

FAB Topic

Fun, Advocacy, and Brainpower



November FAB Topic

Rights and Diversity Interacting with Police



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.



Agenda / Agenda: Rights and Diversity Interacting with Police

Understanding Diversity

Diversity means understanding that everyone is unique & recognizing our individual differences. These can be along the lines of race, ethnicity, gender, sexual orientation, socio-economic status, age, physical abilities, religious, political, or other beliefs.



Inclusion: the act of including and accommodating everyone regardless of their race, gender, sexuality, or ability.



CELEBRATE DIVERSITY

- Take pride in what makes you who you are
- Welcome others as individuals
- Enjoy your similarities and differences to others



AGENDA:



1) Welcome / Bienvenido

2) Ice- Breaker/ Actividad de rompido helado-



3) Topic / Tema-



4) Chants / Oraciones -

5) Group Rules / Reglas de Grupo-



6) Game / Juego-



7) End of Meeting / Terminación de Reunión-



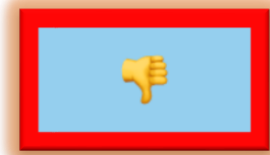
GAMES

Game 1)

Thumbs up:



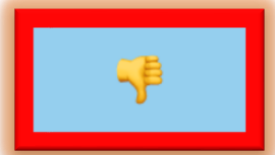
Thumbs down:



Game 1)

Directions: Have your group look at the pictures. Have a member of your group share what the picture are so everyone can understand. Ask the group to give a **thumbs up** if the picture expresses Human Rights and a **thumbs down** if they think the picture is not showing individuals human rights.

Items needed: Pictures and some **practice** with the group on putting their thumbs up and thumbs down prior to playing the game. You can also have them use a **green color for thumbs up** or a **red color for thumbs down**. Remember everyone has a way to communicate.



Pictures:



Game 2)

Understanding Diversity Trivia Virtual Game



Directions to Play: participants will need Paper & Pen & Assistive technology. This is a game to open the discussion on diversity & understanding of everyone's Human Rights!



Questions



1) Have you ever been bullied and Why?

2) Have you ever been left out of something because of the way you looked?



3) Have you ever made fun of someone because there were different?

4) Have you ever assumed someone was scary to you because of their nationality?



5) Have you ever felt like you do not belong?



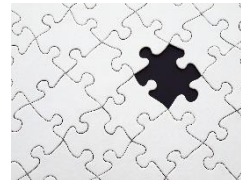
6) Have you ever felt like you want to change something about yourself?



7) Have you ever felt embarrassed because you think differently?



8) Have you ever pretended to be someone you are not to fit in?



9) Have you ever felt the need to hide who you love because of fear or acceptance?



10) Have you ever felt the need to hide who you are?



****Bonus? Have you ever felt not being respected because of your Disabilities?**





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.



This link explains what human rights are for everyone:

<https://www.equalityhumanrights.com/en/human-rights/what-are-human-rights>



Diversity & Inclusion: Definition, Benefits & Stats:

<https://builtin.com/diversity-inclusion>



Definition of Diversity:

<https://www.dictionary.com/browse/diversity>



Precise definition of inclusion and what it is:

<https://www.merriam-webster.com/dictionary/inclusion>



13 Top reasons Why is Diversity and Inclusion important in the workplace.

Why is Diversity important?

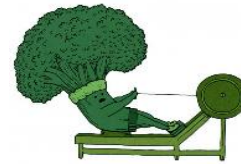
<https://diversity.social/why-is-diversity-important/>



