What I Can Expect
A Social Story by Amy Pinder, MA, CCC-SLP
Inclusion Festival is a sensory-friendly music, arts, yoga, and wellness festival that will take place on Friday August 9th, Saturday August 10th, and Sunday August 11th at Mountain Sky Festival Grounds in Jermyn, PA.
At Inclusion Festival, I can listen to sensory-friendly live music on two outdoor stages. The **music** will be played at a lower volume and there will not be any fast-changing lights on stage. There will be many people dancing along to the music and having fun!
While the music is playing, I can choose to take an educational or play-based **workshop**. I can choose a drumming workshop, yoga workshop, nature workshop, art workshop, hula hooping workshop, theater workshop, and more!
I can also choose to visit a **Sensory Zone**. Each Sensory Zone will feature on-going art, music, play, and mindfulness activities that can help me stay calm and relaxed.
I can also visit the **Calming Corner** when I need to take a quiet break. The Calming Corner is a place where I can tune into how I am feeling and choose a way to help me feel happy and in control of my emotions. I can choose to take a deep breath, squeeze a ball, color, do a puzzle, read a calming book, or just sit quietly.
If I am feeling **hot**, I can take a break in the Shaded Viewing Area or in the Shaded Sensory Zones. If I am feeling **thirsty**, I can visit the Hydration Station to fill up my water bottle. If I am feeling **hungry**, I can eat a snack I brought from home or purchase food at the Inclusion Village.
If I need **help**, I can ask a friendly Inclusion Festival Staff member who will be wearing Yellow Shirts that look like this:
There will be a lot of things to see and explore at Inclusion Festival! I will hear music, see many new people, and try a new activity. It will be a great day!