Family Guide

Family Fun at The Met
Welcome to The Met!
Explore, learn, and have fun as a family during your visit. There’s lots to see and do—use these tips to get started.

Look
Examine the art from a distance. Help us keep the art safe by not touching.

Talk
Share ideas and chat about what you see, think, and imagine.

Walk
Move slowly while you’re in the Museum so you don’t miss something!

Stay together
Look at and talk about art together. It’s more fun that way!

Now for Some Fun
Put the kids in charge. Have them choose your route and activities.

Pick a theme
Search for animals, nature, or patterns in art. What will you discover?

Use your imagination
What might you see, hear, taste, smell, or feel if you were inside an artwork?

Take a seat
Get comfortable and stay awhile. Sit on the floor or on a bench while looking at art together.

Move and pose
Experience art with your whole body. Act out stories and pose like the people, shapes, or lines you find.
Look and Ask Questions

There is no right or wrong way to look at art.

Ask questions to start a conversation:

- What do you see?
- What did you notice that makes you say that?
- What else can we find together?

Look closely and find clues in the works of art.

Draw and Write

Use a pencil to sketch a work of art, and create your own story inspired by it. Be creative and collaborate.

Take a break

You don’t have to see the entire Museum in one visit! Have a bite, visit the shop, or play in Central Park (you can use your admission ticket to re-enter).
Plan Your Visit

+ Most restrooms have changing stations. Find an all-gender, family restroom on the Ground Floor, and our Mothers’ Room on Floor 4. See the Museum Map for locations.

+ We welcome children at every restaurant in the Museum. The Eatery has booster seats, high chairs, and a kids’ menu. You may bring plastic water bottles and baby bottles into the galleries. No glass containers, please.

- Strollers, with the exception of oversized and jogging strollers, are permitted in most galleries. Front-facing baby carriers are welcome. Large backpacks must be checked; help protect the art by wearing smaller backpacks in the front.


There’s More Fun

81st Street Studio
Explore our new drop-in discovery and play space for kids ages 3–11 and their families and caregivers. It’s where art and science meet! Ruth and Harold D. Uris Center for Education, Ground Floor. For more, visit metmuseum.org/81st-street-studio.

Free Family Programs
Check out our family-friendly tours, art-making classes, festivals, and more. For a schedule, ask at the Information Desks or visit metmuseum.org/families. Programs meet in Carson Family Hall, Uris Center for Education, unless otherwise noted.

#MetKids
Continue to explore online with our digital feature made for, with, and by kids. Visit metmuseum.org/metkids or scan the QR code below.

Family Guides
Set out on an adventure! Hunt for details, uncover stories, and use your imagination to travel the world. Ask for free guides at the Information Desks or find them online at metmuseum.org/family-guides.

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For up-to-date information about your visit, go to metmuseum.org/visitor-guidelines.
As you explore The Met, sketch your favorite works of art here.

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