

# Visiting the Calm Room

## A Social Story







Artworks in UOB Southeast Asia Gallery 2

**I am inside National Gallery Singapore.**

At the Gallery, I see different artworks. There are paintings, photographs and sculptures. There are also different activity spaces.





Children playing at the Gallery Children's Biennale 2019

Looking at these artworks can make me feel different emotions.  
I may feel happy, excited, anxious or sad.

It is okay to have different feelings when looking at art.





Side view of the two calm pods inside the Calm Room

**If my feelings become overwhelming and I need to rest, I can visit the Calm Room at the Gallery.**

**This Social Story tells me how to get to the Calm Room, and what to expect when I am there.**





Front view of the calm pods inside the Calm Room

**The Calm Room is a clean and quiet space that I can go to relax and calm down. I can stay here for as long as I need to.**

**The adult I am with can follow me into the Calm Room too.**





Exterior view of the Calm Room from the door entrance

**The Calm Room is located at Basement 1 in the Spine Hall.**

**The entrance of the room has sliding glass doors, and the words "Calm Room" on the wooden panel above.**





Visitor Experience Ambassador standing outside the Calm Room

**There will be a Visitor Experience Ambassador outside the Calm Room. They will be wearing a silver or grey shirt with long pants and have a gold name tag on their shirt.**

**I can approach the Visitor Experience Ambassador.  
They are always happy to help!**





Wooden shoe rack with black cushioning outside the Calm Room

I remove my shoes before entering the Calm Room.

I sit on the shoe rack to remove my shoes. I keep my shoes neatly in the open cubby holes.





Button for opening the Calm Room sliding doors

I push the button on the door labelled "Press" to enter the room.  
The glass door will slide open.





Corner view of the moveable modular seats and calm pods in the Calm Room

**The light in the Calm Room can be adjusted to different levels of brightness. It is usually a warm yellow light.**





Lights in the Calm Room adjusted to a blue glow

The light in the Calm Room can also be changed to blue to help me relax better.

I can ask the Visitor Experience Ambassador for help to change the brightness of the room.





Frontal view of the calm pods inside the Calm Room

**In the Calm Room, I can sit or stand wherever I feel most comfortable.**

**I can sit in the private seating pods, the blue couch stools or on the floor. I can also move the blue couch stools around to better suit my needs.**





Noise-cancelling earphones in the Sensory Kit (placeholder)

**I also hear gentle music playing softly in the room.**

**If the music is distracting or uncomfortable for me, I can borrow noise-cancelling earphones from the Visitor Experience Ambassador or ask them to turn the music off.**





Sensory items and toys found in the Calm Room (from left to right):  
Sensory Kit, Sensory Pillow, Sensory Buckle Narwhal Toy, Activity Board and Weighted Blanket

**I can also use the sensory items and toys in the Calm Room.**





Items found inside the Sensory Kit

I can borrow a Sensory Kit.

Inside, there are earmuffs, a rainmaker, a pop-it, plastic pin art, a sensory brush, a set of feeling cards, a fidget cube and a fidget toy.





(from left to right) Sensory Buckle Toy, Sensory Pillow, Weighted Blanket

I can also use the sensory buckle toy, sensory pillow, weighted blanket or activity board.

When using these sensory items, I will treat them with care so that everyone can enjoy them!



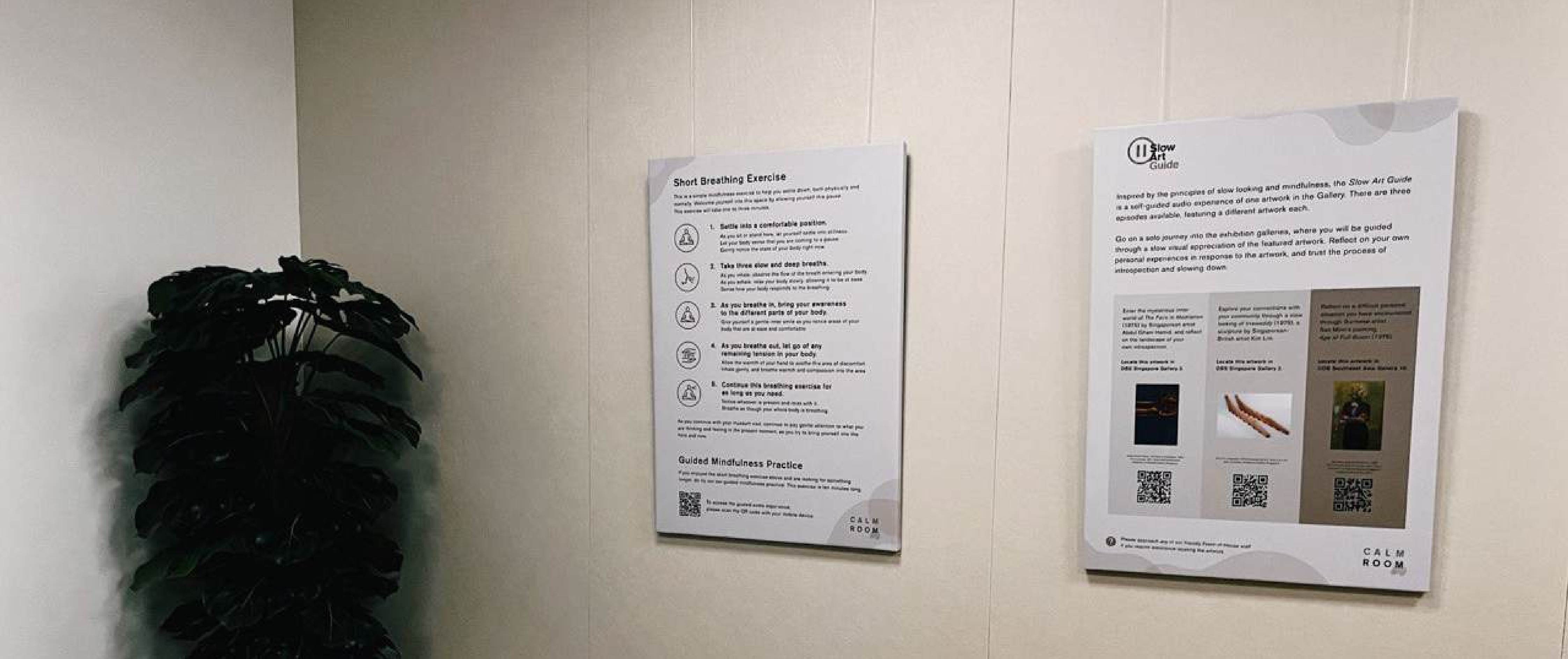


Interior of Calm Room, with seats in the foreground and storage cupboard in the background.

**I can ask the Visitor Experience Ambassadors to let me use the sensory items and toys. I can use them for as long as I need to.**

**I will return the sensory items and toys before I leave the room.**





(temporary placeholder) Posters on one wall in the Calm Room

I also see two posters hanging on the wall.

These posters have breathing exercises that I can do to help me calm down.





### Inside the Calm Room

There might be other visitors in the room when I am using it.

We will treat each other respectfully and be quiet in the room.

People calm down in different ways, and that is okay!

When I feel better, I will exit the Calm Room and continue walking around the Gallery. Thank you to the Visitor Experience Ambassador who helped to keep this a safe space for me!



