



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



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.



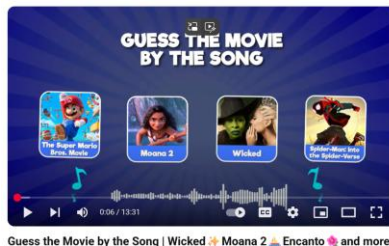
Fun Games



- ✓ 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.



[Guess the Movie by the Song | Wicked 🎭 Moana 2 🏝️ Encanto 🌺 and more](#)



[Guess the Movie from the Opening Scene | 50 Movie Quiz](#)

TRY AN ICEBREAKER:

What animal do you think best represents your personality?

If you could have a superpower, what would it be?

What fictional character would you choose to be your best friend?

What is the best concert you have ever attended?

If you could invent a holiday, what would it celebrate?

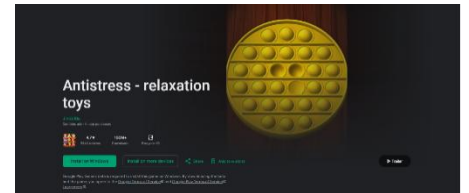
What would be your dream car?

What's your favorite scent?

Antistress-relaxation toys

https://play.google.com/store/apps/details?id=com.JindoBlu.Antistress&hl=en_US

<https://apps.apple.com/us/app/antistress-relaxing-games/id1207565651>



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.



[The Benefits of Music: How the Science of Music Can Help You](#)



[12 relaxation ideas to reduce stress and anxiety – Calm Blog](#)



[7 Tips to Avoid Stress - NYC Health + Hospitals](#)



[5 Fun and Relaxing Wellness Activities to Do with Your Best Friend – Shades of Tatiana Media](#)

Virtual Board











Cooking Ideas and Exercise



Recipies



you will need:	 1 box muffin	 1 egg	 2 Tbsp melted	 1/3 cup milk
 4 hot dogs, each cut into 6 pieces	 butter spray	 ketchup	 mustard	






tools:	 whisk	 measuring cup	 bowl	 oven mitt	 2 mini muffin tins
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steps

1

 wash hands	 preheat to 400 degrees
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2

 grab bowl	 add muffin mix	 add egg	 add butter	 add milk
--	---	--	---	---

3



4



spray muffin tin

5

 add hot dog	 in muffin tins	 pour mixture
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6

 bake at 400	 for 8-12 minutes
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7

 pull out of oven	 cool	 enjoy
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Broccoli Cheddar Soup

[Broccoli Cheddar Soup – Accessible Chef](#)

Click on the link for the full recipe.



3 ½ cups broccoli



1 ⅓ cups heavy cream



3 cups chicken broth



1 carrot



1 tbsp butter



½ tsp garlic



1 dash onion powder



8 oz sharp cheddar cheese

Nachos



you will need:



Chips



Queso



Guacamole



Salsa

tools:



Plate



Spoon

steps

1



Open the chips



Open the guacamole



Open the queso



Open the salsa

2



Put the spoon in



Put the spoon in



Put the spoon in



Put ___ on the plate



Put ___ on the plate



Put ___ on the plate



Put ___ on the plate

Lavender Chamomile Tea



This recipe combines the calming properties of chamomile with the soothing aroma of lavender, creating a relaxing beverage that can be enjoyed warm or cold.

Ingredients:



1 teaspoon loose leaf chamomile flowers or 1 chamomile tea bag.



A few lavender sprigs or 1/2 teaspoon loose leaf lavender flowers.



1 cup boiling water.



½ teaspoon honey (optional).





1-2 drops lemon juice (optional).

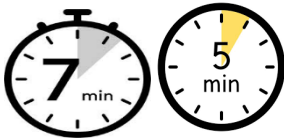
Instructions:



Place the chamomile and lavender in a tea infuser or directly into a mug.



Pour the boiling water over the herbs.



Steep for 5-7 minutes.



Strain the tea leaves or remove the tea bag/infuser.



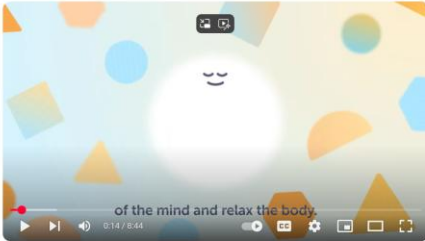
(Optional) Add honey and lemon juice to taste.



Enjoy warm or let it cool and serve over ice.

Exercises

[Belly breathing exercise: Calming the body and mind - YouTube](#)



Belly breathing exercise: Calming the body and mind

[6 easy strength training exercises](#)



https://www.linkedin.com/posts/flexifyme_exercising-stretchingexercises-stretchingtips-activity-7141766280700735488-715u

<https://www.youtube.com/watch?v=was4RtzpfJs>

[Neck Pain Relief Stretches - 5 Minute Real Time Routine](#)