

FAB

Fun, Advocacy, and Brainpower



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.

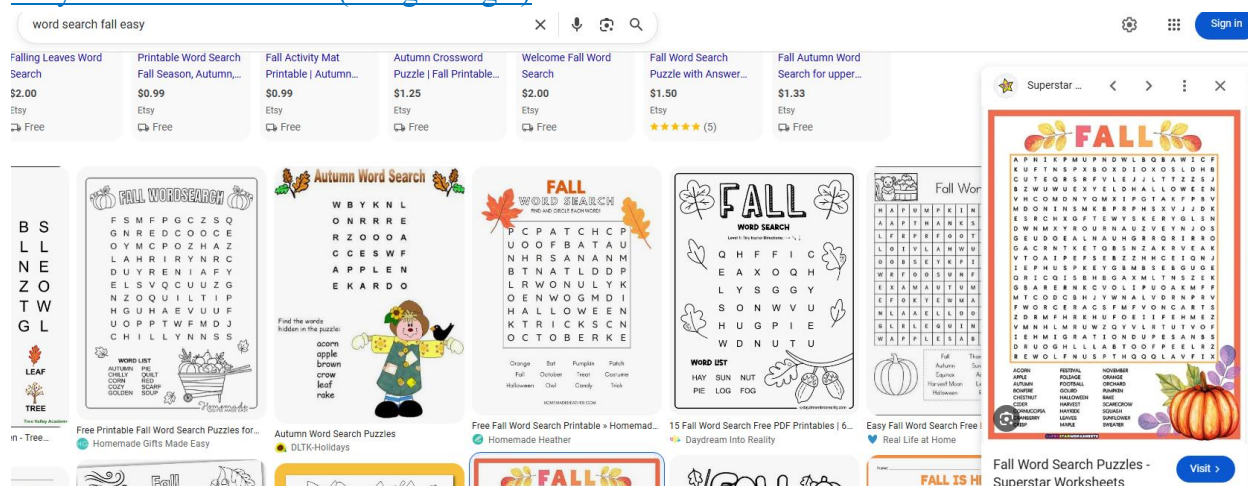


Games

[Movie by Emoji Quiz](#)



[Easy Fall Word Searches \(using Google\)](#)



Small Group Bonding Activity

This fun group energiser combines personal sharing with playful deception to create engaging conversations. Categories Twist encourages **deeper connections** through the discovery of common ground, whilst adding an element of mystery and fun. You'll love how this small group bonding activity **naturally builds rapport and trust** whilst keeping participants intrigued and engaged. Perfect for workshops, classrooms or orientation sessions where meaningful connections matter.

Step-by-Step Instructions

1. Form small groups of two, three or four people.
2. Each group spends 5 to 10 minutes discussing what they all have in common.
3. In conversation, each group identifies two things that all group members have in common, and one thing which is true for at least one member but not the whole group.
4. When ready, gather all groups together.
5. Taking turns, each group announces their three 'common attributes' as deadpan as possible.

6. The rest of the groups aim to identify which one of the three attributes is the lie.
7. Aim to seek consensus but settle for a majority if necessary.
8. Finally, the nominated group reveals the correct answer.
9. Repeat this process until all groups have revealed their lie.



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://portal.ct.gov/doh/doh/housing/programs>



<https://www.hud.gov/hud-partners/multifamily-grants-section811ptl>



[15 simple travel safety tips everyone should know](#)



[Slice Blog](#)



[Are you protected? Tips for keeping safe while commuting – Samsara Luggage](#)



[Where Should You Keep Emergency Information? | EvergreenHealth/](#)



[How to Be Happy Alone: 20 Ways to Be Your Own Best Friend](#)



[Morning vs. Evening: When Is the Best Time to Do Chores? - Cleanzen](#)



[Most Popular Pets in America 2026: Dogs, Cats & Complete Rankings](#)

Virtual Board



Cooking Ideas

Chocolate Brownies

Chocolate Brownies



you will need:



1 box of brownie mix



2 eggs



3 tablespoons water



2/3 cup vegetable oil



cooking spray

tools:



oven



large mixing bowl



large spoon



pan



measuring spoons



measuring cup



pot holder

steps

1

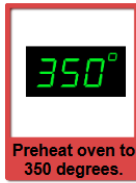


Wash your hands



with soap and water.

2



3



4



5



6



7



8



Pizza Toast – Accessible Chef

Pizza Toast



you will need:



slice of bread



pizza sauce



shredded cheese



pepperoni



toppings

tools:



microwave



toaster



spoon



plate

steps

1



Put bread in toaster



Set toaster to medium



Push down



Put on plate when done

2



Open sauce



Spoon sauce on bread & spread



Add cheese



Add pepperoni & toppings

3



Put in microwave



Microwave 30 seconds



Enjoy!

Homemade Butter



you will need:



heavy whipping cream

tools:



Mason jar



fridge



liquid measuring cup

steps

1



Twist lid off jar



Measure 1 cup of cream



Pour cream into jar



Twist lid onto jar

2



3



4



5



Exercises

[Sitting Workout](#)



[Balance exercises - NHS](#)



[Health A to Z](#) [NHS services](#) [Healthy living](#) [Mental health](#) [Care and support](#)

[Home](#) > [Healthy living](#) > [Exercise](#)

Balance exercises

[Zumba Gold Fitness - Zumba in the Chair January 2022](#)

