

FAB

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



April FAB Topic

Self-Determination, Self-Advocacy, and Self Direction

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

Scavenger Hunt

A scavenger hunt is a game where players search for items or complete tasks. Scavenger hunts can be played in person, virtually, or with a card game.

How to Play

- In person
 - Hide items and give players clues to their locations. Players can search for the items or take photos of them.

Show and Tell

Best For: Turning coworkers into show-and-tell-loving third graders again!

This is one of my favorite virtual icebreakers. Why? Because it reveals what your teammates really value! Here's how to perform this icebreaker:

- Ask your remote team members to grab a nearby item (or even send a personal picture through group chat!). This item should be unique to them.
- Share! Take turns sharing your item and the story or personal meaning behind it.

For example, I recently shared in my weekly team meeting a small personal item: a llama doll I received from one of my friends! It was a great way to show to my remote team how I value small gifts from friends, and an easy icebreaker, too. Win-win!

Self-Determination Word Search

Self-Determination

Name: _____

Date: _____

Word Search

ACCOMPLISHMENT	GOALS	POWER	COMMUNICATE
SELF-DETERMINATION	CONFIDENCE	SUCCESS	RESOURCES

R Q D X G A S Z B J Z J H N A O C F O V
W U S M O R H T L D F L M D Z M W T C K
Y H T F A Z P F S O D R B M F N P C C Z
O M E P L M E W Q C C T G A C Q O C O K
K G F P S X L I F J Z E Y N D C B Q M R
S P C J R S W Y F N B B P D H A A D M H
K A O U Z X O C P N M H W I W P M D U K
H L D C O N F I D E N C E T I O N Z N A
V B X T B T P S X A R D E V E W L B I Q
S D J S X F G R W O B I U G N E U F C O
U C C M K V C C O M S R D Q V R E I A N
C N E R T P J D V U R L P T V U C R W T F
C Y B E R E S O U R C E S E Q E M D E K
E R X L I O C K Z S W D A R C N M W L B
S R E S D E Z D T Y P K J O H S L N S J
S U X H N F T V E P M X H B J R G A T G
E F T J T S A C C O M P L I S H M A N T
V Q H U T A Y J D Y N R J Q M X A Z W C
O G P U J B S Q A E Y U Y C E Y E H L V
P S E L F D E T E R M I N A T I O N P D



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.



<https://www.google.com/search?q=how+to+start+your+own+business>



<https://www.google.com/search?q=how+to+start+a+business+without+money>



<https://teambuilding.com/blog/leadership-tips> .



<https://www.indeed.com/career-advice/career-development/leadership-advice> .



<https://sloanreview.mit.edu/article/10-essential-leadership-tips-for-2025/> .



<https://www.betterup.com/blog/how-to-be-the-best-version-of-yourself> .



<https://www.psychologytoday.com/us/blog/click-here-for-happiness/201812/self-care-12-ways-to-take-better-care-of-yourself?msockid=1d825bc31a5b6b3007a54e811be76a13> .



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

Virtual Board



Cooking Ideas and Exercise



Recipes

Shepherd's Pie



you will need:



shepherd's pie seasoning



6 russet potatoes



1 1/2 lbs lean ground beef



1 cup frozen mixed vegetables



1 onion



1 tablespoon olive oil



1/2 cup milk



1/2 cup butter



salt and pepper

tools:



frying pan



measuring cups and spoons



cutting board and knife



large spoon



fork and peeler



pot



casserole dish



strainer



oven mitts

steps

1



Wash hands and potatoes



Peel potatoes



Dice potatoes



Fill pot with water



Add potatoes

2



Boil potatoes



Reduce to medium heat



Cook 10 minutes until tender



Meanwhile, cut onions



Turn off burner

3



Strain potatoes



Mash potatoes



Add 1/2 cup milk



Add 1/2 cup butter




Stir

4




Measure 1
tablespoon oil



Add to pan



Burner to
medium heat



Add chopped
onion



Cook until soft
and browned

5



Add ground
beef



Cook until
browned



No pink left



Add one cup
vegetables



Add 1/2 cup
of water

6



Add shepherd's
pie seasoning




Stir all
ingredients



Cook until
heated through



Spray
casserole dish



Transfer
mixture to dish

7



Spread
potatoes on top



Set to broil
(550)



Place in
oven



Cook for 2-5
minutes



Remove and
let cool

Chicken Burgers

you will need:



Chicken Burger Patties



Onion



Small Tomato



Lettuce



Colby-Jack Cheese



Burger Buns



Guacamole



Mayonnaise

tools:



Knife



Plate



Microwave



Cheese Grater

steps

1



Wash your hands



Get a bowl



Cut onions



Put onions in the bowl

2



Get another bowl



Cut tomatoes



Put tomatoes in the bowl

3



Get chicken burgers



Read cooking time on box



Put in microwave



Set the time



Press start

4



Get burger buns



Put bun open on plate



Spread mayo on one bun



Spread guacamole on other bun

5



Grate the cheese



Put the cheese in a bowl

6



Take burger out
of microwave



Hot! Use a
paper towel!



Put burger
on bun

7



Put cheese
on burger



Put lettuce
on burger



Put tomatoes
on burger



Put onions
on burger



Put burger bun
on top and enjoy!

<https://accessiblechef.com/recipes/chicken-burgers/>

Chocolate Chip Waffles



you will need:



Pancake Mix



Milk



Eggs



Vegetable Oil



Chocolate Chips

tools:



Bowl



Whisk



Waffle Maker



Measuring Cups

steps

1



2



3



Exercises



[Low Intensity Workout for Special Needs](#)

6 must-do daily exercises

A regular exercise routine can help you stay healthy and avoid injury. Get back to basics with these 6 daily exercises for at home or at work.



LEG STRETCH

Hold onto a chair with one hand, grab the top of your foot and pull your foot towards your buttock until you feel a gentle stretch in front of the thigh.

Hold for 2-3 breaths and repeat on the other side.



CALF STRETCH

Stand in front of a wall with one leg forward and one leg behind with heels on the ground, feet parallel and back leg straight. Keep your body upright and bend your front knee forward to feel a stretch in the calf.

Hold for 2-3 breaths and repeat on the other side.



SQUATS

Hold onto a chair. Keep a straight back with feet on the ground and hips above your knees. Slowly lower your body as if you were sitting down into a chair.

Do 5-10 reps.



GLUTE STRETCH

Sit on a chair with your foot over the opposite knee. Push on your knee to open the leg and sit up straight. Lean forward until you feel a gentle stretch in your buttock.

Hold for 2-3 breaths and repeat on the other side.



BACK STRETCH

Place hands on your lower back, gently lean back and stretch to the point of tension not pain.

Hold this stretch for 2-3 breaths.



NECK STRETCH

Tuck the chin in. Without turning the head, slowly tilt your head sideways to bring your ear to your shoulder.

Repeat on the other side. Hold for 2-3 breaths and repeat on the other side.

POINTS TO NOTE:

- If you suffer from an existing condition, please consult your health care practitioner before beginning.
- If you feel pain, stop or back off the stretch.
- Remember to breathe as you stretch.