

FAB

Fun, Advocacy, and Brainpower



December FAB Topic

Emergency Preparedness

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

Unscramble Words Game

Directions: Study the scrambled **letters** and try to **unscramble** or rearrange the **letters** to form a **word**.

1. notneverpi
2. ytefas
3. nug
4. erif
5. snopaew
6. rreamif

Answers: 1 Prevention, 2 safety, 3. gun, 4. fire, 5. weapons, 6. Firearm

[Guess the WORD by Emojis - Snack & Candy Edition](#)

[Guess The Movie By Emoji Quiz](#)   [Quiz Dino](#)



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



[Fire Prevention 52: Fire Safety for People with Disabilities \(U.S. National Park Service\)](#)

Virtual Board



Cooking Ideas and Exercise



Recipes

Guacamole



you will need:



1 avocado



1/2 tomato



1/2 onion



salt



1/2 tsp
minced garlic

tools:



cutting board



knife



medium bowl



fork



steps

1



Cut avocado
in half



Scoop out pit
and throw away



Scoop out flesh
into bowl



Using fork, gently
mash avocado

2



Wash
tomato



Dice tomato



Add to the
bowl

3



Peel onion



Dice onion



Add to the
bowl

4



Add pinch of
salt and garlic



Mix well!

Breakfast Wrap



you will need:



scrambled eggs



wraps



bell pepper



tomato



shredded cheese



sliced ham

tools:



plate



cutting board



sharp knife



spoon

steps

1



wash hands



add chopped veg, meat and cheese into eggs before microwaving



microwave egg

2



add egg onto wrap



roll wrap up



eat and enjoy!

Breakfast Wrap

Ingredients

- scrambled eggs
- wraps
- bell pepper
- tomato
- shredded cheese
- sliced ham

Steps

1

Wash hands

Add chopped vegetables, meat, and cheese into eggs before microwaving

Microwave egg

2

Add egg onto wrap

Roll wrap up

Eat and enjoy!

 **YIELDS**
1 Serving

Turkey Sandwich



you will need:



bread



lunch meat



mayo



cheese



lettuce



tomato

tools:



plate



table knife



Ziploc bag

steps

1



Get supplies.

2



Get 2 pieces of bread.



Spread mayo on bread.



Add cheese.



Add meat.



Add vegetables.

3



Put in Ziploc bag.



Enjoy!

Exercises

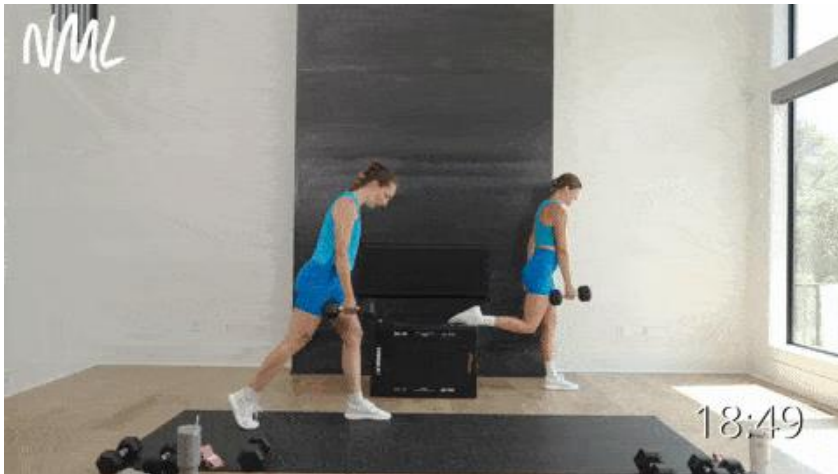
Step 1- 80/20 Squat



Step 2- Sumo Squat



Step 3 - Bulgarian Split Squat



Step 4- Heel Elevated Squat



Step 5- Kang Squat



Step 6- Single Leg Squat to Box



Step 7- Glute Focused Squats



[30-Minute Squat Workout \(Video\) | Nourish Move Love](#)

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



<https://www.youtube.com/watch?v=Ww06qzqEdy8>

Five

PILATES ABS

STRENGTHENING

EXERCISES

