

WHAT HELPS US CAMPAIGN

Peer Leader Meeting One: Define and Identify the Big Emotions

Goal

Facilitate discussion around the Big Emotions we experience that can be hard to manage and begin to identify What Helps Us to calm, connect, or cope in healthy ways .

Welcome (1-2 minutes)

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 FUN (5-15 minutes)

Remind your team that we need to make sure we are holding space for fun and joy in our lives. In this meeting play Rock, Paper, Scissors or another [Sources of Strength Online Game](#).

ONE PART SHARING (15-30 minutes)

Since you have already selected a WHAT HELPS US campaign to kick the year off, use a sharing prompt related to that campaign to get the team thinking about their own healthy coping skills before they share the campaign with the wider school population.

Reference the Emotional Check-In and have students reflect or annotate how they are feeling coming into the meeting.

Prompt:

In life we can experience emotions that feel big or overwhelming, like anger, anxiety, or depression. Which of those Big Emotions has been coming up the most for you since the COVID pandemic began?
What helps you manage those emotions?

Have the facilitator share first and then call on Peer Leaders and Adult Advisors one by one to share. Make a list of healthy coping skills for the whole team to reflect on.

More sharing prompts related to the What Helps Us campaign can be found on pages 60-63 of the Adult Advisor Field Guide.

ONE PART PLANNING (10-20 minutes)

As part of a What Helps Us campaign, we want to invite Peer Leaders to identify and share the Big Emotions they experience and What Helps. In the following campaign ideas, we will facilitate a conversation around What Helps Us. Here's how you could consider creatively engaging your school and community in the What Helps Us campaign.

- **Create a Feelings Wheel Challenge on social media.** Invite students to interact with a Feelings Wheel on their platform of choice, like creating Tik Toks or Instagram posts, displaying a Feelings Wheel, and describing how they handle their Big Emotions. Tag your school's Sources of Strength social media and use the hashtag #WhatHelpsUs. Be sure to tag @sourcesofstrength as well so that we can share your great work on our platforms!
- **Begin featuring "Wheel Wednesday" announcements or newsletter stories.** Collect student stories and work with Administration to have weekly morning announcements featuring a student sharing a story about What Helps.

- **Host a monthly movie or documentary viewing and discussion** of films such as Inside Out. Discuss the way the characters navigate challenges and What Helps. Depending on your school's policies, this could be done in person or virtually with a live chat discussion.
- **Create a collage of items that help.** Collect items that represent what gives you strength and organize them to capture a still life! Snap a photograph of your creation using your phone or sketch it on paper. Then share your work of art on social media, the school website, or in a common area that many people are likely to interact with.

We recommend these campaign strategies, but feel free to supplement or substitute any of the additional activities from the WHat Helps Us Campaign Overview.

As a group visit our website www.sourcesofstrength.org and Social Media platforms (specifically Instagram [@sourcesofstrength](https://www.instagram.com/sourcesofstrength)) for more ideas.

CLOSING (1-2 minutes)

Share the Sources of [Strength Board Game](#) and [QUINGO](#) (Quarantine Bingo) with your Peer Leader team as resources for them to play at home and share with their friends and families. Consider giving away small prizes to Peer Leaders who make “BINGO” or “Blackout.” Encourage participants to share their cards on social media and tag others to participate.

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 in the next week. Remember to let everyone know the time and date for the next meeting.