

# FAB

## Fun, Advocacy, and Brainpower



### FAB Topic

**January 2026**

### 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

[https://www.youtube.com/watch?v=A4a\\_-VpXrq4](https://www.youtube.com/watch?v=A4a_-VpXrq4)

<https://www.youtube.com/watch?v=oo2aNvVDpAM>



### 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.



[Survival Guide to Safe and Healthy Travel | Travelers' Health | CDC](#)



[Stay SAFE While Exploring New Places \(Travel Safety Tips\) – Travel Video](#)



[Car Safety Tips](#)



[Home Fire Prevention & Safety Tips – NIST Global Blog](#)



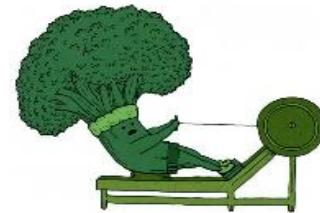
[A guide to basic stretches – Mayo Clinic](#)

## Virtual Board



## Cooking Ideas and Exercise

### Recipes



## Breakfast Burrito

## ingredients:



2 slices of bacon



1 tortilla



1 tomato



4-5 small mushrooms



spinach



cheese



2 eggs

## tools:



pan



medium bowl



fork



spatula



knife



cutting board



plate

# steps

1



Wash tomato and mushrooms



Cut tomato and mushrooms



Crack 2 eggs into a bowl



Stir eggs



Mix in tomato and mushrooms

2



Turn stove to medium



Place pan on stove with bacon



Warm tortilla in microwave (1 minute)



Flip bacon until crispy on both sides

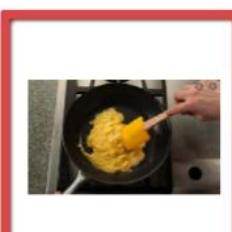


Place bacon on tortilla

3



Pour egg mix onto pan



Stir egg mix continuously



Add cheese



Turn off stove

4



Place egg mix on top of bacon



Put spinach on top



Fold bottom of tortilla towards middle



Fold both sides into the middle



Roll up and enjoy!

# Breakfast Burrito

## Ingredients

- 2 slices of bacon**
- 1 tortilla**
- 1 tomato**
- 4 small mushrooms**
- spinach**
- cheese**
- 2 eggs**

# Turkey and Cheese Sandwich



**you will  
need:**



2 Slices of  
Bread



Sliced Turkey



Slice of  
Cheese



Lettuce  
(optional)



Mayonnaise  
(optional)



Mustard  
(optional)



Salt  
(optional)



Pepper  
(optional)

**tools:**



Plate



Knife



Napkin or  
Paper Towel

# Steps:

1



Put bread on a plate



Put cheese on bread



Put 2 pieces of turkey on top



Put lettuce on turkey

2



Open mayo or mustard



Spread on other piece of bread



Put bread together



Cut in half with knife

# Blueberry Muffins

**you will  
need:**



**blueberry  
muffin mix**



**1/2 cup milk**

**tools:**



**oven**



**measuring  
cup**



**spoon**



**mixing bowl**



**cupcake pan**



**cupcake  
liners**



**oven mitts**

# steps

1

425°

Heat the oven to 425

2



Open the mix



Pour the mix into a bowl



Pour 1/2 cup of milk into bowl



Stir until no lumps

3



Put cupcake liners in the pan



Scoop 2 spoonfuls of mix into liners



Put the pan in the oven

15:00

Set timer for 15 minutes

4



Put on oven mitts



Pull pan out of the oven

5:00

Let sit for 5 minutes



Enjoy!

## Exercises

### BC3 MVSL6 H2 V1 Marco

Stretching safely



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Stretch until you feel a slight pull. Then hold the stretch for about 30 seconds. Repeat the stretch on both sides 2 to 4 times. Aim to stretch major muscle groups in your body at least 2 to 3 days a week.

Calf stretch



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- Stand at arm's length from a wall or a piece of sturdy exercise equipment.
- Put your right foot behind your left foot.
- Slowly bend your left leg forward, keeping your right knee straight and your right heel on the floor.
- Hold your back straight and your hips forward. Don't rotate your feet inward or outward.
- Hold for about 30 seconds.
- Switch legs and repeat.

## Hamstring



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- Lie on the floor near the outer corner of a wall or a door frame so that your left leg is next to the wall.
- Raise your left leg and rest your left heel against the wall. Keep your left knee slightly bent.
- Gently straighten your left leg until you feel a stretch along the back of your left thigh.
- Hold for about 30 seconds.
- Switch legs and repeat.

### Quadriceps stretch



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- Stand near a wall or a piece of sturdy exercise equipment for support.
- Grasp your ankle and gently pull your heel up and back until you feel a stretch in the front of your thigh.
- Tighten the abdominal muscles to prevent your stomach from sagging outward, and keep your knees close together.
- Hold for about 30 seconds.
- Switch legs and repeat.

## Hip flexors stretch



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- Kneel on your right knee. Use a folded towel to cushion your kneecap.
- Place your left foot in front of you, bending your knee and placing your left hand on your left leg for stability.
- Place your right hand on your right hip to avoid bending at your waist. Keep your back straight and abdominal muscles tight.
- Lean forward, shifting more body weight onto your front leg. You'll feel a stretch in your right thigh.
- Hold for about 30 seconds.
- Switch legs and repeat.
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## Iliotibial band stretch



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- Stand near a wall or a piece of sturdy exercise equipment for support.
- Cross your left leg over your right leg at the ankle.
- Extend your left arm overhead, reaching toward your right side. You'll feel a stretch along your left hip.
- Hold for about 30 seconds.
- Switch sides and repeat.

### Knee-to-chest stretch



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- Lie on your back on a firm surface with the backs of your heels flat on the floor.
- Gently pull one knee up to your chest until you feel a stretch in your lower back.

- Bring your knee as close to your chest as comfortably possible.
- Keep your other leg relaxed in a comfortable position, either with your knee bent or with your leg extended.
- Hold for about 30 seconds.
- Switch legs and repeat.

### Shoulder stretch



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- Bring your left arm across your body and hold it with your right arm, either above or below the elbow.
- Hold for about 30 seconds.
- Switch arms and repeat.

### Shoulder stretch with towel



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- Grasp a rolled-up towel firmly with both hands, as shown.
- Gently pull the towel upward with your top hand. You'll feel a stretch in the shoulder of your opposite arm as your lower hand is gently pulled farther up your back.
- Hold for about 30 seconds.
- Switch hands and repeat.

### Neck stretch



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- Bend your head forward and slightly to the right.
- With your right hand, gently pull your head downward. You'll feel a nice, easy stretch along the back left side of your neck.

- Hold for about 30 seconds.
- Switch sides and repeat.