

My visit to the

**Frist Art
Museum**



Please enjoy this social story for your visit to the Frist Art Museum!

A social story is a tool to help you prepare for a new social situation or experience.

You can read it many times before your visit to help you know what to expect. You can also print it out and take it with you to the museum.





I am going to the Frist Art Museum. The museum is a big building with lots of art inside. I might want to look at all the art, or I might only want to see some of it.

I might make some artwork of my own at the museum. Inside the museum, I will try to use my inside voice and remember to use my walking feet.



When I first go inside the museum, I might have to go to the Visitor Services desk to get a sticker. I might have to wait in line. I will need to wear my sticker while I am at the museum to show that I am a visitor.

If it makes me uncomfortable to wear it on my shirt, I can choose to wear it on my pants, my shoes, or on my back instead.



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At the museum, the art is kept in special rooms called galleries. Sometimes, the galleries are very quiet. Sometimes, they are crowded and loud. I might have to wait my turn to see the art. I will try to wait patiently with a quiet body. I can look at the art with my eyes, but I won't touch it with my hands. Touching the artwork could hurt it.



I might want to take some pictures of my favorite artwork. That is usually okay, but I will ask my adult or a museum guard first to make sure I am allowed to take pictures. There are museum guards in every gallery. Their job is to protect the art and help visitors like me. They wear black uniforms and name tags. If I get too close to the art, a museum guard might remind me to take a step back. That is okay.





At the entrance of each gallery, there are little booklets called gallery guides. These guides have pictures and information about the art that is inside the galleries. I may take a gallery guide if I'd like to. I can keep it as a souvenir.



If I want to make my own art, I can go to the Upper Level with my adult to visit Martin ArtQuest. In ArtQuest, I might paint or draw, or make other kinds of art. There are many activities in ArtQuest that I can try. I might build with blocks, or play with magnets, or look at books in the reading corner. If there are a lot of people doing an activity in ArtQuest, I might have to wait for my turn. I might try another activity while I wait. Sometimes, I might have to share tools and materials with other visitors so that everyone gets a chance to make their own art.



If I have a question or need help with an activity in ArtQuest, I can ask an ArtQuest volunteer. Volunteers wear black aprons and name tags. Their job is to help visitors like me with the activities.

Some of the activities in ArtQuest, like painting and printmaking, have special steps to follow. An ArtQuest volunteer will show me what to do. Sometimes, my art might not turn out like I wanted it to. That is okay. When it is time to leave, I might like to put my art in a bag to take it home with me.



Sometimes it can be loud in ArtQuest. If the noise bothers me, I can tell my adult that I need a break. If I need to take a break from the galleries, there are quiet areas in the museum where I can go. I can ask my adult to take me.



I can also check out a Take a Break Kit from the front desk in ArtQuest. There are things in the kit like noise-canceling headphones and fidget toys to help me. My adult needs to leave their name and phone number with the person at the front desk to check out the Take a Break Kit.



If I need to use the restroom, I will tell my adult. There are restrooms upstairs and downstairs. There are also water fountains if I get thirsty and need a drink. If I get hungry, there is a café on the Main Level. I might get something to eat there. I might eat inside the café or outside in the courtyard if the weather is nice. The museum does not allow eating or drinking in the galleries. This rule helps keep the art safe.



The museum also has a gift shop. The gift shop is on the Main Level, right across from the galleries. The gift shop has many fun things I can look at or buy. If I want to go into the gift shop, I will ask my adult to take me.



There are many things to see and do at the Frist Art Museum.
I might like visiting the museum!



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