



ARTS | LEISURE

Panel Title: Part II - Art, Music, Leisure, & Nature-Based Activities: The positive impact on learning, living, health, & well-being

Moderator: Amy Wagenfeld, PhD, OTR/L, SCEM, EDAC, FAOTA. Principal of Amy Wagenfeld Design, Affiliate Associate Professor, University of Washington

Panel Participants: Andrew Blitman, , Professional Artist, and Published Author, Graziella Gadia, Teacher of Arts, Erica Lyles, MT-BC, Director, Whole Vibes, and James A. Williams, Musician, Advisory Board Member, Els for Autism Foundation

Day One: March 23, 2023

Time: 2:50-3:30 p.m.

Abstract

In this interactive panel discussion, an interdisciplinary panel of experts will discuss the health-promoting role that meaningful engagement in arts, music, leisure, and nature-based activities provides for individuals with ASD. The panel will also review how positive learning outcomes for individuals with ASD can be achieved through music, visual, and experiential art in both indoor and outdoor environments.

Learning Objectives

- Understand the role that leisure and arts pursuits play in promoting self-regulation, physical, and mental health for individuals with ASD.
- Explain how interaction with nature in both indoor and outdoor environments facilitates learning and improves physical and mental health for individuals with ASD.
- Explore how engagement with music, visual and experiential arts programming designed for individuals with ASD can positively improve learning, and overall health, and well-being.

