

# I AM STRONGER

## Meeting Three: Notice our Individual Growth and Resilience

### Goal

Help the Peer Leaders notice the ways they have grown physically, mentally, socially, spiritually or emotionally in this season by developing their Strengths.

### Welcome (1-2 minutes)

Thank all the Adult Advisors and Peer Leaders for joining the meeting. Reaffirm to Peer Leaders that they are role models for resilience, **Agents of Change**, in their schools and communities.

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

Don't forget the fun factor! In this meeting play Group Charades, or another Sources of Strength Game which you can explore on pages 112-120 of the [Adult Advisor Field Guide](#).

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

We are prone to focus on negativity. Which makes sense. Our brains are wired to pay attention to negative changes in our environment, like a lion walking into the room! We notice the negative because evolutionarily that keeps us alive. There aren't that many lions walking around anymore, but our brains are still wired to be prepared if one does. So that means we need to practice learning how to pay attention to the positive. There's good news though, because our brains are highly adaptable. This means that we can actually train our brains to see the positive things happening around us, making us stronger and more optimistic. We shouldn't pretend that hard things aren't happening, but we can talk about them in a larger context of what helps!

#### Prompt:

Reflect on the strengths you used in the past week. What Strengths did you tap into, and how specifically did it help?

*Instead of sharing out loud, use this week to create space for your Peer Leaders and Adult Advisors to write about specific challenges they have overcome. It could be small or it could be a larger challenge. Write for five minutes. You can share your ideas (briefly) in small groups. Invite everyone to be expressive in their writing (write lists or word clouds, a narrative, short story, script out a short skit, create a poem, etc.)*

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

Let's create opportunities for everyone in the school to focus on the positive, notice their strengths and recognize the ways they have grown .

- Build an **I Am Stronger** photo booth on campus with colorful balloon dumbbells in the colors of the Strengths Wheel for people to pose with to show off their Strengths.
- Collect **I Am Stronger** story submissions from Homeroom classes (a collection of essays, audio interviews to make a podcast, video interviews to make a movie, etc).
- Make a list of all the ways people can build resilience and turn it into a mural or collage.

We recommend these campaign strategies, and these are campaign ideas to help fuel your brainstorming, but make sure every campaign you run includes ideas and elements from your Peer Leaders. Feel free to supplement or substitute any of the additional activities from the [I Am Stronger Campaign Planning Document](#). As a group visit [sourcesofstrength.org](http://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. Share out relevant information, 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.