

# American Museum of Natural History



## Sensory Guide



# How to Use the Sensory Guide

This guide contains information about the sensory environment at the American Museum of Natural History. Each Museum floor has its own map, intended to be a quick, at-a-glance reference for high- and low-sensory areas in the Museum. Each map is followed by a more detailed breakdown of the sensory environments on that floor. Use this guide to plan your visit according to your own sensory needs.

## Tips for Visiting the Museum

- The quietest and least crowded times at the Museum are typically weekday afternoons after 2 pm.
- The quietest and least crowded Museum entrances are typically Gilder Center (79th Street and Columbus Avenue) and Rose Center (81st Street between Columbus Avenue and Central Park West).
- The week of Thanksgiving, as well as the week between Christmas and New Year's is the busiest week of the year at the Museum. The Museum is extremely loud and crowded at that time.
- Sensory Bags containing noise-canceling headphones, sunglasses, and fidgets are available at every Museum entrance. They are also available at the Hayden Planetarium Space Show, *Invisible Worlds*, and the LeFrak Giant-Screen Theater.
- If you are feeling dysregulated and need a break, you can visit the Sensory Room. It is located on Floor 1 next to the Futter Gallery.

# Sensory Guide Key

## Sound Level



Quiet



Some noise



A little loud



Very loud

## Light Level



Dark



Dim



Average



Bright

## Crowd Level



Not crowded



Some people around



Average crowds



Very crowded

## Seating



No seating



A little seating



Some seating



A lot of seating

## Touch?

Some exhibitions feature interactive elements



Yes



No

## Sensory Level



High Sensory Area



Low Sensory Area

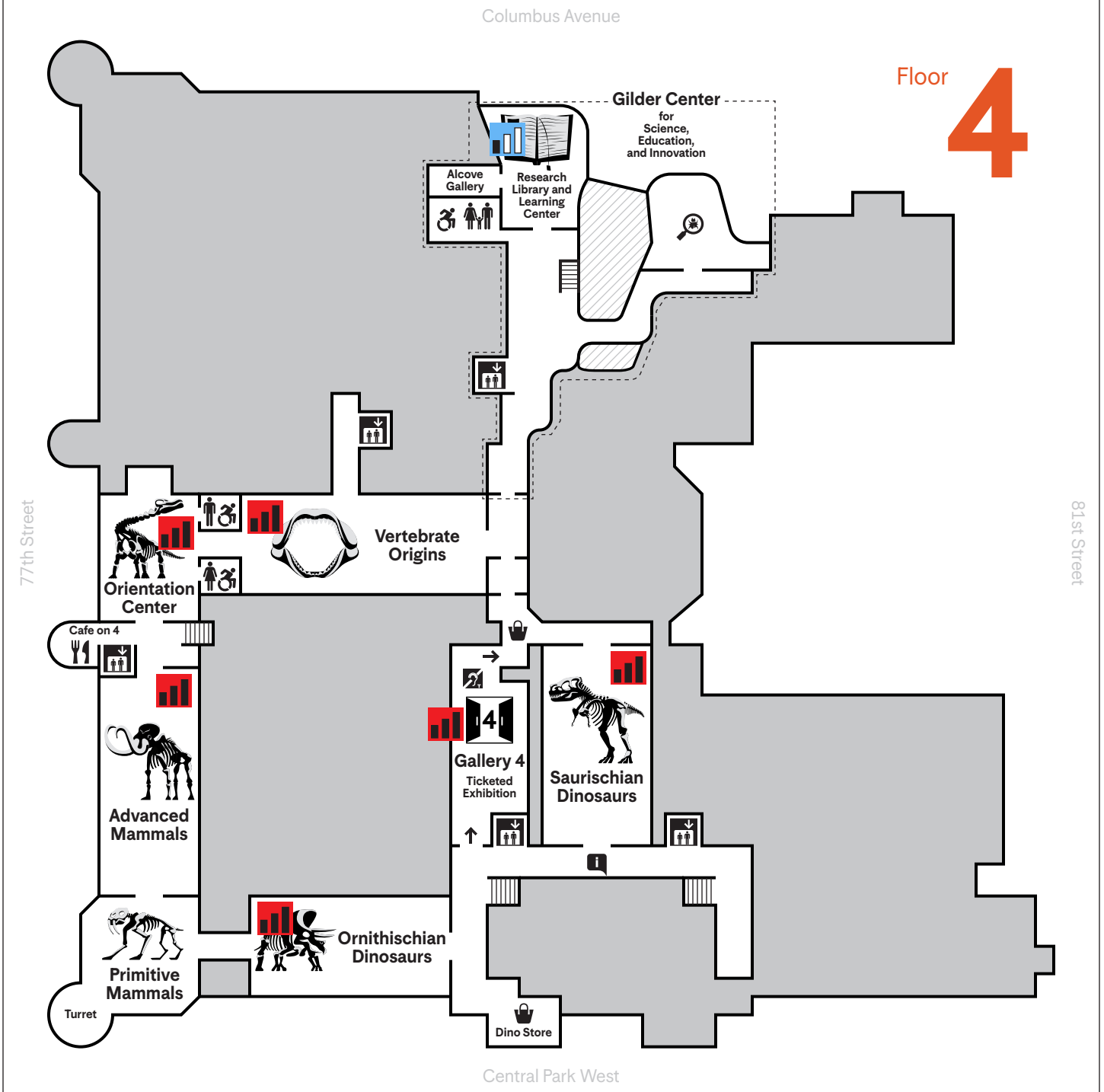
A high-sensory area generally has a lot of sensory input. A low-sensory area generally has very little sensory input.

