



Going to the Community Connections event at the Owerko Centre

Owerko
CENTRE

Alberta
Children's
HOSPITAL
RESEARCH INSTITUTE



Today we are going to an event at a place called the Owerko Centre. It's a fun chance to learn about science at the University of Calgary. There will be tasty snacks, activities to do, and people to meet.



**We will meet researchers who learn
about the brain, body and children's
health.**

There will be parents.

There will be other kids, just like me.



There will be snacks.

We will do kid-friendly activities.

**We can talk or ask questions to scientists
and people who study children.**

We'll have fun learning new things!



**It will be busy with lots of people.
There will be noises from people talking
or children laughing.
I can touch things like toys, games, or
activity materials.
If I need a quiet moment, I can tell my
adult.**



I might feel excited... or nervous... or both! It's okay to feel that way.

If I want a break, I can take a deep breath or hold my adult's hand.

I can ask to sit quietly for a minute.

If I don't understand something, I can ask someone to explain.



When it's time to go, we'll say 'thank you' and maybe wave goodbye. We'll talk about the fun things we did on the way home.

It's going to be a nice time that's fun, friendly, and filled with learning!