

FAB

Fun, Advocacy, and Brainpower

April FAB Topic



Home Life

Agenda



Introductions:



Ground Rules



- ✓ Go over your ground rules for your meeting to see if anyone would like to add a new rule or take a rule off.
- ✓ Share some of the things you have learned that interested you from the FAB topic links, with your group for the appropriate month.
- ✓ Have fun learning, sharing, and doing some of the exercises you find for the month we are in.



Fun Games

- ✓ Enjoy playing one or more of the games for the month.
- ✓ Share one or more of the wonderful recipes at your meeting.
- ✓ See if anyone wants to volunteer to make one of the recipes to show at your next month's meeting!



- ✓ End with asking if anyone has any questions or comments.



Games

This or That?

Directions:

Pick one of the two options that you like best for each section. This activity will help the group to get to know you a little better and know what you like.

This or that?

Coffee or Tea?



Being Inside or Being Outside?



Dogs or Cats?



Rock & Roll or Hip Hop?



Going to the Movies or Going to the Theater?



Summer or Winter?



Sweet Food or Salty Food?



Watching TV or Reading a Book?



Doing Arts and Crafts or Playing Sports?



Staying home or Going Out into the Community?



Word Scramble

Directions:

Try to unscramble the words that have to do with spring.

rwfloe



niar



sbrdi



nsu





Brainpower – Information and resources to Empower SA members to be Self-Advocates

If you are looking to run a Self-Advocacy meeting you may find the information below extremely useful. The Self-Advocate Coordinators enjoy finding and sharing the following: Links with good information, games, icebreakers, recipes and exercises that that you can learn from and have fun with as well as meet and be with other people virtually.



#itsnotokCT Sexual Abuse Prevention and Awareness Information
<https://portal.ct.gov/DDS/itsnotokCT/itsnotokCT>



[2-1-1 Connecticut \(211ct.org\)](https://211ct.org)



[InfoLine \(ct.gov\)](https://info.ct.gov)



[Connecticut Tech Act Project \(cttechact.com\)](https://cttechact.com)



[Americans with Disabilities Act | U.S. Department of Labor \(dol.gov\)](https://www.dol.gov/eis/whd/equal/equalmain.html)



<https://www.endeavour.com.au/media-news/blog/21-tips-promoting-independence-adults-with-disability>



<https://newzhook.com/story/tips-for-disabled-people-to-be-independent-i>



<https://www.whatcanyoudocampaign.org/where-to-learn-more/resources-for-job-seekers-and-employees/>



www.letsworkct.com

Virtual Board



Cooking Ideas and Exercise

Recipes



Southwest Corn Dip

Prep Time: 5-10 min



Cook Time: Chill



2 cans chipotle corn drained



**2 cans
Mexican**



or Southwestern Corn drained



2 cans Whole Kernel Corn drained



$\frac{1}{4}$ cup mayonnaise



1 cup sour cream



2 cups shredded cheddar cheese



One bunch of green onions, chopped



One small can of jalapenos chopped and drained



Add Frank's Red-Hot Sauce to taste



Add Garlic Salt to taste



Instructions

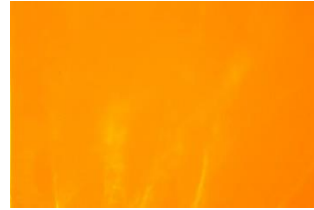
#1- In a large bowl, mix all ingredients together.



#2 - Add Frank's Red Sauce and garlic salt to taste!!



Should be light orange in color once done.



#3- Chill until ready to serve.



Best when eaten with Corn Chips or Wheat Thins!

Enjoy!



Nutella Mug Cake

<https://accessiblechef.com/recipes/nutella-mug-cake/>



Vegetarian Chili

<https://accessiblechef.com/recipes/vegetarian-chili/>



Ratner's Macaroni and Cheese

<http://www.desktopcookbook.com/cookbookprint.asp?ID=47235>



Exercises

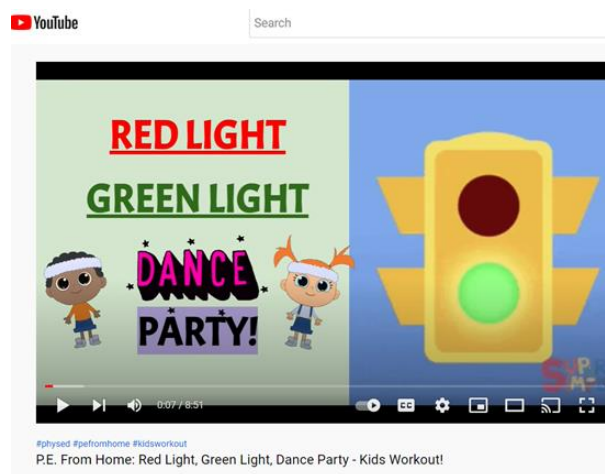
Please click on the link to go to the exercise video!

[Full Body Home Workout For Beginner or Out-of-Shape - No Equipment - Easy to Do - YouTube](#)



P.E. From Home: Red Light, Green Light, Dance Party

<https://youtu.be/2tRCBPk4NMQ>



Seated Workout

<https://youtu.be/7o3HWPoekp4>

