

**Goals**

- Help Peers Leaders identify Strengths they feel strong in and Strengths they want to grow in
- Connect with others to see that Strengths are practiced differently in others' lives

**Materials Needed**

- Sticky Notes
- Poster paper (or white board)
- Markers or pens

**WELCOME** (1-2 min)

Thank all Adult Advisors and Peer Leaders for joining the meeting and their commitment to Sources and dedication to creating a Community of Strength. In the last meeting, we reflected on what Strengths we feel rooted in and how those Strengths show up in our lives.

**ONE PART FUN: OVERRATED, UNDERRATED OR JUST PLAIN RATED** (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:** Decide if popular topics are "Overrated," "Underrated," or "Rated" using hand signals to spark conversation and connection.

**How to Play:**

1. "This is not just about what you like and dislike, we're here to decide if the hype around certain things is 'Overrated, Underrated, or just plain Rated?'"
2. "I'm going to list a few topics, and you're going to let me know if you think it's overrated by making a thumbs up with your hands, underrated by making a thumbs down with your hands, or just plain Rated, which means you think it has just the right amount of hype around it, by putting your thumb to the side."
  - **Topic Example:** Taylor Swift Music, Stanley water bottles, Boba Tea, the show 'The Office', Reese's Cups, deviled eggs, etc.

**ONE PART SHARING** (15-20 min)

"Last time, we focused on the Strengths we already feel rooted in. This time, we're thinking about what Strength we want to grow in. How can our Strengths help us show up better in school, with friends, or at home."

Give each Peer Leader two sticky notes and a pen or marker. (Optional: instead of sticky notes, you may also use the plants they created from the previous meeting to facilitate this activity.)

- On the front of the first sticky note, write one Strength they feel strong in.
- On the front of the second sticky note, write one Strength they want to grow in.
- Have them write their name on the back of each sticky note.
- Have Peer Leaders place the 'Feeling Strong In' note on one designated wall.
- Have them place the 'Want to Grow In' note on a wall across the room.

"Go to the 'Feeling Strong In' wall and look for a sticky note that lists a Strength you want to grow in. Flip it over to find the name. Connect with that person and ask them 'How do you practice that Strength in

your life? What's one tip you can share to help me grow it too?' Together, write one idea for practicing that Strength on the front of the sticky note. Once you are done, return it to the wall so it can become a visible collection of real ideas for growth."

If there aren't enough matches for some Strengths, form small groups around similar themes (like 'Positive Friends' and 'Mentors') and brainstorm ideas together.

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: BRAINSTORMING NEXT STEPS** (15-20 min)

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"In our last meeting, we practiced and filled out our own personal plants to grow. Now that you've done the activity, let's think about how to bring it to the rest of the school."

Hang three posters around the room and place sticky notes and markers at the base of each poster.

**Poster #1:** Where can we display this activity so people can engage with it?

**Poster #2:** When can we have students fill out their plants? (Lunch, Advisory, Homeroom)

**Poster #3:** How can we motivate our school to participate in this activity?

Each group presents their top ideas. Capture highlights for the follow-up in the next meeting.

### **CLOSING** (1-2 min)

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Thank all the Adult Advisors and Peer Leaders for participating in the meeting. Encourage Peer Leaders to think about how they will continue to practice growing in their Strength for the rest of the week. Inform them that next meeting, you will all start prepping materials and creating a plan for launching your plant wall.

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