



ONLINE SOURCES OF STRENGTH PEER LEADER MEETING **SAMPLE AGENDA**

Welcome - (1-2 minutes)

Thank all the Adult Advisors and Peer Leaders for joining the meeting. Reaffirm to Peer Leaders that their voices have power and they continue to be Agents of Change and Connectors to Help in these new settings.

One Part Fun - (5-10 minutes)

Remind your team that we need to make sure we are still holding space for fun in our lives during this time and invite them to try a new version of Heads or Tails (detailed below):

Heads or Tails

Time: 5-10 minutes

Supplies: Access to Zoom, FaceTime, or another video chat option.

Directions:

1. Explain that the goal of this game is to do the same motion as the facilitator in order to advance to the next round.
2. Share that the participants will choose between showing “heads” or “tails” on the video chat screen by putting their hands up for “heads” and their hands down for “tails” when you say “reveal.”
3. Countdown “three, two, one, reveal!” On reveal all participants will show “heads” or “tails,” and you will do the same.
4. All participants who matched the facilitator will proceed to the next round and individuals who did not match will cross their arms in front of their body to display they have been knocked out.
 - a. Bonus: If you’re out, silently cheer on a teammate or do a silly dance!
5. Continue to play until you have one or two players remaining as winners!
6. Consider adaptations to get everyone’s bodies moving, such as “stand” or “squat” (heads disappear either above or below the camera) or mimicking animals like “bunny” or “moose” (floppy hands in front of you like paws versus hands up above head like antlers)
 - a. Note: If you are using Zoom and your entire team does not have access to a video function, consider playing this game with the “Reaction” button instead: participants react with the clapping emoji versus thumbs-up emoji.



One Part Sharing (15-30 minutes)

Encourage your team to share about 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.

Prompt: Which of the Big Three Emotions (Anger, Anxiety, or Sadness) is most common for you right now? What is helping you manage that emotion?

Have the facilitator share first and then call on Peer Leaders and Adult Advisors, one-by-one to share.

One Part Planning (10-20 minutes)

Read the [Peer Leader Mission Statement](#) as a group and ask Peer Leaders to share what pieces feel most impactful to them right now and what ideas they have for moving forward in their mission.

As a group visit www.sourcesofstrength.org and Sources Social Media platforms (specifically Instagram [@sourcesofstrength](#)) and ask the team to share how they would like to join in the National What Helps Me Campaign, #WhatHelpsUs. Also ask the team to identify ways they can encourage others in their homes, school, and community to practice strength and participate in the #WhatHelpsUs Campaign.

Closing - (1-2 minutes)

Thank all the Adult Advisors and Peer Leaders for participating in the meeting. 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.