

END OF YEAR PEER LEADER MEETING

Celebrate Strong Times, C'mon!

Goal

Reflect on your Strengths, celebrate your progress, and plan how to have a Strong Summer.

Welcome (1-2 minutes)

Turn on some music (*Celebrate Good Times by Funktown America*) and greet everyone at the door! Thank all the Adult Advisors and Peer Leaders for joining the meeting. Reaffirm to Peer Leaders that their voices have power and they are Agents of Change and Connectors to Help in their schools and communities.

ONE PART PREPARATION FOR THE AA TEAM

Publicly celebrating the work that is being done to build a culture of wellness and a Community of Strength is valuable for your Peer Leaders. Honor their participation and powerful prevention work in front of your administration, your school boards and your student body. It's also important to celebrate one another. Consider turning this End of Year meeting into a party. Can you incorporate costumes or party hats? A photo booth, or a slideshow? Simply incorporating some sparkling drinks and savory snacks can increase the Fun Factor.

ONE PART FUN (5-15 minutes)

This is a celebration! Remind your team that we need to make sure we are holding space for fun in our lives. In this meeting play **Dance Detective** or another [Sources of Strength Game](#).

Dance Detective (formerly known as "Dance Master")

Time: 10-15 minutes

Group Size: Medium/Large

Buy-In: High

Objective: Get energy up and get people laughing!

Materials Needed: Music/Speakers

Directions

1. Have the group stand in a big circle and ask for a volunteer Detective.
2. Explain that the volunteer Detective will step out of the room while you assign a Dancer.
3. Play some fun music; the Dancer will then start dancing and it's everyone else's job to copy their movements exactly (but be sneaky!). The Dancer can change their sweet moves any time they want to.
4. The Detective will return to the center of the circle and try to guess who the Dancer is. The goal for the Detective is to figure out who the Dancer is; the goal for everyone else is to keep that information a secret! The Detective will get three guesses or 90 seconds - whichever happens first.
5. When the Detective in the middle guesses the Dancer or runs out of time, the Dancer becomes the next Detective.

Remote Option: Scratch and Sniff

Time: 5-10 minutes

Group Size: Medium/Large

Buy-In: High

Objective: Get energy up and get people laughing! Same concept as Dance Detective!

Directions

1. Explain that there will be a Sniffer and a Scratcher. The Scratcher will start by scratching their chin, or

their forehead and attempt to change their small movements or scratches in a sneaky way, and the rest of the group will imitate them. The Sniffer's job is to identify who the Scratcher is. They will have 3 guesses to determine who the Scratcher is.

2. Select a volunteer Sniffer and tell them to unmute themselves and then close their eyes. When they hear ready, set, GUESS then they will uncover their eyes and try to identify who the Scratcher is.
3. While the Sniffer's eyes are closed, select a person to be the Scratcher. Write their name down on a piece of paper and hold it up to your camera for the group to ensure that everyone knows who to watch and imitate.
4. Option moving to next round: If the Sniffer guesses right, they can become the next Scratcher.

Variation(s):

- Use facial expressions instead of scratches
- Use general body movements/dance moves instead of scratches, or facial expressions

ONE PART SHARING (15-30 minutes)

As we come to the end of another school year, you likely have learned a lot about your Strengths. Maybe you learned that you were stronger in one Strength than you thought, maybe you grew stronger in one of your Strengths that you already knew you had.

Prompt

Looking at the Strengths Wheel, what are two Strengths that you are feeling strong in? What is a Strength that you are particularly proud of your growth in in the last year? What is one Strength you would like to continue to grow in?

- Have the facilitator share first and then invite Peer Leaders to reflect for 2-5 minutes on their own. Play a calming song for reflection purposes. When the song is finished, invite Peer Leaders to share with the whole group on their answer to one of the 3 questions.

Sharing with a 'Cheers'

As each Peer Leader shares their answer, invite them to frame it as a 'cheers' or a 'toast' celebrating the Strength they grew or feel stronger in.

- *Example: "I want to 'cheers' myself for working on getting better at rollerblading this year, it has helped me when I am feeling anxious." or "Cheers to my mentor, I am feeling strong in mentorship after this year."*

ONE PART PLANNING (10-20 minutes)

In preparation for this break, we want to work on maintaining the Strengths we have built throughout the past year and we can spend time brainstorming how to continue to grow new Strengths. Here are some ways to help keep our growth going and foster new growth throughout the summer season:

- **Fill Out the [Strength Check In](#):** Color in this mosaic version of the Sources of Strength Wheel and follow the directions to check in and see what Strengths you have been tapping into and see where you might want to grow.
- **Complete the [Self Care Card](#):** Keep this handy throughout the summer so if you need a reminder of how to tap into the Strengths you already have, you have the information you need right at your fingertips.
- **Organize a Summer Strength Check In:** Brainstorm ways to stay connected with your Sources of Strength team throughout the summer. Commit to a weekly or biweekly check-in - through a pen-pal system, social media, email, video messages, whatever is best for you and your team - to see how your Peer Leaders are practicing Strength throughout the summer. (Consider using the prompts on page 41)

of your [Adult Advisor Field Guide](#) and our [Campaign Planning Calendar](#) to help get organized).

- **Brainstorm:** Have Peer Leaders brainstorm ideas for how they might engage the rest of the school throughout the summer to reflect on and share their Strengths and their I Am Stronger stories (For ideas about different ways to facilitate brainstorming, see page 44 of the [Adult Advisor Field Guide](#)).

These are campaign ideas to help fuel your brainstorming, but make sure every activity you do includes ideas and elements from your Peer Leaders. As a group visit sourcesofstrength.org and Sources Social Media platforms (specifically Instagram [@sourcesofstrength](#)) for more ideas.

CLOSING (1-2 minutes)

Thank all the Adult Advisors and Peer Leaders for participating in the meeting. Ask everyone to write down (or put in their phones) one way they can practice Strength and one way they can encourage others to practice Strength over the break.