# Floor 4

Check your ticket for the location of ticketed exhibitions.

Stairs	Family/All-Gender Restroom	Classroom
Elevator	Dining	Information Desk
Restroom	Shop	


































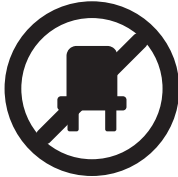

# Floor 4































High Sensory Area



Low Sensory Area

	Location	Sound Level	Light Level	Crowd Level	Seating	Touch?
	 <p>Research Library and Learning Center</p>					
	 <p>Orientation Center</p>					
	 <p>Vertebrate Origins</p>					
	 <p>Saurischian Dinosaurs</p>					
	 <p>Ornithischian Dinosaurs</p>					

# Floor 4

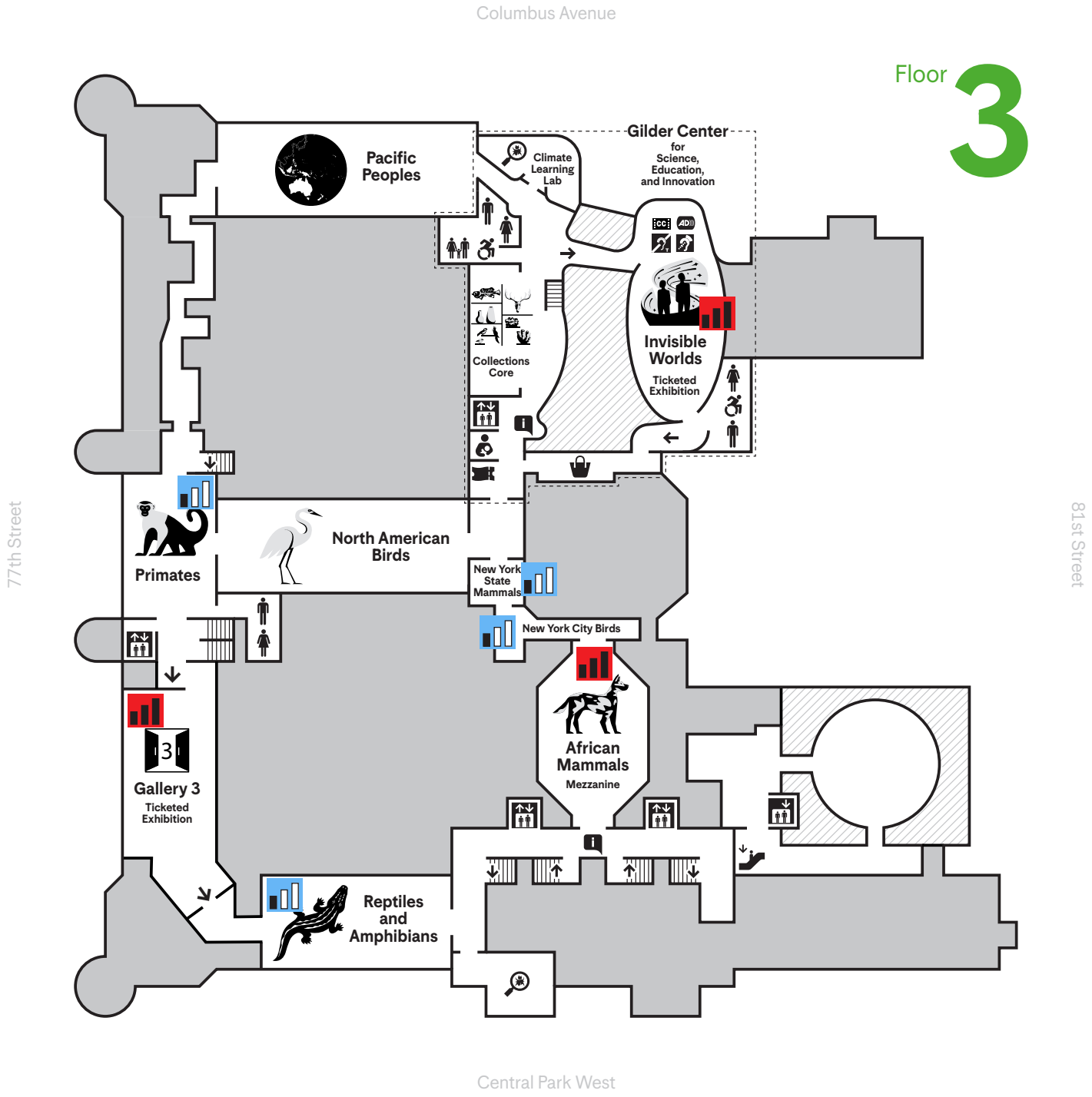
	Location	Sound Level	Light Level	Crowd Level	Seating	Touch?
	 Primitive Mammals					
	 Advanced Mammals					
	 Cafe on 4					
	 Gallery 4					

