

# FAB

## Fun, Advocacy, and Brainpower

 **May 2025**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			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	

### May FAB Topic Physical & Mental health

**Agenda:**



**Introductions:**



welcome everyone to your meeting.



# 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.
- ✓ 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. **Guess the MOVIE by the SCENE Quiz | Each Year 1970 to 2024**  
2. **Physical Education Who Am I? Disney Edition**
3. **Desert Island Game**



## Scenario

Participants are told they are stranded on a desert island and can only take a limited number of items (e.g., three or five) from a provided list to survive.

## Item List

The list of items can be tailored to the team and can include a mix of survival tools, resources, and even obscure items to encourage creative thinking.

## Individual or Group Choices

For smaller teams, individuals choose their items and explain their reasoning. Larger teams can be split into smaller groups to collaborate on their choices.

### Discussion and Justification:

After the choices are made, each team (or individual) explains their reasoning for selecting the items, highlighting their strategic thinking and understanding of survival priorities.

### Flexibility

The game is highly adaptable, allowing for modifications to the list of items, the number of items to choose, and the team size or structure.

Here are **some examples of items** that could be on the list:

Survival Tools: Swiss army knife, fishing net, rope, waterproof bed sheet, bucket, lighter, kerosene.

Resources: Bag of fruit and vegetable seeds, sunblock, 2 liters of kerosene.

Other: A survival guide, a water purifier, a satellite phone.



## **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.



**[go to the doctor regularly - Google Search](#)**



**[Why People Avoid Getting the Medical Care They Need: Uncovering the Barriers | Discover Health](#)**



**[Safer Sex \("Safe Sex"\) | Reduce Your Risk of Getting STDs](#)**



**[5 ways to de-stress and help your heart - Harvard Health](#)**



**[5 Tips for Managing Stress | JED](#)**



## Physical and Mental Health



<https://my.clevelandclinic.org/health/diseases/11874-stress>



<https://medlineplus.gov/benefitsofexercise.html>



[Caring for Your Mental Health - National Institute of Mental Health \(NIMH\)](#)

## Virtual Board



# Cooking Ideas and Exercise



## Recipes

### Memorial Day Fruit Flagpoles



you will  
need:



Strawberries



Blueberries



Marshmallows

tools:



Skewers  
(or dowels)



3 Bowls



Knife



Cutting Board



Serving Plate

# steps

1



2



3



4



## Chicken Caesar Salad Wrap

### Ingredients:



Cooked chicken- chopped or shredded chicken breast



Romaine lettuce



Caesar dressing



Parmesan cheese



Croutons



Tortilla either wheat, tomato or Spanish

### Instructions:

1. Toss the amount of ingredients you would like, except for tortillas, together in a large mixing bowl.
2. Place a large spoonful of mixture in a line along the edge of a tortilla.
3. Roll up tightly, like a burrito, and secure with toothpicks, if necessary.



RECIPE COURTESY OF **FOOD NETWORK KITCHEN**

# Mixed Berries and Banana Smoothie

Level: **Easy**

Prep: **5 min**

Yield: **2 cups (1 to 2 servings)**

Total: **5 min**

[Nutrition Info](#)

[Save Recipe](#)



## Ingredients:

- ✓ Deselect All
- ✓ 1 cup frozen mixed berries
- ✓ 1 frozen ripe banana
- ✓ 1/2 cup low-fat vanilla yogurt
- ✓ 1/4 cup orange juice
- ✓ 1 teaspoon honey (optional)

## Directions:

Combine all ingredients together in a blender and puree until smooth.

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# Exercises



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



2. [Low Intensity Workout for Special Needs](#)



3. [WORKOUT to ABBA! | Mamma Mia Walking Workout](#)