

FAB

Fun, Advocacy, and Brainpower



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

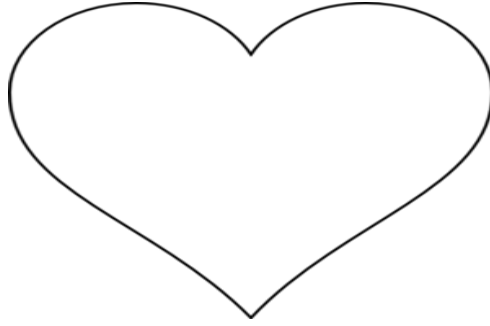
- ✓ Enjoy playing one or more of the games for the month.
- ✓ Share one or more of the wonderful recipes at your meeting.
- ✓ See if anyone wants to volunteer to make one of the recipes to show at your next month's meeting!



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



Games



Game 1. What do you look for in a friendship?

Pick a number 1-5

Write in the chat box the number you pick.

You can say, write it in, chat, or say it out loud.

Everyone in the group gets a turn.

There are no right or wrong answers.

Of course, no judgment -- everyone is different in their way of thinking!!!!

For example:

Trust



Non-judgmental people



Understanding



Non-selfish people



Game 2. Pen and Paper Pictionary

Any number of people can play this game.

Give each person a piece of paper and a pen or pencil.

Instruct them to write down a common phrase and fold the paper up.

Collect all the papers and place them in a box or basket.



Players take turns choosing a paper and either act out the phrase or draw it on a large piece of paper. (Newsprint works well).



The person who guesses correctly draws or acts out the next phrase. If you wish, you can provide a category for the game, such as one of the following:



“This or that Game”

An especially amazing game for new couples. You name 2 things (whatever you want, but they must be connected to one another in some way), and your partner chooses one of them.



You can also try a version where you guess what they’re going to say before picking an option too.

Here are a few examples: “cold or warm weather?”; “cats or dogs?”; “ice cream or cake?”; “Italian or Asian food?” etc. You can choose literally any subject in the world; if you’re already in a long-term relationship, now’s your chance to get creative! You can use pictures to play if you like.

Game 3

Top 10 Relationship Builder Games To Bring You Closer (bettertopics.com)



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.



<https://youtu.be/wxHHstcyP4I>



<https://youtu.be/-CrjaFBF5dY>



[Understanding LGBTQIA Identities | Office of LGBTQIA Education & Engagement | TTU](#)



[Gender Expression; Gender Identity; Sex Assigned at Birth; and Sexual and Romantic Orientation.](#)



https://youtu.be/uD_p0kkof-k



[What are the Pros & Cons of a Virtual Relationship \(fnp.com\)](#)



[5 Friend Zone Signs - Can You Really Get Out of the Friend Zone? – OkCupid](#)



[7 Signs of a True Friend \(happify.com\)](#)



[Are Friends Online As Legitimate As Real-Life Friends? | ReGain](#)



[6 Stages Of A Relationship That All Couples Should Understand \(stylecraze.com\)](#)

Virtual Board



Cooking Ideas and Exercise

Recipes

1. [3 ingredients last-Minute dessert, in just 5 minutes ! no oven! no whipping cream! no gelatin!](#)



2. <https://www.allrecipes.com/recipe/19017/chocolate-trifle/>



3. Strawberry and Banana Smoothie

Click on the link for more information

[Strawberry Banana Smoothie \(Easy & Healthy!\) | Downshiftology](#)

Ingredients needed:

Please make sure you wash your strawberries before using them.

Strawberries



Yellow Banana



Milk



Greek yogurt

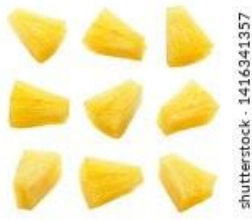


Blender



3. Healthy Fruit Salad

- One pineapple peeled and cut up into small chunks



- Rinse a quart of blueberries



- Rinse and cut up a quart of strawberries



- Mix the cut-up fruit in a bowl and serve.
- You can substitute this recipe with any type of fruit.



Exercises

1. SEATED WORKOUT IDEAL FOR DISABLED OR INJURED - 4 minute real time workout

2. Get your favorite group of people together

- Ask everyone to say who their favorite band is.
- Collect all their answers.
- Create a play list with all their bands.
- Find a meeting place or create a virtual meeting.



Whether you are in a room or online play the music and dance



3. Adaptive Yoga Workout

