

MOST*
MILTON J. RUBENSTEIN MUSEUM OF SCIENCE & TECHNOLOGY

Sensory Experience Guide

**sensory
friendly
time**

presented by
Amanda Russell-Brown





Welcome to the Milton J. Rubenstein Museum of Science & Technology!

At the MOST, we believe that hands-on STEM learning is for everyone, and we are committed to ensuring that our exhibits, events, and programs are inclusive and accessible for all types of learners.

This guide is designed to help you plan your visit to the MOST. It includes general information and resources, sensory maps, and detailed guides of each area of the museum and the exhibits it houses. Please keep in mind that as the MOST's exhibits change, parts of the map may not always be up to date.

Our mission is to provide informal science learning experiences that ignite curiosity, encourage discovery, and inspire investigation.

We hope you enjoy your visit and come back soon!



...discover, learn & play!

Table of Contents

Sensory Maps

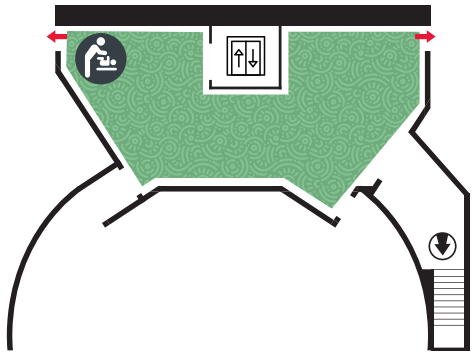
- Quiet & Less Crowded Spaces 1
- Tactile Play & Movement Zones 2

General Information

- Sensory Friendly Science 3
- Food Options 4
- Icon Key 4

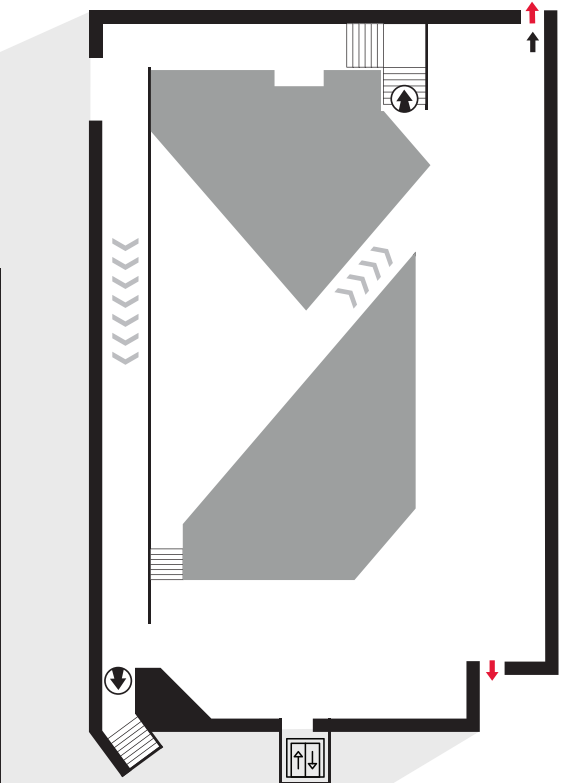
Museum Guide

- **Lower Exhibit Level 5**
 - Tessy Machines & Makers sponsored by Marquardt 6
 - STEM Story Time 6
 - Upstate Medical University Life Sciences 7
 - Philip Cooper Hewitt Gem & Mineral Gallery 7
 - Earth Science Discovery Cave | Stickley Science Playhouse 8
- **Upper Mezzanine Level 9**
 - Telecommunications Lab presented by Luck Grove 10
 - DECONSTRUCTED presented by Micron 10
 - National Grid Energy: Powering Our Future 11
 - Onondaga Grown presents GROW 11
 - Weather Adventure Path presented by Visions FCU 12
- **Main Level 13**
 - BUILD by C&S Companies & PLAY by AmeriCU 14
 - Honest Engine Films Dino Zone presented by Upstate Golisano Children's Hospital 14
 - World of Pollinators | Family Place & James Webb Gallery 15
 - National Grid ExploraDome 16



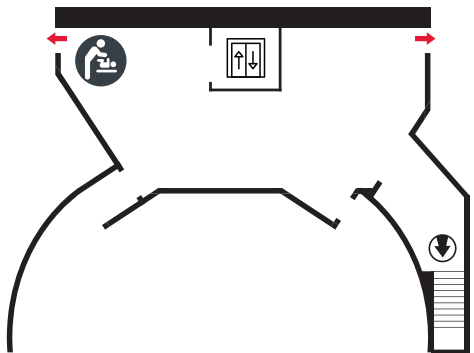
Map Key

Restrooms		Vending Machine	
Ramp		Lockers	
Elevator		Emergency Exit	
Drinking Fountain			



