

Social Story™

Sensory Friendly
Action Tots





What is a social story?

A Social Story™ uses storytelling to explain new experiences and environments, helpful for people feeling nervous about attending a new place or event.

- Read the social story two weeks before the visit.
- If reading to someone, help them understand key points.
- After the visit, re-read the social story to celebrate achievements.



This Social Story™ has been written to assist parents, carers and children to attend a Sensory Friendly Actions Tot session.



Sensory Friendly Action Tots is a program for children aged 1-4, featuring fun, sensory-friendly activities that encourage movement, play, and time with family or caregivers in a calm setting.



I am going to a Sensory Friendly Actions Tots session at the Mandurah Aquatic and Recreation Centre. Some people call this the MARC.

The MARC is located at 303 Pinjarra Road, Mandurah.



If I travel by car, there are standard and ACROD parking bays out the front of the MARC.

There are extra standard and ACROD parking bays in the overflow parking area on the other side of Cemetery Road.



I will enter the MARC through the main entrance.



When I arrive at the MARC I will pay for the Sensory Friendly Action Tots session at the front counter (casual) or if I have booked online I can go straight to the Basketball Courts.

I can ask for directions to the session if I need to.



The Sensory Friendly Action Tots session will be on courts 1 and 2 of the Multi-Purpose Courts.

To get to there, I will move past the café. I might notice the smells of food and coffee from the café.



If I arrive early, I can wait at one of the café tables reserved for people attending the Sensory Friendly Action Tots session.

The session will start at 10.35am.



When I enter the Sensory Friendly Action Tots session, the court will have activities like climbing, rolling, and balancing.

There will also be mats, sensory toys, and a quiet area if I need a break.



The session will be led by team members from the MARC. They will be wearing a MARC uniform and can assist me during the session if I need help.



The session will have dimmed lighting and reduced music to help keep the space calm.



I can visit the quiet area anytime during the session if I need a break.



There will be noise at Sensory Friendly Action Tots from people talking and laughing because they are having fun.

If it feels too loud, I can borrow some noise reducing earmuffs or bring my own to help.



There are male, female and accessible toilets at the MARC.

There is a Changing Places facility in the pool area.



Attending Sensory Friendly Action Tots is a great way for me to play, explore and spend time with family or carers in a welcoming space.

For more information or to book, visit the MARC website: [MARC Children's Programs](#).

Contact

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If you need help to speak or listen on the phone you can use the National Relay Service on 1300 555 727

For more information visit: relayservice.gov.au



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