# Floor 3






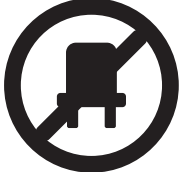





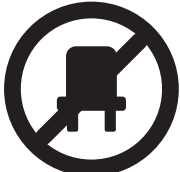





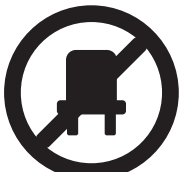






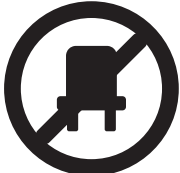








Check your ticket for the location of ticketed exhibitions.

Stairs	Restroom	Shop	Ticket Desk
Elevator	Family/All-Gender Restroom	Classroom	
Escalator	Lactation Room	Information Desk	





























# Floor 3





















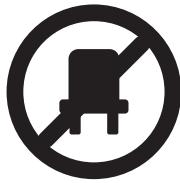

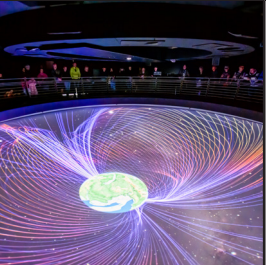






High Sensory Area      Low Sensory Area

























	Location	Sound Level	Light Level	Crowd Level	Seating	Touch?
	 <p>Invisible Worlds</p>					
	<p>New York State Mammals</p>					
	<p>New York City Birds</p>					
	 <p>African Mammals Mezzanine</p>					
	 <p>Reptiles and Amphibians</p>					





























# Floor 3

	Location	Sound Level	Light Level	Crowd Level	Seating	Touch?
	 <p>North American Birds</p>					
	 <p>Primates</p>					
	 <p>Pacific Peoples</p>					
	 <p>Gallery 3</p>					



















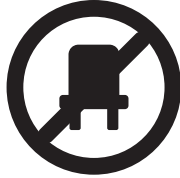













	Location	Sound Level	Light Level	Crowd Level	Seating	Touch?
	 Butterfly Vivarium					
	 The Restaurant at Gilder					
	Scales of the Universe					
	 Big Bang Theater					

Location	Sound Level	Light Level	Crowd Level	Seating	Touch?
 <p>Theodore Roosevelt Rotunda</p>					
 <p>African Mammals</p>					
 <p>Asian Mammals</p>					
 <p>Asian Peoples</p>					




























	Location	Sound Level	Light Level	Crowd Level	Seating	Touch?
	 Birds of the World					
	 African Peoples					
	 Mexico and Central America					
	 South American Peoples					










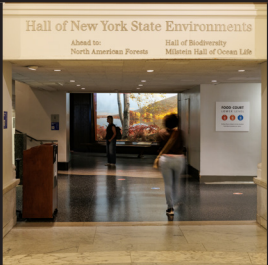



















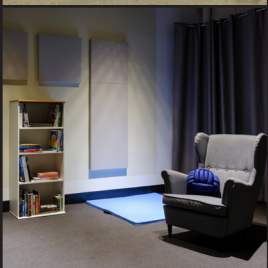





# Floor 1

	Location	Sound Level	Light Level	Crowd Level	Seating	Touch?
	<p>Exploration Atrium</p>					
	<p>Insectarium</p>					
	<p>Gilder Gift Shop</p>					
	<p>Planetarium</p>					
	<p>Planet Earth</p>					































# Floor 1

	Location	Sound Level	Light Level	Crowd Level	Seating	Touch?
	<p>Theodore Roosevelt Memorial Hall</p>					
	 <p>North American Mammals</p>					
	 <p>Museum Shop</p>					
	 <p>Biodiversity</p>					






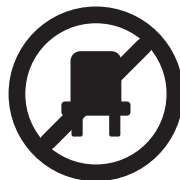








# Floor 1

	Location	Sound Level	Light Level	Crowd Level	Seating	Touch?
	 Ocean Life					
	 New York State Environment					
	 North American Forests					
	Futter Gallery					
	Sensory Room					

# Floor 1

Location	Sound Level	Light Level	Crowd Level	Seating	Touch?
 <p>Discovery Room</p>					
 <p>Northwest Coast</p>					
 <p>Giant-Screen Theater</p>					
 <p>Human Origins</p>					
 <p>Meteorites</p>					

Floor 1

	Location	Sound Level	Light Level	Crowd Level	Seating	Touch?
	 Gems and Minerals					
	 Cafe on 1					

Lower Level

Check your ticket for the location of ticketed exhibitions.

