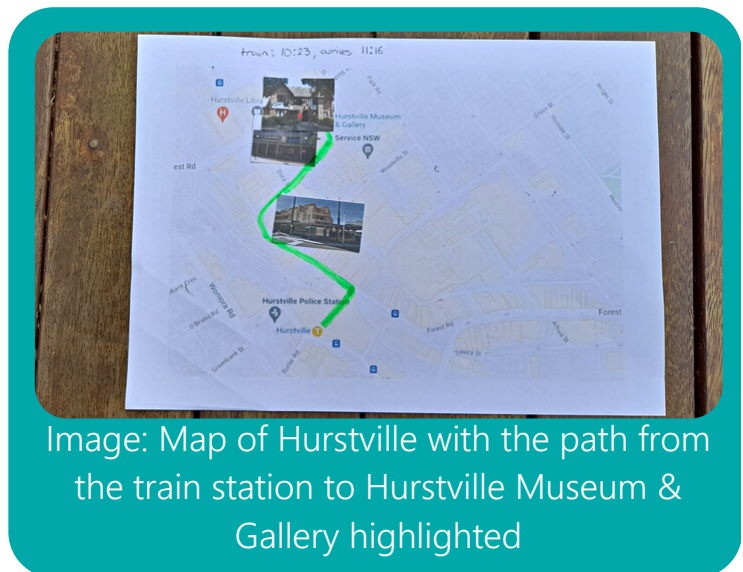
### A pre-visit activity

Create a map of how you are going to get to Hurstville Museum & Gallery.

This activity helps visitors who may experience anxiety when travelling to an unfamiliar location. It also helps them learn how to make plans for travel.

You will need:

- Paper
- Scissors
- Glue
- Pens, pencils, or highlighters
- Internet access



Process:

1. Print out a map of the area around Hurstville Museum & Gallery, or print out the one provided on the next page.
2. Add pictures of some of the buildings in the area. You could print them out or draw them yourself.
3. Mark the path you will take to get to Hurstville Museum & Gallery.
4. Add any other important information such as train or bus times.

Bonus activity: If you are sensitive to different sensory experiences you can add sensory information to your map to prepare for your journey. Which areas do you think will be noisy or crowded? What do you think you might smell? Mark the places on your map where you think they might be.

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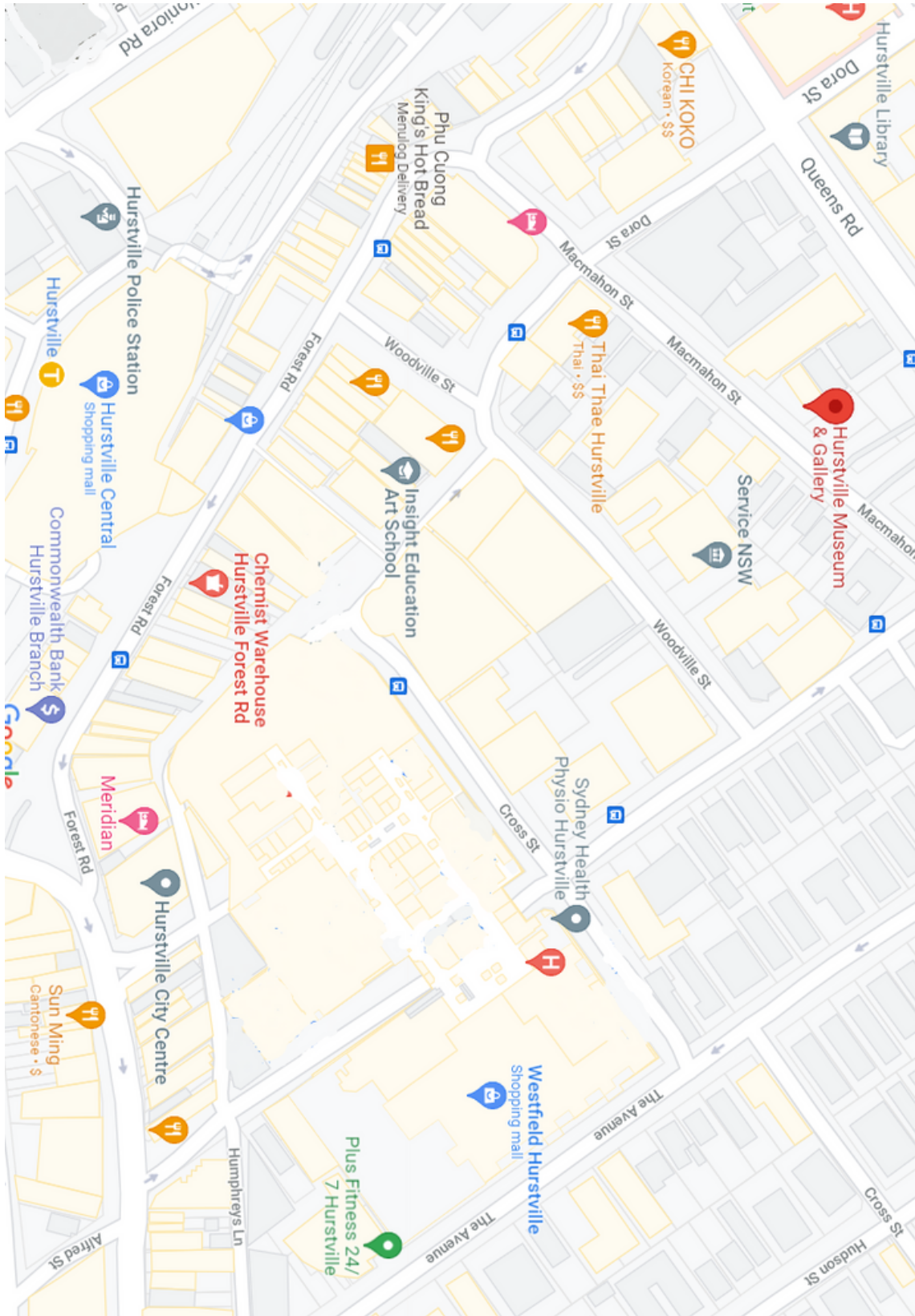


Image: Map of Hurstville including Hurstville Museum & Gallery. Image from Google Maps.