



Sensory-Friendly Activities in the Des Moines Metro Area

This resource provides a list of sensory-friendly events happening in the Des Moines Metro area. Please note this resource was created in March 2024. **For the most up-to-date information, please visit the organization's website listed below.**

Who	What	When	Cost	Website
B&B Theatres Ankeny, IA	<p>The Ankeny B&B Movie Theatre provides Sensory-friendly Films. These movie showings consist of brighter auditorium lighting and lower audio levels. Sensory backpacks are also available at the box office.</p>	<p>If you are looking for a specific showtime, make sure to look for the "Sensory-friendly Films" logo.</p>	<p>Ticket Cost: Senior – \$10.39 (60+ years) Adults – \$12.39 Child – \$8.99 (3-11 years) Child – free in a lap (under 3)</p>	<p>bit.ly/ BBTheatres</p>
Blank Park Zoo Des Moines, IA	<p>The Blank Park Zoo partners with KultureCity to ensure an inclusive experience for all visitors. This partnership with KultureCity assures that all staff are trained on sensory processing disorders. The zoo provides designated Quiet Zones throughout the park. These areas are usually less crowded and provide a spot to relax and regroup. The zoo also provides a social narrative that visitors can review in order to know what to expect for a day at the zoo. This can be found on their website. Free sensory bags are also available for checkout. They contain fidgets, noise-cancelling headphones and other tools.</p>	<p>During all zoo hours.</p>	<p>Admission Cost: Senior – \$16 (65+ years) Adults – \$18 Child – \$12 (2-12 years) Children – free (1 year and under)</p>	<p>bit.ly/ SFZoo</p>
Build-A-Bear Workshop Jordan Creek Mall – West Des Moines, IA	<p>All Build-A-Bear Workshop locations provide a Sensory-friendly time. The Sensory-friendly time strives to create a less-stimulating Workshop experience. Modifications include dimmer lighting, decreased sounds and music, and step-by-step informational guide for families to plan their experience in advance.</p>	<p>Every Tuesday for the first open hour of the day.</p>	<p>Prices vary based on chosen purchases.</p>	<p>bit.ly/ SFBear</p>



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Des Moines Children's Museum Valley West Mall – West Des Moines, IA	On the lower level of the mall, near the play area, the Des Moines Children's Museum offers Sensory-friendly Playdates that include sensory bins, communication boards and low-light calming space.	Every fourth Friday of the month from 5:00 p.m. – 6:30 p.m.	Admission Cost: Children – \$6 <i>(1-10 years)</i> Children – free <i>(Under 1 or above 10 years)</i>	bit.ly/SF-Museum
Des Moines Metro Area Libraries Urbandale, Waukee, Grimes Public Library	The Des Moines Metro Area libraries provide Sensory Spaces and offer special hours for sensory-friendly environments. The libraries provide ear plugs, ear coverings, designated areas for noise and quiet, therapy animals, education from different organizations, coloring, games and more. They also provide a social story/video to view prior to your visit the library.	Times and dates vary. To view upcoming dates, times and location, please refer to the website.	Free!	bit.ly/SF-Library
Des Moines Performing Arts Center Des Moines, IA	The Des Moines Performing Arts provides sensory-friendly performances geared toward individuals with sensory processing needs. The Des Moines Performing Arts also provides a "picture schedule" and "social narrative" to help prepare for the performance. Modifications include adjusting lights and sounds, variety of seating options, movement breaks and American Sign Language interpretation.	To view upcoming shows, dates and times, please refer to the website.	Admission varies by performance.	bit.ly/SF-Performance
Get Air Trampoline Park Urbandale, IA	Get Air holds a special time dedicated to jumpers with special needs. During this time, music is played at a decreased volume and the park's atmosphere is calmer.	The first Saturday of every month from 8 a.m. – 10 a.m.	Admission Cost: Big Air – \$13.99 Little Air – \$8.99 <i>(under 46")</i> One parent or guardian can support jumpers on trampolines for free	bit.ly/SF-GetAir



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<p>Iowa Events Center Des Moines, IA</p>	<p>The Iowa Events Center partners with KultureCity and is Sensory Inclusive Certified. This includes Wells Fargo Arena, Hy-Vee Hall and Community Choice Credit Union Convention Center. There are multiple quiet areas throughout the Event Center, as well as sensory bags available for check out for individuals with a sensory need or invisible disability. A social story about what to expect when visiting Wells Fargo Arena is available on their website. In addition to these resources, all staff members of the Iowa Event Center, Iowa Wolves, Iowa Barnstormers and Iowa Wild have been trained by the professionals at KultureCity.</p>	<p>Available throughout all events and performances.</p>	<p>Varies based on each event and performance.</p>	<p>bit.ly/SF-IowaEvents</p>
<p>Science Center of Iowa Des Moines, IA</p>	<p>The Science Center of Iowa located in downtown Des Moines, provides Sensory-friendly Hours for families with children with autism spectrum disorder or with sensory processing disorder. The Science Center provides a sensory guide with coded maps laying out tactile, visual and auditory stimuli throughout the building. Sensory backpacks are available for checkout during all business hours. The backpacks include headphones, sunglasses and fidgets.</p>	<p>The second Tuesday of every month from 4 p.m. - 7 p.m.</p>	<p>Admission is free, advanced ticket registration is required.</p>	<p>bit.ly/SF-Science Center</p>