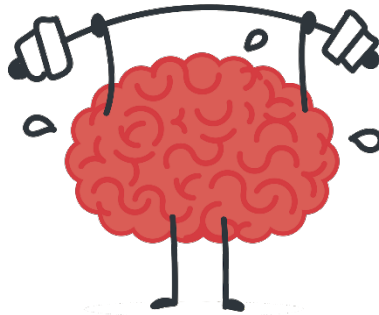


FAB

Fun, Advocacy, and Brainpower

December FAB Topic – Mental Health



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.



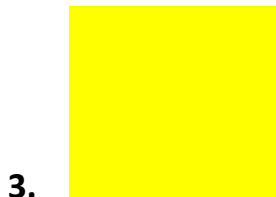
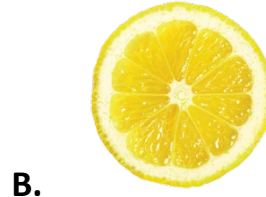
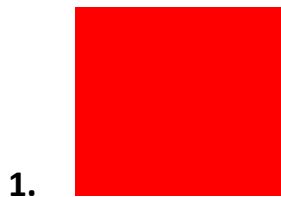
Games

Rainbow Color Match

Instructions: Each color has a number, and each healthy snack has a letter.

★ Pair up the number and letter that have matching colors.

★ At the end of the game tell the group which one of these healthy snacks are your favorite!



4.



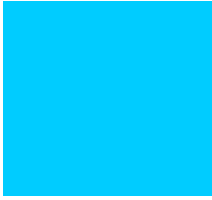
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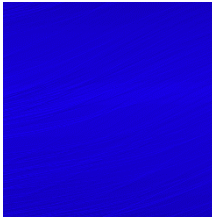
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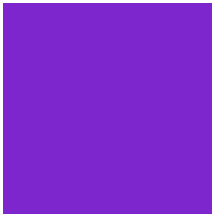
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Who Would you Choose to Be and Why?





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.



[Mental health: 9 daily activities to maintain it | Reid Health](#)



[Building Better Mental Health - HelpGuide.org](#)



[Home | NAMI: National Alliance on Mental Illness](#)



[Lifeline \(suicidepreventionlifeline.org\)](http://suicidepreventionlifeline.org)

[COVID-19 — Disability Rights Connecticut, Inc. \(disrightsct.org\)](http://disrightsct.org)

[Support & Advocacy - assistance, support, information and advocacy to behavioral health clients, families and service providers. State of Connecticut, Connecticut \(networkofcare.org\)](http://networkofcare.org)

Virtual Board



Cooking Ideas and Exercise

Recipes

Broccoli Balls



Prep time 15 min.



Cook Time- 20 min.



2 (10) oz bags frozen chopped broccoli thawed



One 8 oz. package Pepperidge Farm herb seasoned stuffing.



Four eggs beaten



One cup butter, melted



1/2 teaspoon garlic salt



1/2 cup Parmesan cheese, shredded



1/4 tsp pepper



1/2 tsp Accent R seasoning or salt



Instructions

1 Preheat oven to 350 degrees.



2 In a large bowl mix together all ingredients.



3 Once combined use hands to form into small balls-about the size of a golf ball.




4 Place on large cookie sheet.

5 Bake for 15 to 20 minutes.



Christmas Morning Punch

Christmas Morning Punch
JensFavoriteCookies.com



Christmas Morning Punch
Ingredients:
2 cups orange juice
2 cups cranberry juice
1 cup pineapple juice
1 cup ginger ale
Directions:
Combine ingredients in a pitcher.
Serve cold



Mix all ingredients above and serve in pitcher.



More Recipes

Caramel apples

[Caramel Apples – Accessible Chef](#)

Classic potato latkes

[Classic Potato Latkes Recipe - NYT Cooking \(nytimes.com\)](#)

Avocado toast

[Avocado Toast – Accessible Chef](#)

Exercises

[10 minutes wheelchair arm workout | Move with MS - YouTube](#)



[Easy exercises to do while sitting - YouTube](#)



[Yoga for Complete Beginners - Yoga Class \(20 Minutes\) - YouTube](#)

