



# The Sensory Zone

## *Service Description and Resource Guide*



***Presented in partnership with  
Accessible Festivals, Inc***

***An accessible and inclusive sensory-supportive space  
that is available to all individuals who may benefit from  
the opportunity to take a quiet break from the general  
community environment.***

[www.inclusionfestival.com](http://www.inclusionfestival.com)

## Who We Are

Amy Pinder, a speech-language therapist, and Leah Barron, a special educator, co-founded *All Inclusive Productions*, a benefit corporation dedicated to making the world more accessible and inclusive through education and experiences.

In 2018, we launched *Inclusion Festival*, the nation's first and only sensory-friendly music and wellness festival designed to include and accommodate individuals with and without autism and other special needs. *Inclusion Festival* provides unique, immersive experiences that are often inaccessible to individuals impacted by special needs, while providing the general community with an all-encompassing educational and uplifting experience that demonstrates the value of all people.



Its success inspired us to do more to increase its impact through various other community initiatives. Accordingly, we launched *Inclusion Magazine*, a free online publication celebrating all abilities, sensory-supportive *Inclusion Zones*, *Inclusion Dining* experiences, and *Inclusion Training* programs in the tri-state area.

Each inclusive event we create celebrates the value of all people and all abilities through music, the arts, nature, movement, and more with a goal of strengthening self-awareness, encouraging exploration of passions and interests, building community and personal relationships, and helping people connect with their inner purpose to guide and sustain positive lifestyle choices.

## Why Create an Inclusion Zone?

Today, 650 million people live with a disability, which equates to nearly 1 in 5 individuals worldwide. Of those, only 20% have a disability that is visible. The majority of people living with invisible disabilities are individuals with autism. Those with autism, anxiety, ADHD, and other sensory-processing disorders often experience sensory overload, limiting their ability to comfortably and successfully participate in community experiences.

Sensory supportive *Inclusion Zones* respond to this issue by offering an accessible and inclusive location that is available to *all* individuals who may benefit from the opportunity to take a quiet break from the general environment in order to maintain or regain emotional regulation and learn about supportive, take-away strategies.



## Inclusion Zone Overview

*Inclusion Zones* are created and managed by therapists and educators with expertise in autism and sensory-processing issues. This dedicated space provides services, tools, and amenities known to benefit individuals with sensory-processing issues of all ages and abilities.

Features include:

- **Soothing, ambient sounds**
- **Relaxing colors and visual art**
- **Comfortable seating such as bean bags and anti-gravity chairs**
- **Noise-cancelling headphones and earplugs**
- **Aromatherapy**
- **Tactile opportunities**
- **Weighted blankets**
- **Relaxation activities**
- **Temperature regulation**
- **Mindfulness practices such as restorative yoga, self-massage, breathing exercises, visualization techniques, etc. offered on an ongoing, as-needed basis by trained staff**
- **Tips and strategies for managing the general environment**



## Featured Product Partners:



Vibes **High-Fidelity Earplugs** discreetly reduce environmental sounds by 15-20 dB while preserving the integrity of speech and music.

[www.discovervibes.com](http://www.discovervibes.com)



Fun and Function **Noise Reduction Headphones** comfortably reduce extra noise without blocking nearby conversations and provide regulating proprioceptive input.

[www.funandfunction.com](http://www.funandfunction.com)



Generation Mindful **Time-In Toolkits** provide a complete set of resources designed to teach mindfulness, emotional intelligence, and self-regulation for all ages.

[www.genmindful.com](http://www.genmindful.com)



Super Duper Publications offers a variety of specialized products for learning and play including yoga and movement decks, **sensory toys**, and more.

[www.superduperinc.com](http://www.superduperinc.com)



Senseez **vibrating pillows** and cushions offer a soothing, regulating sensation each time they are squeezed or sat on.  
[www.senseez.com](http://www.senseez.com)



Young Living **essential oils** are a safe, pure form of aromatic plant extracts known to reduce stress and anxiety.  
[www.youngliving.com](http://www.youngliving.com)



Ultimate Sacks are large, cozy **bean bag chairs**, perfect for taking a relaxing break and for providing regulating whole-body proprioceptive input.  
[www.ultimatesack.com](http://www.ultimatesack.com)



Harkla **weighted blankets** and lap pads are made with soft minky fabric and dot imprints for additional sensory input to help facilitate relaxation and regulation.  
[www.harkla.co](http://www.harkla.co)



Wise Owl portable hammocks are a convenient, affordable tool for receiving whole-body proprioceptive input, reducing muscle tension, and promoting relaxation.  
[www.ultimatesack.com](http://www.ultimatesack.com)

## Contact:

***Get in touch to learn more about featuring your product or creating an Inclusion Zone at your place of business or next event!***

*By offering sensory supportive spaces, businesses and organizations gain the opportunity to become industry leaders working towards positive social change, and welcome a new, large demographic while providing consumers with an educational and uplifting experience that demonstrates what is possible when communities embrace accessibility and inclusion for all.*

**Amy Pinder, MA, CCC-SLP  
Speech Language Pathologist  
Co-Founder, Executive Director of All Inclusive Productions**

Phone: 609-954-8245

Email: [inclusionfestival@gmail.com](mailto:inclusionfestival@gmail.com)

Web: [www.inclusionfestival.com](http://www.inclusionfestival.com)

Web: [www.inclusionmag.com](http://www.inclusionmag.com)

Facebook: [www.facebook.com/inclusionfest](http://www.facebook.com/inclusionfest)

Instagram: [www.instagram.com/inclusionfestival](http://www.instagram.com/inclusionfestival)

Twitter: [www.twitter.com/inclusionfest](http://www.twitter.com/inclusionfest)

*All Inclusive Productions, LLC is a benefit corporation and a fiscally sponsored 501(c)3, operating in partnership with the non-profit organization Accessible Festivals, Inc. Learn more at [www.accessiblefestivals.org](http://www.accessiblefestivals.org)*