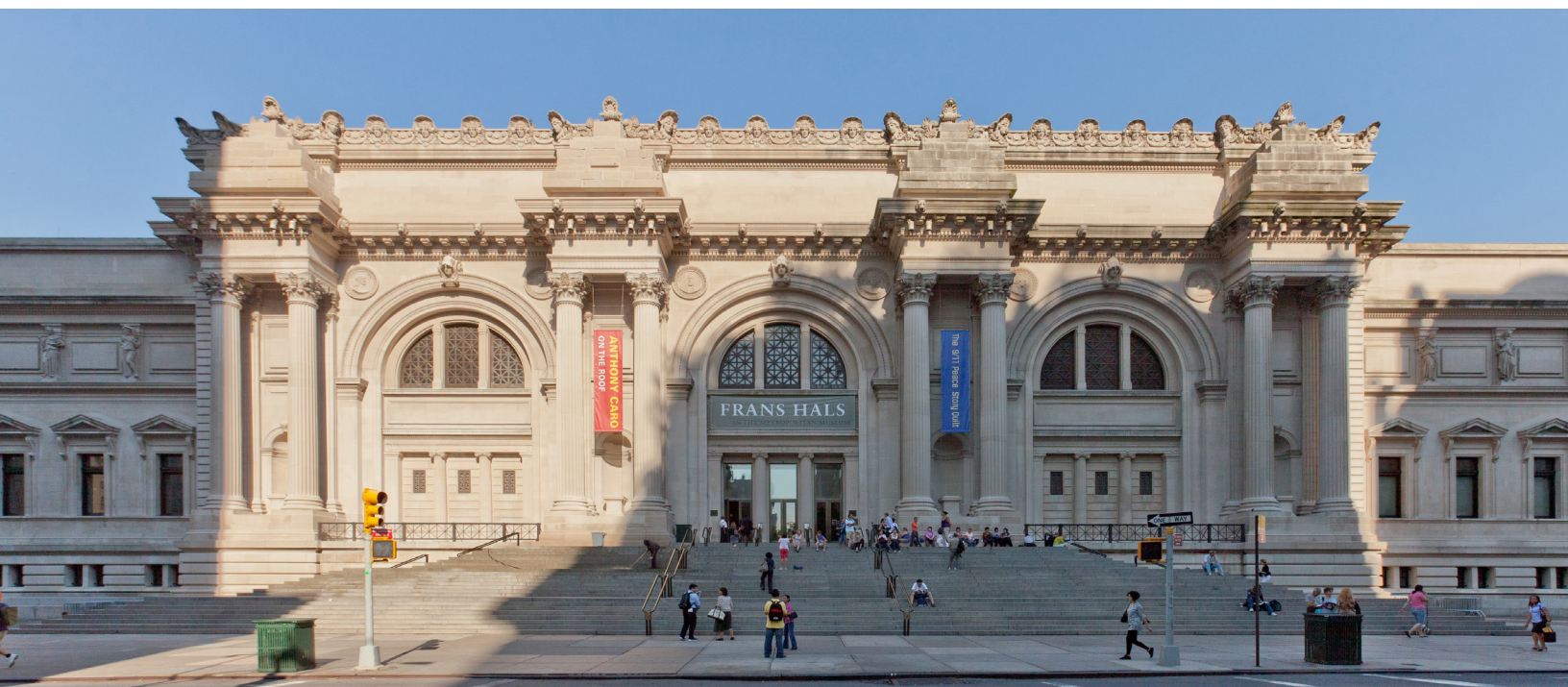


# My Met Tour

## A Visual Checklist for Visitors on the Autism Spectrum



The Metropolitan Museum of Art

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## 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.





American Art



Ancient Near Eastern Art



Arms and Armor



Arts of Africa, Oceania, and the Americas



Asian Art



Drawings and Prints



Egyptian Art



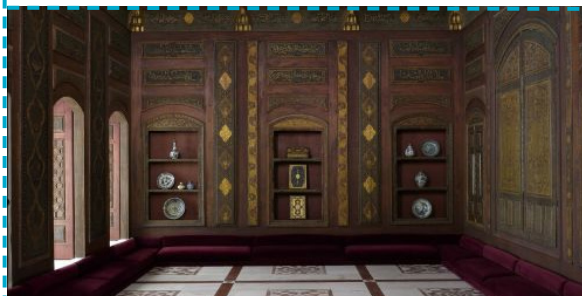
European Paintings



European Sculpture and Decorative Arts



Greek and Roman Art



Islamic Art



The Robert Lehman Collection



Medieval Art



Modern and Contemporary Art



Musical Instruments



Photographs



I need  
a restroom

I need a break



I would like  
a drink  
of water



I'm ready  
to go home





I need a  
quiet space



I would like  
to sit down



Can we go to the Met Store?



I would like  
to eat



Entrance/Exit (Main)




I need  
help



Entrance/Exit (Uris Center for Education)

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# My Met Tour Checklist

This is what I will see or do: (attach picture cards or write steps)	All done 

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## My Met Tour Checklist

This is what I will see or do: (attach picture cards or write steps)	All done 

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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.



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## 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](mailto: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](http://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.

Access Programs at The Metropolitan Museum of Art  
are made possible by **MetLife Foundation**.

Generous support also provided by the Filomen M. D'Agostino  
Foundation.

Also made possible by Estate of Doris Alperdt, Renate, Hans & Maria  
Hofmann Trust, Allene Reuss Memorial Trust, The Ceil & Michael E.  
Pulitzer Foundation, The Fan Fox & Leslie R. Samuels Foundation, Inc.,  
Jane B. Wachsler, The J.M. Foundation, The Gordon and Llura Gund  
Foundation, gifts in memory of Lisa Merians DiSalvo, and The Murray G.  
and Beatrice H. Sherman Charitable Trust.