

GOING TO A HOCKEY GAME

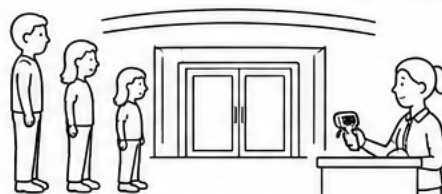
A SOCIAL STORY



I am going to a hockey game!
There will be players, fans, music,
lights and lots of activity.
Knowing what might happen
can help me feel prepared.

1

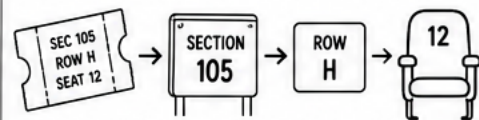
2 ARRIVING AT THE ARENA



When I arrive, I will go inside the arena.
There may be many people arriving
at the same time.
I may need to wait in a line.
A staff member may check or scan
my ticket before I go inside.
It is okay to take my time.

2

3 FINDING MY SEAT



My ticket tells me where I will sit.
I can follow the signs
or ask an arena staff member
to find my seat.



Once I find my seat,
I can get comfortable
and look around.

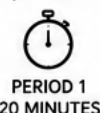
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4 THE GAME BEGINS

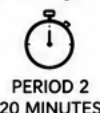


Before the game starts, the players
may warm up on the ice.
There may be announcements, music
and other activities.
When the game begins, the players will
skate, pass the puck and try to score.

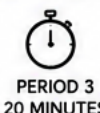
A hockey game has 3 periods.
Each period is 20 minutes of game time.
The clock may stop during play, so a
period usually lasts longer than 20 minutes.



PERIOD 1
20 MINUTES



PERIOD 2
20 MINUTES



PERIOD 3
20 MINUTES

4

5 THE ARENA CAN GET LOUD



There may be loud or
unexpected sounds
during the game.



I might hear:

- cheering and clapping
- music
- announcements
- whistles
- buzzers
- a loud goal horn



People may stand up or cheer when
something exciting happens.

If the noise feels too loud, I can use my
noise-reducing headphones or take a break.



5

6 INTERMISSION



There is a break between each period
called intermission.

There are two regular intermissions
during the game.

Intermission is usually about
15-18 minutes at an OHL game.



During intermission, I can stay in my seat or get up.

I might:



use the
washroom



get food
or a drink



stretch
or move



use something
from my sensory
bag



find a
quieter
space

The arena may become busy during intermission.

6

7 IF I NEED A BREAK



Sometimes the arena may feel like a lot for my senses.

I might notice that it is too loud, too bright,
too crowded or that my body needs a break.



It is okay
to take a break.

I can use something from my sensory bag.



wear my
headphones



use a
fidget



take some
slow breaths



use my
"I need a break"
card



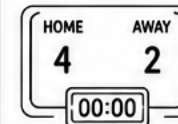
move to a
quieter area

I can tell the person I am with or ask an
arena staff member for help.

I do not have to wait until I feel overwhelmed
to take a break.

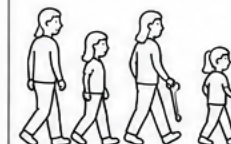
7

8 THE GAME ENDS



After the third period,
the game may be finished.

Sometimes, if the score
is tied, there may be
overtime or a shootout.



When the game is over,
many people may leave
at the same time.

The hallways and exits
might be busy.

I can wait until it is less
crowded if that works
better for me.

Then I will leave
the arena.



I did it!
I went to a
hockey game.

Every visit can feel different, and I can use
the supports that work best for me.

8