



Game Day with the Durham Bulls



I am going to a baseball game! It's going to be so much fun!



When we get to the game, we will have to wait in line to give people our tickets.
It might be loud and crowded.



It's ok to feel nervous. If I feel nervous, I will make sure that I stay with my group.
I can take deep breaths to help me feel calm.



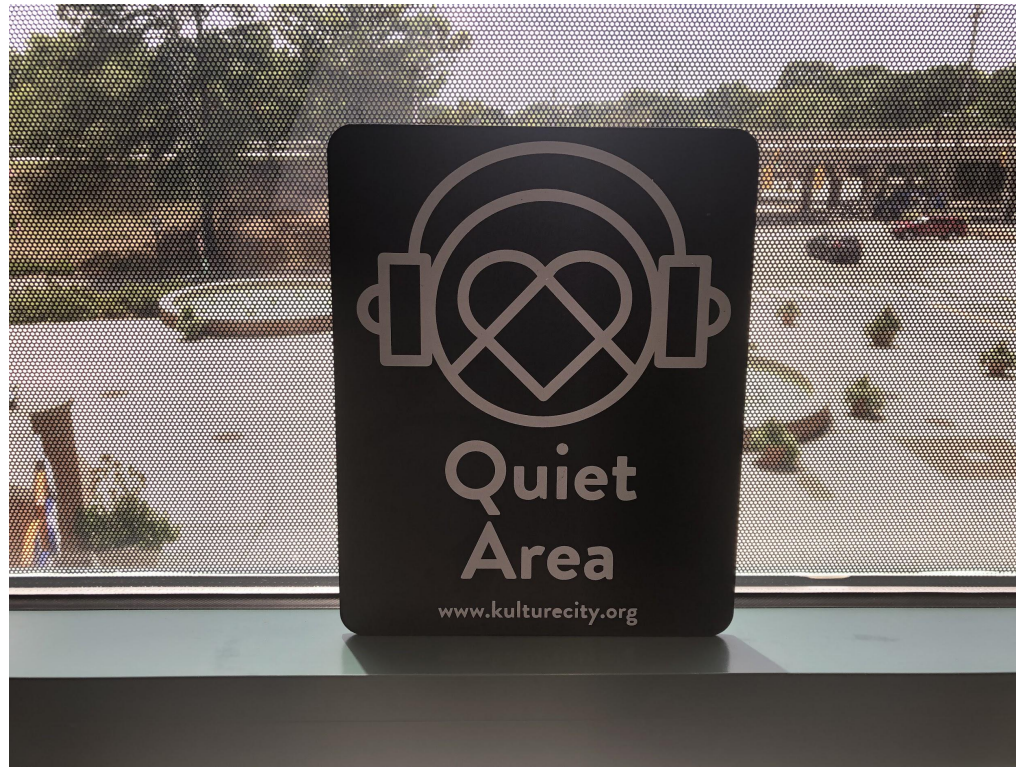
I can borrow a Sensory Bag from the Lowes Foods Guest Services on the main concourse.



In the bag are headphones, sunglasses, some fidget toys, and a card that will help me tell other people how I am feeling.



After we scan our tickets, we will need to find our seats. The Durham Bulls stadium is so big! I will see lots of people and baseball players getting ready to start the game. I will hear music playing.



If it's too loud, I can ask to move to a "quiet area."
I can look for a sign like this to find a "quiet area".



If it's too loud, I can ask to move to a "quiet area."
One "quiet area" is right by the big bull.



Before the game starts, Wool E. will come out. Wool E. is so nice!
I can watch him waving to people. If I want, I can wave back!



Next, everyone will sing the National Anthem. I will hear music playing and everyone around me will sing! I can sing with them or wait for the game to start. I can wear my headphones if I find it too loud.



The game will begin with the first pitch. I can stay in my seat and watch the players on the field.



During the game music will play over the speaker. There will be a voice announcing each player over the speaker. The music might be loud. I can wear my headphones if I find it too loud.



When a home run is hit, a loud horn will go off! The large bull's eyes will light up, and smoke will come out of his nose.



Wool E. Bull will drive his go-kart around the field once during the game. It is fun to see him drive! I can stay in my seat and watch him drive by.



Sometimes, Wool E. Bull might go to the top of the dugout. He likes to rally the fans with drumming and music. If I am sitting nearby, this may be loud. I can wear my headphones if I find it too loud.



The sounds and sights might make me feel nervous. It's ok to feel nervous. If I feel nervous, I will make sure that I stay in my seat. I can take deep breaths to help me feel calm.



If I still feel nervous, I can ask to move to one of the “quiet areas.”



If I need help finding a quiet space, I can ask someone with this sign for help.



When the game is over, it will be time to go back home. Everyone will leave at the same time, so it might be loud and crowded.



It's ok to feel nervous. If I feel nervous, I will make sure that I stay with my group.
I can take deep breaths to help me feel calm.



Watching the Durham Bulls play baseball is so fun!

This Social Story was created by the Occupational and Speech-Language therapists at Emerge Pediatric Therapy.

To prepare your child for this experience, it is recommended that you read this story with them multiple times in the days leading up to the event. If your child does not yet understand pronouns, then you can substitute their name in place of “I” throughout the story.

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