

I AM STRONGER

Meeting Four: Recognize that Resilience is Collective!

Goal

Give Peer Leaders the opportunity to internalize their I Am Stronger stories and then invite the entire school and community to notice their growth and resilience.

Welcome (1-2 minutes)

Thank all the Adult Advisors and Peer Leaders for joining the meeting. Reaffirm to Peer Leaders that their mission is to spread stories of **Hope, Help, and Strength**, so that no one ever gets so overwhelmed or hopeless that they want to give up.

ONE PART FUN (5-15 minutes)

Don't forget the fun factor! In this meeting play Human Bingo, 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)

Since the time of scientist Charles Darwin's research, we have generally thought of trees as loners, competing for water and sunshine. Now, there is evidence that shows how trees of the same species are communal, and will often form alliances with trees of other species. Forest trees have evolved to live in cooperative relationships, more like insect colonies. Some people call it the Wood-Wide Web! Trees share water and nutrients through their root networks, and also use them to communicate. They can even send distress signals about drought and disease, which can help other trees adjust their behavior to prepare for changes in their environment. Trees function in social networks, just like we do.

Prompt 1:

Who is someone who has helped you grow in Strengths? How did they help you?

Have the facilitator share first and then invite Peer Leaders and Adult Advisors to share first in dyads or small groups, and then share out in the large circle.

Prompt 2:

We've been talking about our individual Strengths, but let's expand the conversation to think about our community Strengths! Who is the most resilient person you know or who is a resilient person in our school or community? What do you admire most about them?

Have the facilitator share first and then invite Peer Leaders and Adult Advisors to share first in dyads or small groups, and then share out in the large circle.

ONE PART PLANNING (10-20 minutes)

Let's create opportunities for everyone in the school to recognize resilience in each other.

- Visit every Gym/Health class and introduce **We Are Stronger** nominations: "We are stronger together because _____ has been working hard to grow their _____ by _____."
- We are stronger together because the Student Council has been working hard to grow Generosity by encouraging everyone to donate canned food for the local food pantry.
- We are stronger because Mr. Marino has been working hard to grow Physical Health and Mental Health by having stretch breaks in Math.
- Use hashtags like #IAmStronger, #StrengthNotStress, #StrengthStories, or reflect school spirit with your team or town, such as #StrongEagles, #GreeleyStrong to get Strength trending at your school.

- Develop a storytelling series, a slam poetry night, or an open mic session featuring stories of resilience.
- Develop a unit on Post Traumatic Growth or Post Traumatic Wisdom
 - Watch and discuss Jane McGonigal's TED Talk, "[The Game That Can Give You Ten Extra Years of Life,](#)" and facilitate conversation on overcoming adversity.

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 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.