Virtual Board



Cooking Ideas and Exercise



November Recipes

Caprese Avocado Bowl



Ingredients

1. 1 cup Balsamic vinegar



2. 2 Large avocados



3. 3 Teaspoons lemon juice, divided



4. ½ cup small mozzarella pearls



5. ½ cup cherry tomatoes cut in half



6. 2 tablespoons of olive oil



7. ½ teaspoon salt



8. 4 tablespoons fresh basil thinly sliced



Preparation

1. Make the balsamic reduction.



2. In a small pan, bring the balsamic vinegar to a boil over high.



3. Reduce the heat to low and cook for 15–20 minutes until the vinegar reduces and turns syrupy.



4. Remove the pan from the heat and let the reduction cool completely.



5. The reduction will keep in an airtight container in the refrigerator for up to 2 weeks.



6. Make the bowls:



7. Cut the avocados in half and carefully remove the pits.



8. Brush the avocado halves with 1 teaspoon lemon juice.



9. In a medium bowl, stir together the mozzarella, tomatoes, remaining 2 teaspoons lemon juice, and the olive oil.



10. Fill each avocado half with the tomato and mozzarella filling each avocado half.



11. Top with the flaky salt and the basil and drizzle with the balsamic reduction.



12. Enjoy!



Frozen Yogurt Cups



Ingredients

3 cups non-fat yogurt (strawberry or vanilla work nicely)



½ lb. strawberries, chopped in small pieces or mashed

or



1 cup frozen blueberries



12 cupcake papers/tins



Instructions

1. Place cupcake papers into cupcake pan.



2. Scoop $\frac{1}{4}$ cup yogurt into each cupcake paper.



3. Add strawberries and blueberries. Press fruit down into yogurt.



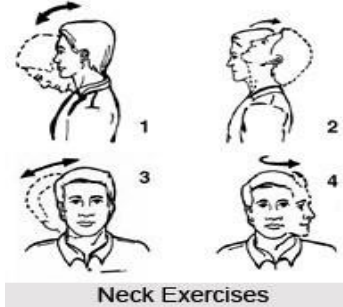
4. Place yogurt cups into the freezer for roughly 4 hours, or until completely frozen.



November Exercises

#1

The Head Turning Exercise



Be sure to move slowly and don't push yourself.
If you feel any pain only do what feels comfortable to you.

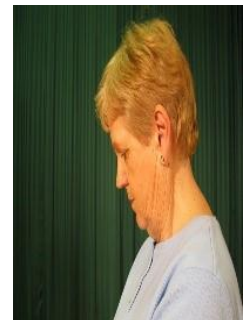
2

Stand Up and Sit-Down Exercise

Step 1

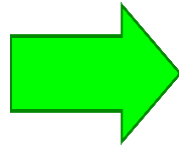


Stand or sit with your back straight and your shoulders relaxed.



Step 2

1. Turn your head slowly to the right until you feel a light stretch.



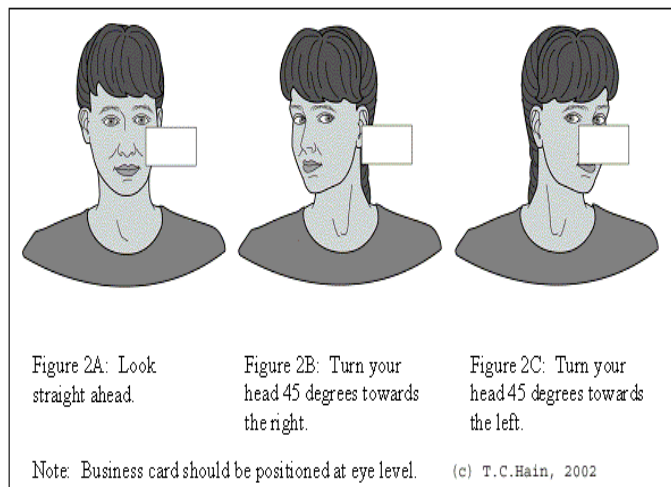
Hold that position and then turn slowly to the left.



Step 3



Repeat. This exercise helps to keep your neck flexible.



A CHANT:

Understanding Diversity Chants!

“I am you. You are Me”

“Acceptance is what you see”

“I am more than what you see”

“That’s what makes us Unique”

Diversity is acceptance