

# TAP INTO STRENGTHS MEETING #1

40-60 Minute Meeting

**NEW  
CAMPAIGN!**

**TAP INTO  
STRENGTHS!**

## Goals

- Launch the TAP into Strengths campaign
- Distribute TAP into Strength smart bracelets to peer leaders
- Prepare the peer leaders to lead a 30-day school-wide engagement campaign centered on daily Strengths-based prompts

## Materials Needed

- TAP into Strength smart bracelets



## WELCOME (1-2 min)

Thank the Peer Leaders and Adult Advisors for joining. Introduce the campaign:

“In this campaign, we’re inviting the entire school to tap into their Strengths, both literally and symbolically. Each student who has a TAP into Strength smart bracelet can tap it with their cell phone daily to access a new interactive prompt on the Sources of Strength website. These prompts will change daily and are inspired by various slices of the Wheel, such as Healthy Activities, Mentors, or Generosity. Each activity is short, easy to do, and designed to help students reflect, reset, or reach out in a positive way.

As Peer Leaders, you will guide and energize this movement. Every tap is a small reminder that we all have Strengths to grow and share. Together, we can build a school culture filled with connection, hope, and belonging.”

## ONE PART FUN: ROCK, PAPER, SCISSORS (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 excitement and connection.

### How to Play:

1. Ask for two volunteers to demonstrate a round of “Rock, Paper, Scissors” for the group (Clarify if players throw their hand on “scissors” or “go”).
2. Hold up the hand of the winner and explain that they will go on to battle another winner; the loser becomes the winner’s cheering section, shouting their name and clapping behind them.
3. Eventually, there will be two finalists; each finalist will have roughly half of the room cheering behind them. Encourage them to get LOUD.

### Rules:

- This is a single-elimination tournament (not best two out of three).
- Winners continue battling other winners until one champion remains.
- Everyone must play several rounds - no need to stand to the side while others are eliminated.

## ONE PART SHARING (5-10 min)

Before planning a school-wide or community campaign, take time to reflect using a prompt related to the Strength Wheel. This gives everyone an opportunity to authentically connect with one of their Strengths.

Divide Peer Leaders and Adult Advisors into small groups of 4–5. Depending on time, feel free to have the

group share on one or both questions:

### Remind the group:

“One of the things we practiced during Peer Leader training was using the Wheel to reflect on our Strengths. Let’s check in with ourselves again so we can better support others.”

1. “What is one Strength that helps you reset when school gets tough? What does that look like in action for you?”
2. “How do you recognize when someone else might need to reset? What is one way you can use your strengths to support them?”

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: SMART BRACELET DISTRIBUTION (15-20 min)

“Now that you’ve had a chance to reflect on your own Strengths, it’s time to shift gears and get ready to lead this campaign for the rest of the school. Each of you will be receiving your TAP into Strength smart bracelet today. These are not just wearable tech; they’re a symbol of the Hope, Help, and Strength we’re trying to grow across the school. Every time someone taps their bracelet with their phone, they will be taken to a daily prompt on the Sources of Strength website. Each day’s prompt will focus on a different Source of Strength and invite students to take a small but meaningful action. It could be as simple as sending a thank-you text, stepping outside for a mental reset, or checking in on a friend.”

“On the TAP site, the Connection to Help button is another important feature. If you ever feel overwhelmed, stressed, or just need someone to talk to, you can click it to find trusted resources. These include ways to reach out to a school counselor, a trusted adult, hotlines, and other supports available to you 24/7.”

### Distribute Beacon Bracelets

- Pass out Sources of Strength TAP smart bracelets to all Peer Leaders.
- Let students test the tap feature and visit the daily prompt landing page.

Emphasize that they will start tapping (Insert Date Here) to begin the campaign.

## CLOSING (1-2 min)

Thank all the Adult Advisors and Peer Leaders for their energy and participation.

Ask each Peer Leader to:

- Write down one way they’ll practice the prompt tomorrow.
- Write one way they’ll encourage a peer to tap their bracelet and try it, too.

Remind everyone of the date and time for the next meeting and ask them to wear their bracelets daily starting tomorrow.

