I will go through the front doors to enter the lobby. I may have to wait in line. There is an exhibit about different inventions made in Syracuse that I can at look at while I wait. My adult will get tickets for us to explore the MOST from a person in a teal shirt. (If I have a question or need help at any point in the museum, I can ask a person in a teal shirt with the MOST logo and name tag.)

We can also borrow a special kit that includes headphones to soften the noise, fidget toys, and a white board with a marker. Once we have our tickets, I will see that there are many paths to different parts of the museum.

- If I go down the ramp, stairs, or elevator, it will bring me towards the Motion & Matter, Discovery Cave, Playhouse, and Life Science exhibits.
- If I go up the stairs or elevator, I will see the Flight & Space and Energy exhibits.
- If I stay on the same level and head into the next room to the left, I will see the MOST's travelling exhibit along with the Dino Zone, Rock Wall, Trains, and MOST Classics exhibits.

**For Parents**

Weekends are our busiest times and weekday mornings are our least. The MOST also hosts Sensory Friendly Time on the third Saturday of every month, from 4:30 – 8:00 PM. Lights and noises are turned down low, and special activities will be available.
If I go through the Life Science Exhibit to the next room, I will see a fun path that tells me to jump, turn around, and other actions. This space-themed Sensory Pathway is great if I need to get some wiggles out. Off to the side of this area is the Family Place, which is a nice area to relax and decompress if I need a break. (Mom can also nurse or change diapers comfortably here!) Beyond the sensory pathway is the STEM Storytime Room, which is another quiet place to read or play. The cafeteria area is off to the left if we want to eat.

If I head down toward the Playhouse, it may be loud with other children’s voices and the sound of forced air. (The toddler area is a quieter place in the Playhouse.) If I prefer a quieter area, I can go into the Discovery Cave. In the caves, it will be a little bit dark/dim, but I will still be able to see. I can see fish in the coral reef tank, dig for fossils, crawl through caves, and play with a sand table that projects different colors depending on how high or low I build the sand up.

I can also go out and see Technotown. It is fascinating to watch the balls travel through the maze, but it does make some noise that might be a bit loud for me. Nearby, there is a rocket that does a countdown to blast off that is loud and has red lights.

If I go through the Life Science Exhibit to the next room, I will see a fun path that tells me to jump, turn around, and other actions. This space-themed Sensory Pathway is great if I need to get some wiggles out. Off to the side of this area is the Family Place, which is a nice area to relax and decompress if I need a break. (Mom can also nurse or change diapers comfortably here!) Beyond the sensory pathway is the STEM Storytime Room, which is another quiet place to read or play. The cafeteria area is off to the left if we want to eat.

for parents

You are more than welcome to leave the museum to eat at one of the many downtown restaurants or take a break and come back in later with your ticket. Admission is good all day.
If I head to the left after the lobby, I will go into the traveling exhibit area. This area will have new exhibits every few months. In this area, I can also see fresh water fish and stingrays in the two tanks off to the right, and the rock wall where I can climb. If I go left, we will see some classic MOST exhibits. The model trains are in also in this area and are fun to watch quietly.

I can keep going and visit the Dino Zone. This area has flashing lights, loud noises, and moving dinosaurs. This might seem scary, but the dinosaurs can’t hurt you! I can see the T-Rex head and ride a Triceratops without going into the area with the loud noises and flashing lights.

If I head up the large stairs, I can go up to Toothpick World and see different building and structures from around the world that are made out of toothpicks. (If I don’t want to climb the stairs, I can take the elevator near the IMAX Theatre entrance.) This area is usually a little bit quieter than others in the museum.
If I go up the stairs or elevator from the lobby, I will be on the mezzanine. I can look over the railing to see the lower exhibits below. (I might still be able to hear loud noises from the exhibits and other museum guests but this area is usually less crowded.) I will see the Flight & Space and the Energy exhibits. In Flight & Space, there are activities related to air and space travel. We can jump on the trampoline, fly through the air in the Topo Flyer, and pretend to fly in a helicopter. In Energy, I can learn about sources of energy – solar, hydro, wind, and more!

If my adult says it is ok, we can go into the Science Shop and look around before we leave, but we might not buy anything. When my adult says it is time to go, we will head back to the lobby and head out the front doors to go home. I might not have had time to do everything at the museum today, but I can ask my adult to come back another time. The MOST would love to have you back!

VISIT US AGAIN SOON!