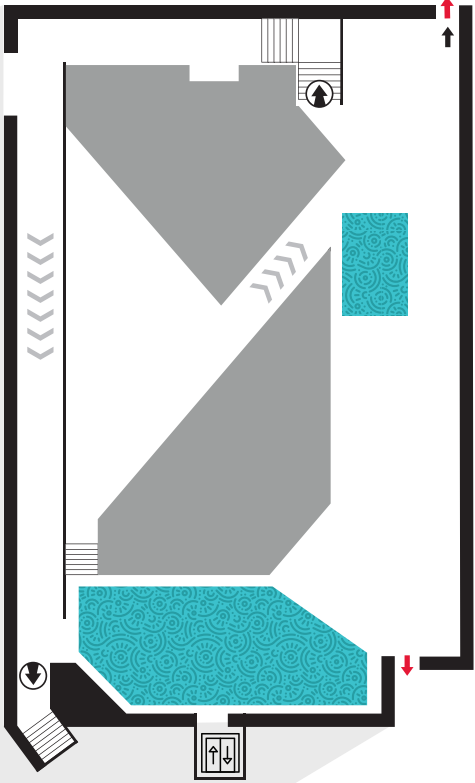
MOST*

Quiet and Less Crowded Areas



Map Key

Restrooms		Vending Machine	
Ramp		Lockers	
Elevator		Emergency Exit	
Drinking Fountain			



MOST*

Tactile Play and Movement Zones





...discover, learn & play!

General Information

Sensory Friendly Science

presented by Amanda Russell-Brown

Sensory Kits

These kits include noise-reducing headphones, sunglasses, a mirror, and various fidgets. The kits are free to sign out and can be requested at the Front Desk upon entry.

Sensory Friendly Time

Specific Sundays (see dates below)

Times: 9 AM - 11 AM and 4 PM - 6 PM

\$9/adults | \$7/youth & seniors | members free

During this time, sounds are turned down, air compressors are turned off, and lighting is reduced. We also offer an ASL-interpreted ExploraDome show at 10:30 AM | **\$4/members** | \$6/non-members

2025 Dates

- January 19
- February 16
- March 16
- April 13
- May 18
- June 15
- July 20
- August 17
- September 21
- October 19
- November 16
- December 21

Food Options

Snacks and drinks are available for purchase in the science shop or at the concessions area. Vending machines are located throughout the museum.

Outside food and drink are allowed! Feel free to use the seating available in the STEAM Café and the concessions area.

You are also welcome to step out to one of the many restaurants in Armory Square and return to the museum using the receipt from your admission.

Icon Key

These icons are used throughout the guide to help you plan your visit and navigate the museum comfortably.

Volume Level



Quiet



Moderate



Loud

Light Intensity



Dim



Medium



Bright

Crowd Size



Smaller



Larger

Sensory Triggers



Flashing Light or
Sudden Noise

Interactive Areas



Tactile
Play



Movement
Zone



Exhibit Guide: Lower Exhibit Level

General Information

This area is found at the bottom of the ramp, stairs, or elevator to the left of the lobby. If you take the stairs or elevator, you will enter **Tessy Machines & Makers** sponsored by Marquardt. The **STEM Story Time** room is located right next to the elevator. Walking through Machines & Makers will take you past TechnoTown and into **Upstate Medical University Life Sciences**. Following the gems on the floor will take you into the **Philip Cooper Hewitt Gem & Mineral Gallery**. If you walk down the ramp, there will be a waterfall on your left-hand side. To your left at the bottom of the ramp is the **Earth Science Discovery Cave**. The **Science Playhouse** is located past the cave.

Sensory Information

This is the **loudest** area in the MOST due to the waterfall, TechnoTown, the Science Playhouse, and the button-triggered rocket engine next to Machines & Makers. There are usually **larger** crowds in this area, especially on weekends.

The **Philip Cooper Hewitt Gem & Mineral Gallery** is a good place for a sensory break since it is dimmer and generally has smaller crowds.

Program Information

Join us every day at 11:30 AM for STEM Story Time!
The books and activities change monthly and are ideal for children ages 2-6.

Tessy Machines & Makers

sponsored by Marquardt



This area features the MAKE Space which holds craft supplies and a new activity every month. Explore the basic principles of simple machines with hands-on models or sit and craft.



