

# WHAT HELPS US CAMPAIGN

## Peer Leader Meeting Two: Reflect and Share What Helps Us

### Goal

Reflect on the coping skills that help us when we feel Big Emotions, and invite others to identify the strengths and practices that are helping them.

### Welcome (1-2 minutes)

Thank all the Adult Advisors and Peer Leaders for joining the meeting.

### ONE PART FUN (5-15 minutes)

Some say laughter is the best medicine. In this meeting play Pictionary or another [Sources of Strength Online Game](#). If you have returning Peer Leaders in the meeting, work ahead of time to let them lead the game.

### ONE PART SHARING (15-30 minutes)

Now that we have had a dialogue around the emotions that come up regularly for us, let's talk about how to calm, cope, and connect when we feel those emotions.

**Prompt:** Share about a time when you or a loved one navigated stress in a healthy way. What Strengths on the Wheel did they use?

*Have the facilitator share first and then call on Peer Leaders and Adult Advisors one by one to share. If you sense that your group may be shy, move to breakout rooms and allow participants to share in smaller groups.*

### ONE PART PLANNING (10-20 minutes)

Now that your Peer Leader team has discussed What Helps when Big Emotions arise, here are some ways to invite the student body into that process.

- **Create What Helps Us videos.** Create one minute videos about What Helps featuring props, guests, activities, or practices. Post to social media and challenge five friends to do the same. Use the hashtag #WhatHelpsUs, or create your own hashtag! Don't forget to tag @sourcesofstrength so that we can highlight your Peer Leader team's creativity!
- **Mixtape Monday!** Gather submissions of songs that help calm, cope, and connect and create a school-wide playlist. Share the playlist on a streaming platform, social media, or your school's website.
- **Design or write a how-to guide or step-by-step recipe** explaining What Helps when Big Emotions arise, and invite others to do the same. Accept submissions to turn into a book, slideshow, or series of posts.
- **Action "Steps!"** Write chalk messages in public spaces highlighting simple activities that can provide strength. For example, drink water, take a deep breath, stand in the sun for 1 minute, or watch cat videos on YouTube.

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](http://www.sourcesofstrength.org) and Social Media platforms (specifically Instagram [@sourcesofstrength](#)) for more ideas.

## **CLOSING** (1-2 minutes)

Share the [Tangled Ball of Emotions](#) with your Peer Leader team. Invite students to use this as a tool over the next week and share this resource with family and friends.

Thank all the Adult Advisors and Peer Leaders for participating in the meeting. Share out relevant information on a common platform, so all of the roles and responsibilities for the campaign are shared among the team. Remember to let everyone know the time and date for the next meeting.