

# FAB

Fun, Advocacy, and Brainpower

## Relaxation

June 2024



## 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!



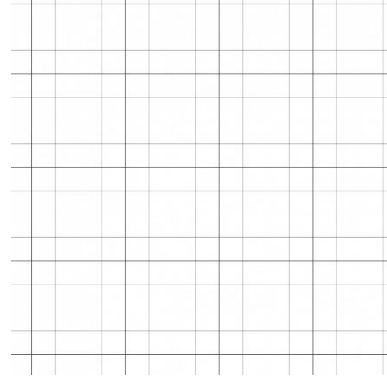
- ✓ End with asking if anyone has any questions or comments.



# Games

## Game 1

**Categories:** Draw a grid on a piece of paper.



Then write some categories (for instance "plants," "girls' names," "cars," "grocery items") down one side of the grid and write alphabet letters across the top.

It needn't be the whole alphabet. Take turns thinking up a word for each letter.

### **Example: Animals**

A	Ant
B	Bat
C	Cat
D	Dog
E	Elephant
F	Fox

## Game 2

### **Take Turns Creating Different Fish**

<https://pbskids.org/splashandbubbles/games/fintastic-fish-maker>





## 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.



[10-Tips-Healthy-Lifestyle.pdf \(iupui.edu\)](#)



<https://www.cdc.gov/mentalhealth/stress-coping/index.html>



<https://988lifeline.org/current-events/the-lifeline-and-988/>



<https://www.health.com/food/stress-relieving->

[foods#:~:text=Research%20has%20linked%20foods%20like,that%20help%20alleviate%20anxiety%20symptoms.](#)



<https://www.verywellmind.com/benefits-of-music-therapy-89829>

## Virtual Board



# Cooking Ideas and Exercise

## Recipes

### Berry Fruit Salad



1 cup of strawberries



1 cup of blueberries



1 cup of raspberries



Mix in a bowl and serve.

**Enjoy!**



# Banana Oatmeal Pancakes



**you will need:**



2 cups rolled oats



2 medium ripe bananas



1 1/4 cup water



2 tsp baking powder

**tools:**



1 cup measuring cup



blender



liquid measuring cup



measuring spoons



skillet



cooking spray or oil



stovetop or burner



spatula

# steps

1



2



3



**Delicious & Healthy!**



# Exercises

## 1. Yoga Basics: Yoga Poses, Meditation, History, Yoga Philosophy & More



## 2. Breathing: <https://www.youtube.com/watch?v=odADwWzHR24>



## 3. What Is Tai Chi? Finally explained! (youtube.com)

