

# FAB

Fun, **A**dvocacy, and **B**rainpower



**January 2024**

**Public Safety/Transportation**

## 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.

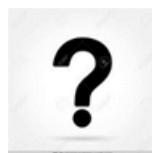


# Fun Games

- ✓ 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

1. Name four things you are looking forward to in this upcoming year of 2024.

For example

✓ Better health



✓ Meet new people



✓ Enjoy life more



✓ Find love and happiness



## 2. Icebreaker

### Materials Needed:

- ✓ 2 Helpers



- ✓ 4 Softballs/



- ✓ Tennis Balls/Or Crumpled Paper



- ✓ Enough Buckets Per Group



- ✓ Tape



### Instructions:

- ✓ Place each team's bucket against the wall, 5 feet away from the others.
- ✓ Five feet away from the buckets, place a line of tape (a boundary) long enough for each team.
- ✓ Divide the individuals equally into teams of 4 or 5.
- ✓ Have each team line up in front of the buckets, behind the tape.
- ✓ Give the first person in each team a ball.
- ✓ If they make it, or miss it, the next person in line goes.



# 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.



## The different types of bullies

[Types of Bullying | PREVNet](#)



## This link is about adults bullying each other

[The 5 Major Ways Adults Bully Each Other | Psychology Today](#)



## How to handle bullies

[8 Keys to Handling Adult Bullies | Psychology Today](#)



## CT laws when drinking and driving

[Connecticut Penalties for a 1st, 2nd, and 3rd Offense DUI | DuiDrivingLaws.org](#)



## Ways to avoid drinking and driving

[Ways to Avoid Drinking And Driving - State Farm®](#)



## What is Catfishing?

[What is Catfishing Online: Signs & How to Tell | Fortinet](#)



## This link talks about how to have a self-determined life

[About Self Determination \(ct.gov\)](#)

# Virtual Board



## Cooking Ideas and Exercise:



### Recipes:

[Mayan Hot Chocolate – Accessible Chef](#)

## Mayan Hot Chocolate (4 servings)



### Ingredients

4 cups milk



1 cup chocolate chips



**2 tbsp sugar**



**2 tsp vanilla extract**



**2 tsp cinnamon**



**Pan**



**Enjoy!**



# Quick Peach Fruit Salad



you will need:



1 package strawberries



1 package grapes



3 bananas



1 can peach pie filling

tools:



large bowl



mixing spoon



knife



cutting board



can opener



spatula



colander

## steps

1



Wash



strawberries



and grapes.

2



Put grapes



in bowl.

3



Cut



strawberries



and bananas.



Put in bowl.



4



5



6



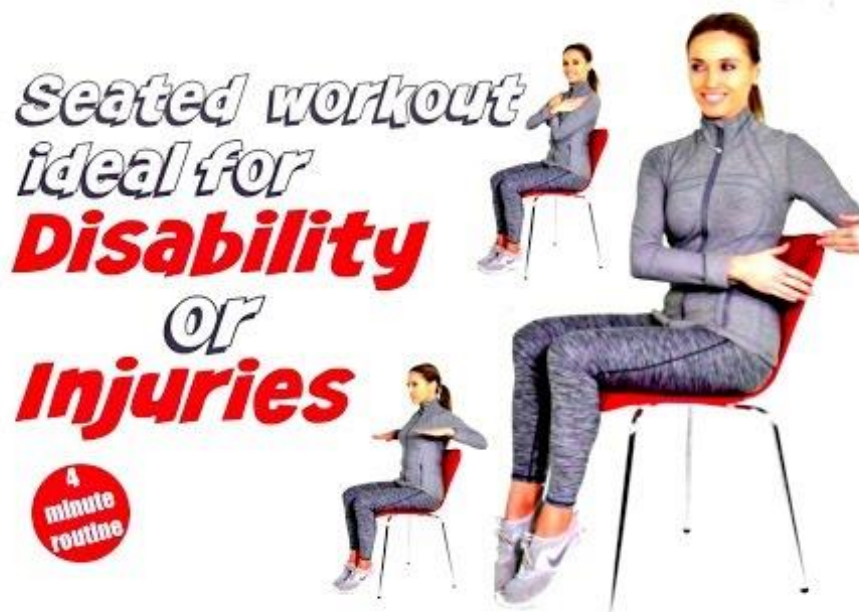
## Fruit Salad – Delicious & Nutritious



# Exercises



[Mas Macarena | Zumba® | Live Love Party \(youtube.com\)](#)



[SEATED WORKOUT IDEAL FOR DISABLED OR INJURED - 4-minute real time workout - YouTube](#)