



April is Autism Acceptance Month

Celebrating uniqueness through art

Did you know drawing is a sensory-friendly activity that provides a calming outlet for individuals with autism to manage co-occurring conditions like anxiety, sleep disorders and stress-related gastrointestinal issues? It also fosters creativity, encourages self-expression and inspires everyone to think beyond boundaries and explore new ideas.

Instructions

1. Think about what makes you—or someone you know with autism—unique.
2. Use the space below to draw your idea. Whether it is simple or detailed, there is no right or wrong—just let your creativity shine and be yourself!
3. Share your drawing with others to foster communication, build relationships and offer insights into unique perspectives and experiences.



**Scan the QR code to visit your member website
for more information.**