

FAB Topic

Fun, Advocacy, and Brainpower



February FAB Topic

Building Relationships

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

Games on Building Relationships

Game 1: Friend or Foe

There will be six pictures shown.

In each picture, please say if the image shown expresses friendship, or not.

Either give a thumbs up



or thumbs down.



Either give a thumbs up



or thumbs down.



Game 2:

There will be five images, please name the villain or hero that is shown.







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 article shows the pros and cons of online and offline friends.

[The Pros and Cons of Forming Most of Your Friendships Online \(studybreaks.com\)](http://studybreaks.com)



This article shows three ways on how online friends improve your life.

[How Online Friendships Can Improve Your Life \(liveabout.com\)](http://liveabout.com)



This article shows how to make good friends.

[Making Good Friends - HelpGuide.org](http://HelpGuide.org)



Understanding All of Our Abilities

This article is about Understanding Our Difference

<http://www.ldonline.org/article/6010/>



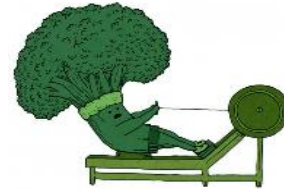
Parenting as a Person with Various Abilities

<https://findmykids.org/blog/en/good-parenting-skills-and-tips>

Virtual Board



Cooking Ideas and Exercise



February Recipes

English Muffin Pizza



Ingredients

An English Muffin



Pizza Sauce



Cheese



Other Toppings(Optional)



Directions

First Step: Wash your hands.



Second Step: Open the muffin and put it on the plate.



Third Step: Spread the pizza sauce on the muffin.



Fourth Step: Sprinkle cheese and add toppings. (Optional)



Fifth Step: Put in Microwave and cook for 1 minute.

Sixth step: Take it out of the microwave. Let it cool for 30 seconds and enjoy!



Cracker Pepperoni Melts



Ingredients you will need:

Crackers



Pepperoni slices



Shredded cheese



Directions

First Step: Put the Pepperoni on a plate. Then put each pepperoni on each cracker.



Second Step: Sprinkle the shredded cheese on the cracker.



Third Step: Put the crackers in the microwave and cook for 20 seconds.



Fourth Step: Enjoy the meal.



February Exercises

Exercise #1

Seated Dumbbell Shoulder Presses



Use something around the house for weight. For example, soup cans or milk jugs with water in them.



From a seated or standing position, hold the weights just above your shoulders. Push them up overhead.



Exercise # 2

Lunges

1. Start by standing with your feet shoulder-width apart and arms down at your sides.



2. Take a step forward with your right leg and bend your right knee as you do so, stopping when your thigh is parallel to the ground.

Ensure that your right knee doesn't extend past your right foot.

3. Push up off your right foot and return to the starting position.

Repeat with your left leg. This is one rep.

4. Complete 10 reps for 3 sets.