

FAB

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



**Setting Goals to Promote Independence- Setting Personal Goals
(Small Wins Matter)**

Healthy Relationships



Agenda



Introduction

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 interest 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.

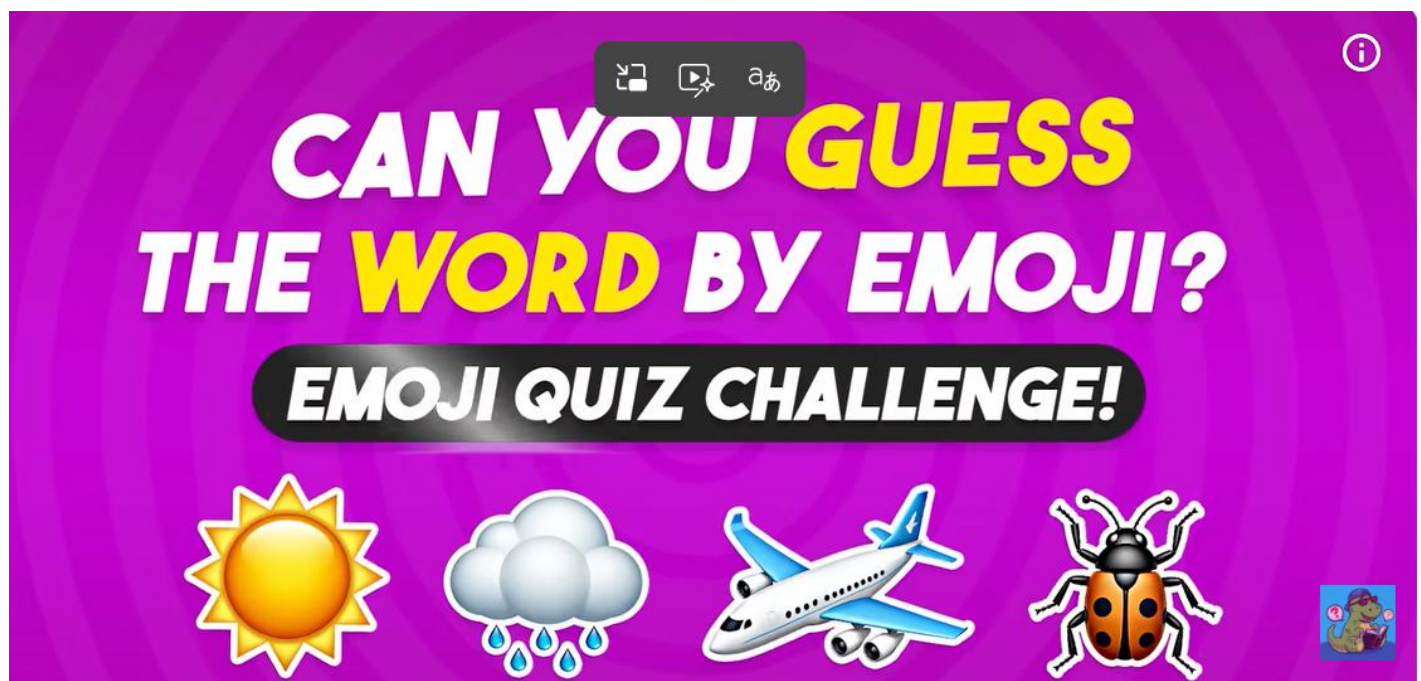


Games

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!





<https://jeopardylabs.com/play/voting90>

\$200	\$200	\$200	\$200	\$200	\$200
\$400	\$400	\$400	\$400	\$400	\$400
\$600	\$600	\$600	\$600	\$600	\$600
\$800	\$800	\$800	\$800	\$800	\$800
\$1000	\$1000	\$1000	\$1000	\$1000	\$1000

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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://wisdome.com.au/blog/small-wins-matter-5-ways-to-celebrate-small-victories>



<https://aldohappy.com/small-wins?v=0b3b97fa6688>

<https://bertacaceres.org/promoting-independent-living-for-individuals-with-disabilities/>



https://www.youtube.com/watch?v=bML9D_I6Jes



[Promoting Independent Living for Individuals with Disabilities - bertacaceres.org](#)



<https://www.youtube.com/watch?v=tlp2cpXuzfw> www.ct.gov/seec, <https://www.disrightsct.org/>



<https://therapygroupdc.com/therapist-dc-blog/understanding-and-overcoming-self-doubt/>



Virtual Board – Part 1

Virtual Board – Part 2



Cooking Ideas and Exercise



Recipes

Microwave S'mores: 5 Steps (with Pictures)

Step 1: Ingredients and Tools

Ingredients:

Marshmallows

Graham crackers

Chocolate



Tools:

Microwave

Plate

Step 2: Assemble the S'mores



Begin by placing down the graham crackers onto a microwave-safe plate. Then place a bit of chocolate on top of the graham cracker, followed by a marshmallow. Some stores, at least here in the US, carry square marshmallows, specifically for S'mores. Pretty neat.

Step 3: Microwave Them



Now put the plate in the microwave and set the time to 30 to 40 seconds. Watch as the marshmallows puff way up. The time will depend on the watts of your microwave. My microwave is 1200 watts.

This method also melts the chocolate too. If you don't want the chocolate to melt wait to add the chocolate.

Step 4: Finish!



Now remove them from the microwave and place another graham cracker on top, pushing them down a bit. At this point, if you didn't add the chocolate before you would add that as well. I love it when the chocolate melts. Time to enjoy those tasty treats!

As a kid, my favorite part was watching the marshmallow expand in the microwave, haha. Or when camping, catching it on fire and then blowing it out

Nachos



<https://accessiblechef.com/recipes/nachos/>

S'mores Fluff



PREP TIME:

5 MINS

TOTAL TIME:

15 MINS

CAL/SERV:

524

Ingredients

2 cups of whole milk

1 (3.4-oz.) pkg. instant chocolate pudding mix

8 oz. snack-size Hershey's Chocolate, broken into pieces

2 (8-oz.) containers Cool Whip

8 oz. mini marshmallows

4 oz. crushed graham crackers, plus whole crackers for serving

Directions

Step 1In a medium bowl, mix milk and instant pudding. Let sit until thickened, about 2 minutes. Fold in Hershey's chocolate.

Step 2In a small bowl, fold Cool Whip and marshmallows.

Step 3Into a large bowl, scoop alternating layers of chocolate mixture and marshmallow mixture. Add crushed graham crackers

and gently fold to combine, leaving streaks of pudding and Cool Whip. Serve with whole graham crackers alongside

CORN DOG MUFFINS



you will need:



1 box muffin mix



1 egg



2 Tbsp melted butter



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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Exercises

https://www.youtube.com/watch?v=bML9D_I6Jes

<https://www.youtube.com/watch?v=EVQcgYQyzz0>

How To Perform Sit To Stand Exercises Correctly



STORYPOINT GROUP

How To Perform Sit to Stand Exercises Correctly

Most chair exercises require minimal space and can be done just about anywhere. Here are a few key steps to help you enjoy yourself and get the most out of this exercise. Don't forget to get your doctor's approval before you try a new exercise.

Sit in a sturdy chair (preferably one without wheels) with your feet shoulder-width apart.

Slowly and steadily push through your feet to a standing position.