

Goals

- Introduce the I Am Stronger Campaign
- Reflect on the Strengths your team already have

Materials Needed

- Visual of the Strengths Wheel
- Sticky Notes
- Cups
- (Optional) [I Am Stronger Cards](#)
- Index Cards

WELCOME (1-2 min)

Thank all Adult Advisors and Peer Leaders for joining the meeting. Reaffirm to Peer Leaders that their voices have power, they are Agents of Change and Connectors to Help in their schools and communities. The I Am Stronger campaign goal isn't to try to be strong in every Strength on the Wheel all at once. In different seasons of life, we might find ourselves using certain Strengths on the Wheel more than others. This campaign allows us to share and discuss how Strengths show up for us individually and for others.

ONE PART FUN: ROOTED RELAY (5-10 min)

The games listed under the 'Fun' section of the campaign are suggested activities. Feel free to substitute them with other Sources games featured on page 151 of the [Field Guide](#), based on what best suits your group's comfort level and preferences.

Objective: Build connection, encourage movement, and get students thinking about their Strengths on the Strengths Wheel in a fun and interactive way.

How to Play:

1. Print or write the names of each Strength from the Wheel on separate index cards or pieces of paper (make 2-3 sets depending on group size).
2. Scatter the cards face down in the middle of the room or designated play area.
3. Divide students into small teams of 3 to 5 people.
4. Say: "Just like plants, we all have roots—our Strengths—that keep us grounded and help us grow. In this game, your goal is to find and 'collect' the Strengths you feel rooted in and share how they show up in your life."
5. Round 1: Find Your Strength: One person per team at a time runs to the center, flips over a card, and if it's a Strength they feel they have, they take it and run back.
6. If they don't feel rooted in that Strength, they return it face down and run back.
7. Teammates rotate, each taking a turn.
8. Round 2: Share Your Root: Once each team has 2-3 cards, gather in their team circles.
9. Each person picks one of the Strengths the team collected and shares a quick story or example when they used or noticed that Strength in themselves or someone else.
10. (Optional) Round 3: Grow a Strength: Have Peer Leaders choose a Strength they want to grow. How might they practice that Strength this week? Allow each student to name the Strength they want to grow and how.

"Strengths are like roots—some are already strong, and others need watering. In every season, we get a chance to grow and support one another."

ONE PART SHARING (10-15 min)

“The I Am Stronger campaign is all about recognizing the Strengths we already have, and the ones we want to grow. Just like plants, we all have roots that ground us and help us grow; those roots are our existing Strengths. Today, we’re kicking off the I Am Stronger campaign by reflecting on and appreciating the Strengths that already support us and Strengthen our roots.”

In small groups of 3 to 4, invite Peer Leaders to discuss the prompt:

1. What are one or two Strengths from the Wheel you already feel rooted in?
2. Can you share a moment when you noticed or used that Strength?

Feel free to model this with a personal example. If time allows, invite a few groups to share their reflections with the whole room.

ONE PART PLANNING: DISCOVERING OUR ROOTS (15-20 min)

“Now that we’ve looked at the Strengths that ground us, we’re going to launch a campaign that invites everyone in our school to reflect on their Strengths and on what Strengths they want to grow in. We’ll build a giant wall display using plant shapes to represent our Strengths and growth. Before we bring this campaign to the school, let’s experience it ourselves. This will help us understand what it feels like and think about how to explain it to others.”

Each student will need their own “plant” to work on. You may print any image of a plant in a pot with leaves or flowers. You may also have students draw or provide their own plant.

Explain: “On the leaves or flowers, write 1–2 Strengths from the Strengths Wheel that you already feel strong in. On the pot, write one Strength you want to grow, and one way you can practice it.”

Optional: Add colors or symbols to represent each Strength. If time allows, encourage Peer Leaders to share with a partner or small group when they finish.

Adaptations: You may also choose to use the I Am Stronger Cards for this portion of the activity. These can also be used as a wall display instead of plants.

CLOSING (1-2 min)

Thank all the Adult Advisors and Peer Leaders for participating in the meeting. If possible, share a campaign planning document with everyone on the team. This helps ensure all of the roles and responsibilities for the campaign are clear and easily accessible. Let Peer Leaders know that the next meeting, you will focus on the logistics of how to bring this campaign to the rest of the school.

Don’t forget to share the time and date for the next meeting before everyone leaves.