



SAT-MON
MAY 23-25

CAYTON
CHILDREN'S
MUSEUM

Big Feelings Weekend is a special series of long-weekend experiences where children and families explore emotions through hands-on play, creativity, and imagination.

Childhood is full of big emotions—often, all at once.

For kids, learning how to recognize, express, and move through what they're feeling can be overwhelming, especially when they don't yet have the words or tools to explain what's happening inside.

At the Cayton, we believe children need more places where those feelings are welcomed, explored, and shared. Through intentionally designed experiences rooted in play, creativity, and curiosity, the Cayton presents **Big Feelings Weekend**—a monthly program where families can connect and explore emotions together in ways that feel joyful, safe, and meaningful.

Thoughtfully curated by Cayton educators and play guides, each Big Feelings Weekend is enhanced with special activities, programming, and exhibit add-ons that help kids express themselves, connect with others, and make sense of the feelings that shape their everyday lives.

Throughout the weekend, the museum comes alive with interactive art, building challenges, experiments, storytelling, and collaborative play—all inspired by a shared emotional theme.

Big Feelings Weekend series continues in May with a celebration of "EXPRESSION AND VOICE."

Activities are open-ended and welcoming, giving children space to explore feelings in ways that feel natural and joyful. Parents and caregivers are invited to join alongside their children, creating moments of conversation and connection that extend beyond the visit. Playful, meaningful, and deeply human, the experience meets kids where they are and celebrates the full range of what they feel.

This weekend invites families to explore expression and voice together. Through hands-on experiences, children and caregivers are encouraged to share ideas, tell stories, and discover creative ways to express themselves and connect with one another.



EXPRESSION



VOICE

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It's a weekend designed to deepen connection to the natural world, encourage care in action, and create meaningful moments of shared care.