



ARTS | LEISURE

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

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

Day One: March 23, 2023

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

Abstract

There is an ever-increasing body of evidence confirming the positive impact that nature-based experiences have on improving physical and social-emotional health and well-being, as well as cognition for people across the life course. In this session, the emphasis will be on establishing the importance of providing a range of sensitively designed indoor and outdoor nature-based experiences and programming and its capacity to improve the health and well-being of individuals with ASD.

Learning Objectives

- Participants will be able to discuss the theories that support the health-promoting capacities associated with nature-based experiences.
- Participants will be able to explain how engagement with carefully planned nature interaction can support self-regulation for individuals with ASD.
- Participants will be able to explore how indoor and outdoor nature enhances learning and overall health for the general population and for individuals with ASD.

