My Met Tour
A Visual Checklist for Visitors on the Autism Spectrum

The Metropolitan Museum of Art
My Met Tour
A Visual Checklist
for Visitors on the Autism Spectrum

Instructions:

1. A few days before your visit, print out the checklist and the picture cards on the next pages to plan your trip to the Museum.

2. To help you decide where you want to go, read information about the different galleries to learn about the types of art in the Museum.

3. When you’ve decided which areas you want to visit, cut out the corresponding cards and attach them to your checklist.

4. You can also use other picture cards to say when you need to take a break, sit down, use the restroom, etc.

5. Be sure to leave some boxes on your checklist empty so you can add to your tour while you are at the Museum.

6. Bring your completed My Met Tour checklist with you to the Museum.

7. Print out a blank checklist and extra cards in case you want to create another checklist while you are at the Museum.

8. When you are at the Museum and have completed a stop on your tour, check it off with a pencil in the “All Done” column.
Musical Instruments

I need a restroom

I would like a drink of water

I'm ready to go home
I need a quiet space

I would like to sit down

I would like to eat

Can we go to the Met Store?

I need help

Entrance/Exit (Main)

Entrance/Exit (Uris Center for Education)
# My Met Tour Checklist

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<tr>
<th>This is what I will see or do: (attach picture cards or write steps)</th>
<th>All done</th>
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Museum Rules

- I will keep my hands off the art and the glass display cases.
- I will stay with my family/parent(s) when we walk in the galleries.
- I will walk slowly in the Museum.
- I will use my inside talking voice.
- If I want to eat, I need to go to the cafeteria or outside.
Access and Community Programs
Contact us for information about accessibility, accommodations, and programs for visitors with disabilities:

Telephone: (212) 650-2010
Email: access@metmuseum.org

Access and Community Programs
The Metropolitan Museum of Art
1000 Fifth Avenue
New York, NY 10028-0198
www.metmuseum.org/events/visitorsdisabilities

Join us on Facebook
Access Coordination at The Metropolitan Museum of Art

This resource was created in consultation with Autism Friendly Spaces.

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