

FAB

Fun, Advocacy, and Brainpower



February FAB Topic

Public Safety

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

10 MINUTE ICEBREAKERS-

MATERIALS NEEDED:

*2 HELPERS



4 SOFTBALLS/



TENNIS BALLS/OR



CRUMPLED PAPER



ENOUGH BUCKETS PER GROUP



TAPE

INSTRUCTIONS:

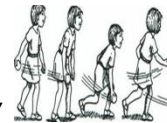
PLACE EACH TEAMS BUCKET AGAINST THE WALL, 5 FEET AWAY FROM THE OTHERS

5 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 (TEAM A, B, C, D)

HAVE EACH TEAM LINE UP IN FRONT OF THE BUCKETS, BEHIND THE TAPE

GIVE THE FIRST PERSON IN EACH TEAM A BALL



THE GOAL IS TO GET THE BALL IN THE BUCKET BY UNDERHAND TOSSES ONLY

IF THEY MAKE IT, OR MISS IT, THE NEXT PERSON IN LINE GOES

HAVE THE ADVISOR PICK UP THE BALLS AND GIVE IT TO THE NEXT PERSON UNTIL THE TIME IS UP

IF SOMEONE MAKES THE BUCKET, THE HELPER WILL SHOUT THE TEAM NAME THAT MADE IT

IT'S THE TEAMS RESPONSIBILITY TO KEEP TRACK OF THEIR POINTS



AFTER 10 MINUTES **10 min** THE TEAM WITH THE MOST POINTS WIN

GUESS THE MOVIE:

QUIZDOM QUIZDOM

GUESS THE MOVIES BY EMOJI



<https://youtu.be/4TjVyYLM-Go>

WOULD YOU RATHER:

WOULD YOU RATHER WICKED EDITION

<https://youtu.be/uX3GEh38blM>



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.



[Prevent Cross-Contamination - MN Dept. of Health](#)



[What Are the 4 Steps of Food Safety? Tips to Follow](#)



[What's Transportation Safety? 10 Essential Safety Rules to Follow](#)



[About Transportation Safety | Transportation Safety | CDC](#)



<https://www.walkingforhealthandfitness.com/blog/21-walking-safety-tips>



<https://www.ecompliance.com/blog/8-workplace-safety-tips/>

Virtual Board



Cooking Ideas and Exercise

Recipes



Cheesy Garlic Bread



you will need:



1 stick butter, soft



2 tbsp olive oil



2 tsp garlic powder



1 tsp Italian seasoning



shredded mozzarella



ciabatta rolls

tools:



toaster oven



bowl



measuring spoons



silicone spatula



butter knife



1/4 cup measure



baking sheet

steps

1



Set oven

400°

to 400
degrees.

2



Mix



butter



olive oil



garlic
powder



and Italian
seasoning.

3



Get HALF of



ciabatta roll.

4



Put 1 tbsp



butter
mixture



on half of
roll.



Spread
evenly.

5



Put 1/4 cup



shredded
mozzarella



on half of
roll.



Put on baking
sheet.

6



Put baking
sheet



in toaster
oven.



Set timer for
10 minutes.

7



Use oven
mitts



to remove
baking sheet



from
toaster oven.

Ingredients

1 stick butter, soft

2 tbsp olive oil

2 tsp garlic powder

1 tsp Italian seasoning

shredded mozzarella

ciabatta rolls

Steps

1 Set oven to 400 degrees.

2 Mix butter, olive oil, garlic powder, and Italian seasoning.

3 Get HALF of ciabatta roll.

4 Put 1 tbsp butter mixture on half of roll. Spread evenly.

5 Put 1/4 cup shredded mozzarella on half of roll. Put on baking sheet.

6 Put baking sheet in toaster oven. Set timer for 10 minutes.

7 Use oven mitts to remove baking sheet from toaster oven.

Tuna Salad



**you will
need:**



Can of Tuna



Tomato



Cucumber



Lettuce



tools:



Chopping
Board



Butter Knife



Bowl

steps

1



Get bowl



Open lettuce



Put lettuce
in bowl



Open can of
tuna and drain



Put tuna in
bowl

2



Get chopping
board



Chop
tomatoes



Chop
cucumbers



Place in
bowl

3



Chop lemon



Squeeze lemon
into bowl



Enjoy!

Exercises



[Disability sport: top 10 exercises for disabled people](#)



[5 Minute- No equipment workout- Video 60- Ella's Wheelchair Workouts! - YouTube](#)