STEM Story Time



This story room includes a few chairs, a low table, book shelves, and some puppets. Explore STEM-based books for kids or attend story time for a read-aloud and related activity.



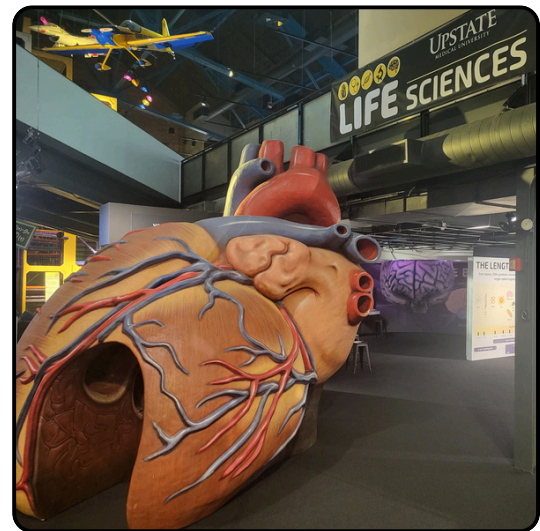
Exhibit Guide: Lower Exhibit Level

Upstate Medical University Life Sciences



This large area has several physical models, digital displays, and brain games to interact with.

Explore the science of human anatomy, genetics, and medicine.



Philip Cooper Hewitt Gem & Mineral Gallery



This area is separated from the other exhibits and displays a variety of minerals, gems, and crystals. Learn about their physical properties, fluorescent minerals, fossil exploration, and more.



Exhibit Guide: Lower Exhibit Level

Earth Science Discovery Cave



This area feels like walking into a cave and has lots of corners and tunnels.

Get hands-on in the fossil dig pit and AR topographic sandbox, or visit our living coral reef tank and real, working waterfall.



Stickley Science Playhouse



This playhouse has five levels with lots of different paths and obstacles. Shoes must be removed, but socks stay on!

The ground level also includes a play area for toddlers.

For children under 51" in height.



General Information

This area is found at the top of the stairs or elevator to the left of the lobby, and forms a loop above the Lower Exhibit Level.

If you take a right at the top of the stairs, you will enter the **Telecommunications Lab** presented by Luck Grove.

Head to the right to enter **DECONSTRUCTED** presented by Micron. If you continue up the stairs to the red archway, you will enter **National Grid Energy: Powering Our Future**. Exiting this area using the ramp will bring you into **Onondaga Grown presents GROW** exhibit which also connects back to DECONSTRUCTED. The **Weather Adventure Path** can be found on the ramp connecting the Upper Mezzanine and the Lower Exhibit Level. Stairs in the corner by the Science Playhouse will take you back down to the Lower Exhibit Level.

Sensory Information

This area's noise level depends on how busy it is downstairs, but is **quieter** than the Lower Exhibit Level. There are **smaller** crowds in this area.



Light: DECONSTRUCTED presented by Micron

Noise & Light: Telecommunications Lab presented by Luck Grove

Program Information

Join us every day at 12 PM in **DECONSTRUCTED** presented by Micron for a hands-on demonstration that explores how circuits and microchips can be used.

Telecommunications Lab

presented by Luck Grove



This area has a variety of displays and interactive activities on pedestals. Explore the tools and technologies of telecommunication methods throughout history – and today.



Noise: Radio Room
Light: Hub to Home



DECONSTRUCTED

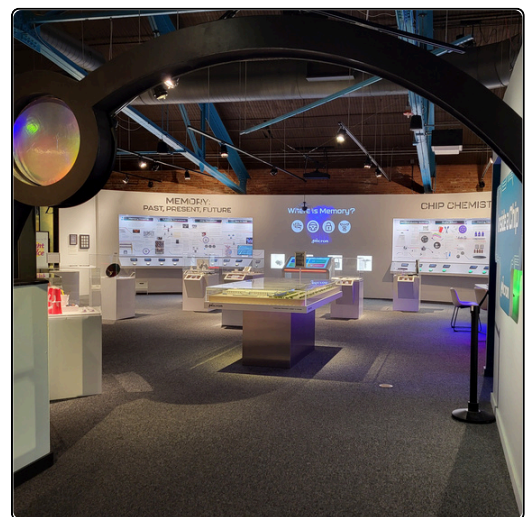
presented by Micron



This area has a variety of displays including a 3D model of the Micron facility. Discover the hidden world of microchips one layer at a time.



Light: Inside a Chip



National Grid Energy: Powering Our Future



This area, bordered by glowing red archways, features a variety of displays and interactive games. Explore renewable energy sources and the human impact on climate and learn how aluminum recycling works.



