The Polar Express

at the National Museum of Railroad History and Innovation



A Social Narrative for young children.



I am going on a trip to the National Museum of Railroad History and Innovation!



This trip will be a little different than normal, we will get to ride the Polar Express and celebrate the holiday season!



First, we will wait in line to check-in. It may take a while, but we can be patient even when we are excited.



Inside the Welcome Depot there will be lots of Christmas decorations and activities. It may feel crowded, but I will stay safe with my adult.



After we finish our activities, we will get in line. It will probably feel crowded while we wait, I can ask my adult for help or a sensory kit if I need it.



After we get in line the beginning of the Polar Express will start. We will hear a loud rumble of the train, I can wear headphones if I don't like loud noises.



Next, we will board the train! I will stay with my adult and sit in my assigned seat. It is important to stay sitting when the train starts moving.



On the train, people will sing, dance, and read a story. We will be able to have hot chocolate and a cookie if we want. Santa will also visit.



When we get off the train, we will go inside the North Pole! Inside it may be bright. I can visit the Sensory Station to relax if I need a break.



Inside the North Pole there will be different activities I can try. I can also visit Santa if I want. There may be falling snow and elves in the North Pole too.



When we finish our activities we will leave the North Pole and go back through the Welcome Depot. It might be bright or crowded in some places while we leave.

Additional Resources for Polar Express

- Sensory Map
- Visual Schedule Cards
- Teen/Adult Social Narrative
- Take Home Sensory Kits (Check-in Desk)
- Headphone Check-out (Check-in Desk)
- Sensory Station (Model Train Gallery)



**Staff wearing a Neurodiversity symbol pin participated in an accessibility training prior to the start of the Polar Express experience.*