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# Family Guide

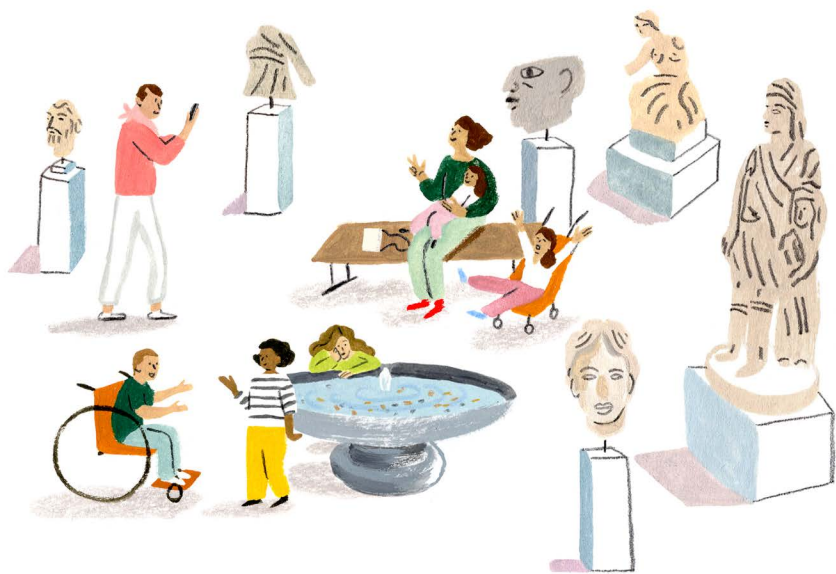
## Family Fun at The Met



**THE  
MET**

## Welcome to The Met!

Explore, learn, and have fun as a family during your visit. There's lots to see and do—use these tips to get started.



**Look**  
Examine the art from a distance. Help us keep the art safe by not touching.

**Talk**  
Share ideas and chat about what you see, think, and imagine.

**Walk**  
Move slowly while you're in the Museum so you don't miss something!

**Stay together**  
Look at and talk about art together. It's more fun that way!

## Now for Some Fun

Put the kids in charge. Have them choose your route and activities.

**Pick a theme**  
Search for animals, nature, or patterns in art. What will you discover?

**Use your imagination**  
What might you see, hear, taste, smell, or feel if you were inside an artwork?

**Take a seat**  
Get comfortable and stay awhile. Sit on the floor or on a bench while looking at art together.

**Move and pose**  
Experience art with your whole body. Act out stories and pose like the people, shapes, or lines you find.



## Look and Ask Questions

There is no right or wrong way to look at art.



Ask questions to start a conversation:

What do you see?

What did you notice that makes you say that?

What else can we find together?

Look closely and find clues in the works of art.

**Take a break**

You don't have to see the entire Museum in one visit! Have a bite, visit the shop, or play in Central Park (you can use your admission ticket to re-enter).

## Draw and Write

Use a pencil to sketch a work of art, and create your own story inspired by it. Be creative and collaborate.



# Plan Your Visit



Most restrooms have changing stations. Find an all-gender, family restroom on the Ground Floor, and our Mothers' Room on Floor 4. See the [Museum Map](#) for locations.



We welcome children at every restaurant in the Museum. The Eatery has booster seats, high chairs, and a kids' menu. You may bring plastic water bottles and baby bottles into the galleries. No glass containers, please.



Strollers, with the exception of oversized and jogging strollers, are permitted in most galleries. Front-facing baby carriers are welcome. Large backpacks must be checked; help protect the art by wearing smaller backpacks in the front.



Have a question? Ask at the nearest Information Desk. Lost something? Ask at the Great Hall Security Desk.

## The Metropolitan Museum of Art

1000 Fifth Avenue  
New York, NY 10028  
(212) 535 7710  
[metmuseum.org](http://metmuseum.org)



If you need first aid, tell the nearest security officer.



We welcome visitors with and without disabilities and offer programs and services that are accessible to all. For information on programs and accessibility for visitors with disabilities see [metmuseum.org/access](http://metmuseum.org/access). Step-free entrances are located at Fifth Avenue and 81st Street and the Museum parking garage at 80th Street. Wheelchairs are available at the coat checks on a first-come, first-served basis.

You can request assistive listening devices with headsets or neck loops for any Museum program. Ask at the Carson Family Hall desk in the Ruth and Harold D. Uris Center for Education, or at Admissions in the Great Hall. You can request Sign Language interpretation in advance.

**For up-to-date information about your visit, go to [metmuseum.org/visitor-guidelines](http://metmuseum.org/visitor-guidelines).**

# There's More Fun

## Free Family Programs

Check out our family-friendly tours, art-making classes, festivals, and more. For a schedule, ask at the Information Desks or visit

[metmuseum.org/families](http://metmuseum.org/families).

Programs meet in Carson Family Hall, Ruth and Harold D. Uris Center for Education, Ground Floor, unless otherwise noted.

## Family Guides

Set out on an adventure! Hunt for details, uncover stories, and use your imagination to travel the world. Family guides are free and available at the Information Desks and online and at [metmuseum.org/family-guides](http://metmuseum.org/family-guides).

## #MetKids

Continue to explore online with our digital feature made for, with, and by kids. Visit [metmuseum.org/metkids](http://metmuseum.org/metkids) or scan the QR code below.



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# My Museum

**As you explore The Met,  
sketch your favorite  
works of art here.**



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