

# FAB

## Fun, Advocacy, and Brainpower

October 2024 						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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## TOPIC OF THE MONTH:RELAXATION

### 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:


- ✓ [Guess the Country by Emoji](#) 🌐 ▶ [Monkey Quiz \(youtube.com\)](#)
- ✓ [Guess the Sound | Guess water sounds | Water sounds Quiz \(youtube.com\)](#)
- ✓ **Five senses: Taste, Smell, Sight, Hearing, Touch:**  
<https://youtu.be/bMybpK7j8MM>




**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 virtual**

 -[Releasing Stress Through the Power of Music | Counseling Services | University of Nevada, Reno \(unr.edu\)](#)

 -[Why is music good for the brain? - Harvard Health](#)

 - Mindfulness Practice: the 5 sense -  
<https://youtu.be/jjg2hyfrBQY>

 -5 senses mindfulness break  <https://youtu.be/BUtWr-9sFuc>

## Virtual Board



## Cooking Ideas and Exercise:

Recipes



# Mini Pizza



**you will need:**



**pizza sauce**



**English muffin**



**mozzarella cheese**



**pepperoni**

**tools:**



**microwave**



**spoon**

**1**



**Break muffin in half**

**2**



**Open sauce**



**Put sauce on muffin**



**Put cheese on muffin**



**Put pepperoni on muffin**

3



Put in  
microwave



Cook 30  
seconds

# Gnocchi with Sausage and Broccoli



**you will  
need:**



**Gnocchi**



**1 tbsp Unsalted  
Butter**



**1/2 Sweet  
Onion**



**1/2 tsp Garlic  
mince**



**1-2 Italian  
sausage**



**1/2 -1 bunch  
of Broccolini**



**1/4 cup  
Chicken Stock**



**Salt & Pepper**



**1/2 tsp  
Crushed Chilli**



**Cheese**



**Spinach**

**tools:**



**Cutting Board**



**Knife**



**Medium Pot**



**Fry Pan or  
Electric Fry Pan**



**Strainer**



**Plate**



**Cooking  
Spoon**



**Measuring  
Cup**

**1**



**Fill pot over  
1/2 with water**



**Add 1 tablespoon  
of salt to water**



**Turn stove on  
for high heat**



**Wait until salted  
water boils**

**2**



**Add gnocchi to  
the boiling water  
USING SPOON**



**Cook until pasta  
floats to surface  
(4-5mins)**



**Turn off stove**



**Place strainer  
in sink**



**Drain gnocchi  
into strainer**

3



**Peel and dice onion**



**Wash and chop broccoli into smaller florets**



**Place onion and broccoli florets separately on plate**



**Wash chopping board**



**Slice sausage into small round pieces**

4



**Turn on stove / Turn on electric frypan to medium heat**



**Melt butter**



**Add onion**



**Saute (fry) for 4-5 minutes**



**Add garlic and saute for 1 minute**

5



**Add sliced sausage**



**Cook until brown on the inside**



**Add broccoli florets**



**Add chicken stock**



**Mix and bring to a simmer**

6



**Continue to mix for 5 minutes**



**Add spinach and mix well**



**Season with salt, pepper, and chilli**



**Stir in gnocchi and cheese**



**Toss well until combined**

7



Turn off  
stove



Plate and  
enjoy!

# Fruit Popsicles



you will  
need:



strawberries



oranges



kiwi



mango



blackberries



mango juice



orange juice



strawberry  
lemonade

**tools:**



popsicle mold



popsicle stick



knife



cutting board



freezer



bowl for each  
fruit



measuring  
cup

1



Wash fruit and  
put in bowls.

2



Cut fruit into  
small pieces.

3



Place fruit  
into molds.

4



Measure 1  
cup of juice.

5



Pour juice into  
the molds.

6



Add in the  
popsicle sticks.

7



Freeze overnight  
and enjoy!

# Exercises

<https://youtu.be/jjg2hyfrBQY>

<https://youtu.be/BUtWr-9sFuc>

<https://www.youtube.com/watch?v=g4e2oy8TbNE&t=5s>

<https://youtu.be/WQg7seUGDUc>