



SOURCES OF STRENGTH

PEER LEADER KICK OFF EVENT

TIME: 60 MINUTES

Overview

This agenda aims to welcome your Adult Advisors and Peer Leaders back for the Fall. Let this guide your team in reflecting on their Strengths, reconnecting to the Peer Leader Mission Statement, building connections, and beginning to think towards campaigns for the school year.

Prep/Materials

- Peer Leader Guides
- Sticky Notes
- Planning Prompt Posters*

Welcome (1-2 min)

Thank all the Adult Advisors and Peer Leaders for joining the meeting. Remind everyone they are here to build and practice a **Community of Strength** - a diverse, resilient, inclusive and empowered group of students and adults who work to spread **Hope, Help and Strength**. Peer Leaders were chosen to be here because their voices have power, they are **Agents of Change** and **Connectors to Help** in their school and community.

Keep Peer Leader delegation and ownership top of mind. We recommend delegating taking attendance and asking for volunteers to hand write and deliver notes to AAs and PLs who were unable to attend

One Part Fun (5-15 min)

In this meeting play the [Chair Game](#) by replacing 'something fun you've done lately,' with, 'a person or practice/activity that gave them Strength over the summer.'

One Part Sharing (10 min)

Optionally, you may start this section by asking for a few folks to share how Sources of Strength has positively impacted themselves or their friends. It can be helpful to ask key individuals if they would be willing to share as they arrive.

Read the [Peer Leader Mission Statement](#) aloud either as a group, or popcorn style, always offering that you're allowed to 'pass'. Then, invite the team to turn to a neighbor and share what stands out to them. After sharing, gather a few large group reflections.

Play the below version of **WheelHouse Connection** or another activity that provides an opportunity for everyone to share in fun and strength.

Ask for volunteers who would like to play music. In the future you can have Peer Leaders create or play their own playlists for each meeting.

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Instructions:

1. Ask everyone to find a partner and form two circles, an outside circle with one partner and an inside circle with the other partner across from them.
 - a. Make sure to pair students up with another adult or student if they don't have a partner or make a group of three where needed.
2. Once the two circles are formed and the partners are facing each other, have each circle begin to move to their right when music is playing (inside circle clockwise and outside circle counter-clockwise). When the music stops participants should be instructed to give their new partner(s) an air high-five and introduce themselves. Participants will then have a one minute conversation to share on a prompt. Here are a few options, feel free to make up your own prompts or borrow from the [Soulful, Silly, Strong Strengths Sharing Calendar](#):
 - a. What is your favorite movie and why?
 - b. What are you thankful for right now in your life?
 - c. What is your favorite back-to-school supply, why?
 - d. Who is a Positive Friend for you and what do you appreciate about them?
 - e. Should toilet paper hang over or under?
 - f. Who is a Mentor or someone you look up to and what do you appreciate about them?
 - g. What Strength or Strengths did you use the most this summer?
 - h. What is a Strength you'd like to grow in this school year?
 - i. What is your favorite condiment or sauce?
 - j. What was one of your favorite events from last school year or the one before?
 - k. What is an event you're looking forward to this school year?
 - l. What other clubs or groups are you interested in at your school?

One Part Planning (20 min)

Allow students individual time to reflect on the following questions. *Optionally, write questions on large posters around your room inviting students to wander around, sharing responses on individual sticky notes. If time allows, move into smaller groups to share responses or facilitate large group discussion. *If your team met consistently during the previous school year, consider completing the End of Year Survey on p. 128 of the [Adult Advisor Field Guide](#) instead.*

- What are the Strengths of our Sources of Strength team?
- What is an area you'd like to see us become stronger in?
- Describe the impact you want Sources of Strength to have in our school and community.
- What are the most effective mediums we can utilize for our campaigns to reach every person in our school?
See suggested mediums below.

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- What other staff, students, or community members can we invite to be a part of what we're doing? How could we better include them?
- What other clubs or organizations could we partner with to help spread Hope, Help & Strength?
- Are there events happening in the school that Sources of Strength should be a part of?
- Consider pulling up a calendar for the first semester adding existing all school activities/events to the calendar.
- Are there local community organizations or businesses that would be willing to support or sponsor our efforts?

Share with the team that these reflections will guide your team to brainstorm around campaign activities in your next meeting.

Closing (4 minutes)

As you are ending the meeting, ask for volunteers who will send a recap of the meeting to the entire team as well as a reminder for the next meeting date and time. Consider asking for a couple volunteers who would like to select a game for the next meeting from the games section of the [Peer Leader Resources](#). Don't forget to select a DJ for your next meeting. In closing, thank the team for using their voice and investing their time and energy into this work.

Feel free to supplement or substitute any of the additional activities. Visit www.sourcesofstrength.org and Sources Social Media platforms (specifically Instagram [@sourcesofstrength](#)) for more ideas.