

WHAT HELPS US CAMPAIGN

Peer Leader Meeting Three: Explore and Expand What Helps Us

Goal

Explore new strengths that can help when we feel Big Emotions, and build upon existing skills and relationships to grow in What Helps.

Welcome (1-2 minutes)

Thank all the Adult Advisors and Peer Leaders for joining the meeting. Reaffirm to Peer Leaders that their voices and actions have power, and they are **Agents of Change** and **Connectors to Help** in their schools and communities.

ONE PART FUN (5-15 minutes)

Don't forget the fun factor! In this meeting play DisDance Master or another [Sources of Strength Online Game](#).

ONE PART SHARING (15-30 minutes)

As we deepen our understanding of What Helps Us, it is important that we continue learning how we can grow in our emotional resilience. Listening to other people's experiences of What Helps has the power to strengthen our own.

Prompt: Over the past few weeks, we have heard a lot of stories on What Helps.

Who is someone in your life who has shown you how to navigate Big Emotions in a healthy way?

What is it about them that inspires you?

Do you see a characteristic in them which you would like to grow in yourself?

Have the facilitator share first and then call on Peer Leaders and Adult Advisors, one-by-one to share. If you sense that your team may not feel comfortable sharing in a large group, move to breakout rooms to share in smaller groups.

ONE PART PLANNING (10-20 minutes)

Let's create opportunities for learning and growth! In these campaign suggestions, focus on creatively expanding your index of strengths and activities that help.

- **Complete Wellness Plans as a classroom assignment.** Use our templated Wellness Plans, or have your team create these helpful tools for when we are feeling down or stuck to strengthen your physical, relational, and emotional wellness.
- **Interview Trusted Adults and Mentors about What Helps them in times of stress or difficulty.** Share your interviews on a podcast, social media platforms, or the school website, and invite others to do the same.
- **Award individuals whom others have seen using What Helps** with a flamingo (garden gnome, misc. lawn art, etc.). Accept nominations from the student body, and transfer awards to their home or school!
- **Challenge teams to create games that highlight What Helps** or share out the [Sources of Strength Board Game](#) or [QUINGO](#) (Quarantine Bingo) for students and their families to play.

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

CLOSING (1-2 minutes)

Share out several tools that we recommend for calming and coping. Try out the Calm App, Insight Timer, and Sand App.

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.