Onondaga Grown presents GROW



This area features several parts of the sustainable agriculture process. Explore crop rotation through interactive displays, shop for local produce, and learn different ways to reduce food waste.



Weather Adventure Path

presented by Visions Federal Credit Union



This area, found on the ramp, explores meteorology and weather through movement.

Hop from raindrop to raindrop, or practice weather reporting in front of the green screen!



General Information

This area is to the left past the stairs & Science Shop and forms a loop with the **National Grid ExploraDome** in the center. **BUILD & PLAY** will be the first area you encounter. Follow the dinosaur tracks on the floor to enter the **Honest Engine Films Dino Zone** presented by Upstate Golisano Children's Hospital.

At the other end of the Dino Zone you will find the **Molina Cares Media Lab**, Novelis Lobby, and Solvay Bank Concessions Stand. Looping around to the right will bring you into the **World of Pollinators** and past a staircase leading to the **Family Place** and James Webb Images Gallery. The elevator in the ExploraDome Lobby will also allow you to access this area.

Sensory Information

This area is generally **quieter** with the exception of BUILD & PLAY which is also the busiest part of this level. The rest of this area is generally **uncrowded**.

The **Family Place** is a good space for a sensory break since it is very quiet and uncrowded. The Lobby and hallway in front of **Molina Cares Media Lab** are also quieter and less busy.



Noise: Roaring in **Honest Engine Films Dino Zone** presented by Upstate Golisano Children's Hospital

Program Information

Join us every day at 2 PM in the **Molina Cares Media Lab** for demonstrations that give a closer look at a broad variety of topics that change every month!

Exhibit Guide: Main Level

BUILD by C&S Companies & **PLAY** by AmeriCU



This large open area is home to giant blocks, light tables, and a variety of games and activities. Build a castle or skyscraper, or check out the super-sized Tic-Tac-Toe or Connect Four.



Honest Engine Films DinoZone presented by Upstate Golisano Children's Hospital



This area is home to a variety of animatronic dinosaurs as well as real-life sting rays. Step back into the Cretaceous era and learn about life over 65 million years ago.

 **Noise:** Roaring Dinosaurs

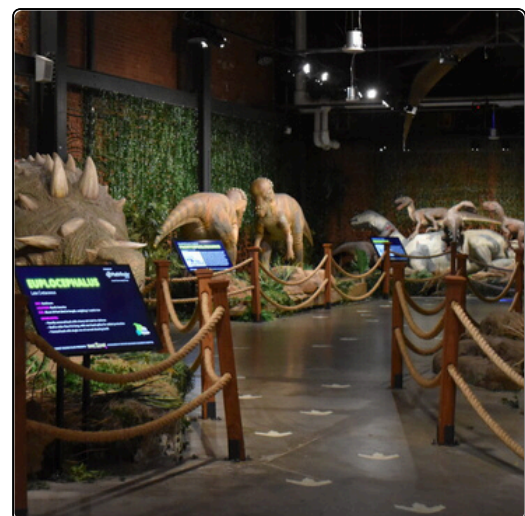


Exhibit Guide: Main Level

World of Pollinators



This area features a wall of pollinator specimens across from a lateral climbing wall. Examine the colorful patterns and life cycles of a variety of butterfly and moth species, and observe live pollinators in the MOST's miniature pollinator habitat!



Family Place & James Webb Gallery



This area has a quiet sitting area with privacy screens and a changing table. There is also a gallery featuring photographs from the James Webb Space Telescope.



The upper doors to the National Grid ExploraDome are in this area.



National Grid ExploraDome

The National Grid ExploraDome is a movie theater with a domed wrap-around screen, surround sound, and stadium-style seating.

You will enter on the ground floor on either side of the theater. There is handicap accessible seating in the front row. There are stairs on either side of the theater and several rows of seats.

If you need to leave during the show, you will need to re-enter through the top of the theater. These doors are located in the Family Place & James Webb Gallery and can be reached by the theater lobby elevator or the stairs next to World of Pollinators. Handicapped guests may ask concessions staff to unlock the floor-level doors if they need to re-enter the theater.

Tickets can be purchased at the front desk, the concessions stand, or in the science shop. There are shows starting at the following times*

- 10:30 AM
- 11:30 AM
- 12:30 PM
- 1:30 PM
- 2:30 PM

*Some show times may be unavailable due to field trips or special events.

To check ticket availability, visit www.most.org/watch.

The ticket button for each show will only display available dates and times.