

FAB

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



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

we



for the month 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

[VISUAL MEMORY TEST | Train your visual memory – Video 1 - YouTube](#)



Game

Setup: The game is for 2-10 players, ages 7 and over. Every player starts with seven cards, and they are dealt face down. The rest of the cards are placed in a Draw Pile face down. Next to the pile a space should be designated for a Discard Pile. The top card should be placed in the Discard Pile, and the game begins!

Game Play: The first player is normally the player to the left of the dealer (you can also choose the youngest player) and gameplay usually follows a clockwise direction. Every player views his/her cards and tries to match the card in the Discard Pile. The game continues until a player has one card left. The moment a player has just one card they must yell **“UNO!”**. If they are caught not saying “Uno” by another player before the next player has taken their turn, that player must draw two new cards as a penalty. Assuming that the player is unable to play/discard their last card and needs to draw, but after drawing, is then able to play/discard that card, the player has to repeat the action of calling out “Uno”. The bottom line is – Announcing “Uno” needs to be repeated every time you are left with one card.

[CLV-ball-toss-fitness.png](#)

[Guess 120 Animals in 3 Seconds | Easy, Medium, Hard, Impossible](#)



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 you can learn from and have fun with as well as meet and be with other people virtually.



<https://cmcoutperform.com/The-Five-Steps-to-Conflict-Resolution>



<https://oscr.umich.edu/article/tips-and-tools-constructive-conflict-resolution>



<https://inspiringtips.com/how-do-you-know-its-true-love/>



[Dealing with Adult Bullying: Psychologists Logan & Cleveland](#)



[How to Prevent Bullying | StopBullying.gov](#)



[Dealing with Adult Bullying: Psychologists Logan & Cleveland](#)



[8 Tips for Developing Positive Relationships](#)



[How To Be A Good Friend: 7 Strategies For A Great Friendship](#)

Virtual Board



Cooking Ideas and Exercise

Recipe

<https://accessiblechef.com/recipes/banana-bread-mug/>

Apple Crumble Pie

Total: 3 h (plus 2-hour chilling)

Active: 50 min

Yield: 6 to 8 servings



How to Bake a Classic Apple Crumb Pie Like a Pro



1.Vinegar

2.Flour

3. Variety of apples

4.Preheat a foil-lined baking sheet.

Cool the pie for clean slices. As they cook, apples release, a natural thickener. During cooling the gel the filling, producing neat slices without oozing. Don't underestimate how long this will take; give it a couple hours.

Reheat to serve warm. If you prefer serving warm pie, tent the pie with foil and reheat it in a 350-degree-F oven for about 20 minutes. (Hello ice cream!)

The filling for this apple crumb pie calls for 3 pounds of apples, or about 9 medium apples. Once they're peeled and sliced you will have around 8 cups.

[Quinoa Bowl – Accessible Chef](#)



macandcheesecup.pdf

Exercises

<https://www.youtube.com/watch?v=oumzMyqK-2I>

<https://www.youtube.com/watch?v=9mzD4qJ8p4Q>

[Chair One Fitness choreo to Voulez-Vous](#)

[CHAIR WORKOUT - SEATED 4 MINUTE HIIT WORKOUT - IDEAL FOR DISABILITY OR RECOVERING FROM INJURIES](#)