WELCOME (1-2 minutes)
Thank all the Adult Advisors and Peer Leaders for participating in the training and joining the first 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 the team, when it comes to Sources of Strength, they can expect to connect, to get stuff done, and to have a good time. Invite them to play a game. We suggest Group Charades (detailed below):

Group Charades
Time: 5-15 minutes
Group Size: Small, Medium
Buy-In: High
Materials Needed: Charades Prompts
Objective: Get a low-energy group moving and have fun!

Directions
1. Set up three chairs side-by-side on one side of the room.
2. Have the group divide into two teams, and give them time to come up with a team name and a team chant.
3. Tell each team to pick the most dramatic (or best actor/loudest/funniest) player and send them to the front. Ask the two team members to take a seat on the two outside chairs.
4. Explain that the groups will be playing competitive charades, but instead of ONE person acting out the prompts, the whole TEAM will be acting them out.
5. The two seated players will be the guessers.
6. You will stand on the middle chair and hold up prompts.
7. Tell teams to cheer when they guess the prompt, so you know who got it first.
8. For each correct guess, tally a team point.

Rules
- Guessers cannot look at the prompt.
- No words.
- No mouthing words.

Variation(s)
- Change up your charade items.
- Give a student the job of keeping score.
- Switch guessers after a few rounds.

ONE PART SHARING (15-30 minutes)
Return to the Sources of Strength Wheel. Encourage your team to share the strengths they are using right now to overcome adversity and difficulties. Model making 10% of the story about the challenge, adversity, or struggle a person is facing and 90% about what is helping them and how they are managing this difficult time.
Ask your Peer Leader team to share about their Strength in small groups. Have the facilitator share first and then call on Peer Leaders and Adult Advisors, one-by-one to share. During the training, the small groups highlighted stories of Positive Friends, Generosity and Mental Health, and managing the Three Big Emotions. You can break back into smaller groups and share about any of the following:

**Prompts:**
- Allow Peer Leaders to share some takeaways or thoughts they have had since the training.
- How has everyone used strength in the last _______ days (number of days since the training)?
- Which two strengths are you feeling strongest in today, and why?
- Which strength would you like to grow stronger in, during the coming weeks? How can you accomplish this?

Feel free to use any of the additional sharing prompts related to each Sources of Strength templated campaign, these can be found in the Adult Advisor Field Guide on pages 41-43. More sharing prompts can be found in calendar format with silly, soulful and strength-based options [here](#).

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

Peer Leaders may have spent time brainstorming their first campaign during their training. You can revisit those ideas and begin working to implement them, or your team can utilize the following resources that Sources of Strength has organized. We have templated materials for a Trusted Adult Campaign, a What Helps Us/Me Campaign, and an I am Stronger Campaign.

- A Trusted Adult Campaign focuses on building relationships between students and the adults they would connect with, if they were struggling, or if they were worried about a friend.
- The What Helps Us/Me Campaign focuses on building creative strategies for calming, coping and connecting in the midst of challenges.
- An I Am Stronger Campaign focuses on helping students identify stressors they face, challenges they have overcome, and the Strengths that helped them in the midst of hard things.

We have created meeting agendas, brainstormed campaign activities, and a templated calendar for each of these campaigns - you just need to choose your own adventure! Have the Peer Leader team discuss and vote on which campaign they want to roll out first, and then begin adapting the materials for your school and community.

There are also resources available to support implementation for six other campaigns (Getting The Word Out, Thankfulness Challenge, What Helps Me, Sources of Strength Week, Strengths, and We Belong) that can be found in the Adult Advisor Field Guide. Your Peer Leader team can decide which campaign best fits the moment for your school and community.

Visit the Sources website [www.sourcesofstrength.org](http://www.sourcesofstrength.org) and Social Media platforms (specifically Instagram @sourcesofstrength) for more campaign ideas, and don't forget to tag us #sourcesofstrength so that we can share your campaign ideas with all of our other teams.

**CLOSING (1-2 minutes)**

Thank all the Adult Advisors and Peer Leaders for showing up. 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 as you launch your first campaign.