



WHAT YOU MAY EXPERIENCE

Some parts of the arena can be exciting, and they can also feel BIG.

Here are a few things you might notice:



LOUD SOUNDS

Goal horn, cheering, music, PA announcements and buzzer sounds can be very loud.



BRIGHT OR CHANGING LIGHTS

Scoreboard, ice lights, camera flashes and special effects can be bright or move quickly.



CROWDS

Lots of people in the stands, concourses, lines and busy spaces.



SMELLS

Food, cleaning products and other smells can be strong.



BODY & ENVIRONMENT

Sitting for long periods, limited personal space, temperature changes or vibrations from the crowd.



UNEXPECTED MOMENTS

Player intros, surprises, or sudden changes can sometimes feel overwhelming.



Different sensory needs.
Same love for the game.

HOW THIS SENSORY BAG CAN HELP

Inside this bag you will find tools that may help you feel more comfortable and regulated at the event.



HEADPHONES

Help reduce loud sounds and make the environment feel quieter.



SUNGLASSES

Can help with bright lights and reduce visual overwhelm.



FIDGET ITEMS

Provide a quiet, hands-on way to help your body feel calm and focused.



BREATHING TOOL

Can help you take slow, calming breaths when you need a break or to reset.



CALMING ITEM

A soft or textured item to hold can provide comfort and help you feel more at ease.



"I NEED A BREAK" CARD

Use this card to let staff know you need a quiet space or support. Everyone is here to help!

Enjoy the game.
You belong here.



**Inclusive
Play Co.**

For every ability, every age.