Going to The Q!
The Q is a large arena that hosts entertainment such as concerts and sporting events.
Many people enjoy going to events at The Q. Today, I am going to an event at The Q!
When I get to the arena, I will wait in line to enter with my family or group.
I will give my ticket to the worker at the gate and go in.
On my ticket, there will be a seat number. If I don't know how to find my seat, I can ask a worker or someone in my family/group for help.
During the event there might be big screens, bright lights, loud noises, or music. If I start to feel overwhelmed I can ask a worker for a sensory bag.
The noise cancelling headphones can help to reduce the noise. The fidget toys and weighted lap pad can help me stay calm and in my seat.
There are many places to eat in The Q. If I get hungry, I can order food from the concession stand or a restaurant in the arena. The Q even has a gluten free nut free etc restaurant called Just for U!

www.kulturecity.org
There are many bathrooms in The Q. If I need to use the restroom and can’t find one, I can ask a worker to help me. I can also go to the family restroom with my family if I need more space and time in the bathroom.
If I need some quiet time during an event, I can ask to go to the sensory room. The sensory room is a quiet space that can help me feel calm.
When the event is over, I will leave The Q with my family/group and go home. It might take a while to get out of the arena because of the crowd, but that is OK.
It was a great day at The Q!