Stairs

Restroom

Dining

Storage Lockers

Elevator

Lactation Room

Ticket Desk

Escalator

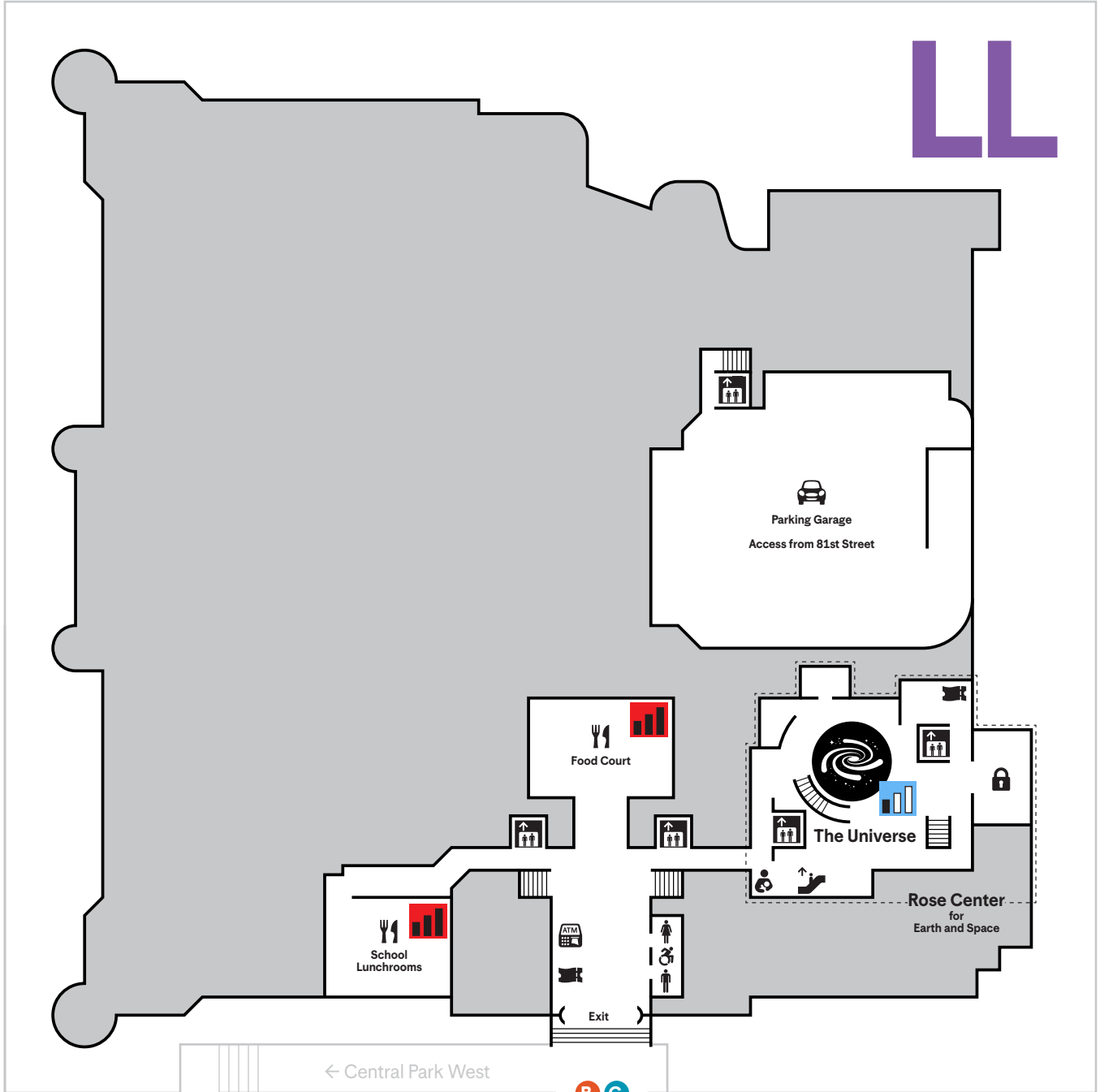
Shop

ATM

Columbus Avenue

77th Street

81st Street












High Sensory Area



Low Sensory Area

Lower Level

	Location	Sound Level	Light Level	Crowd Level	Seating	Touch?
	 The Universe					
	 Food Court	