

TAP INTO STRENGTHS!

TAP INTO STRENGTHS MEETING #2

40-60 Minute Meeting

NEW
CAMPAIGN!

Goals

- Launch the Strength in Action Jar activity to support daily engagement with TAP prompts
- Equip Peer Leaders with clear language and strategies to promote participation throughout the school
- Plan weekly shoutouts and prize drawings to celebrate student involvement

Materials Needed

- Large clear jar or jars
- Markers or pens
- Printed [Strength in Action Strips](#)
- Scissors

WELCOME (1-2 min)

Thank the team for the momentum and energy they've brought to the first week of TAP into Strengths. Remind them:

"Now that we've been tapping into Strength using the TAP into Strength smart bracelets, it's time to engage the rest of the school in this campaign! Today, we will start working towards the launch of the Strength in Action Jars, a campaign designed to bring our whole community into the conversation of Strength with the TAP prompts! Through this campaign, we will invite everyone in to share their own stories of Strength and start to build a culture of positivity where every voice matters."

ONE PART FUN: 1,2,3 LOOK (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 through laughter.

How to Play:

1. Have participants stand in a circle and look down at the ground.
2. Explain that you will count, "1-2-3" and when you say, "LOOK!" they need to look up and look into someone else's eyes.
3. If the person they are looking at is also looking at them, they both are out and they each sit back down in their chair.
4. As participants are eliminated, the remaining people should close in the gaps, and the circle will get smaller.
5. Play a few practice rounds so the group can get the hang of it.

Rules:

- Participants **MUST** look at one other person's eyes each round; they can't look at the wall, above their head, etc.
- Participants **MUST** look at **ONLY ONE** person's eyes each round, and they cannot change their mind.

Variations:

- When two people make eye contact, you can have them shout, or you can have them make animal sounds to signal they are now OUT. If the game has been going on for too long without anyone making eye contact, have the participants move to another place in the circle. Change it up!

ONE PART SHARING (10-15 min)

Sharing personal stories helps Peer Leaders internalize the Strengths and better communicate the value of the Wheel to others. It also shows how Strengths can be practiced in daily life. Ask the group to turn to partners, or groups of three, and discuss:

“What’s one TAP prompt that challenged you this week, and what did you learn about yourself by trying it?”

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: STRENGTH IN ACTION JAR (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. Your job as Peer Leaders is to help make this campaign visible, exciting, and contagious. You’ll be modeling how to use the beacons, encouraging others to engage, and celebrating the small wins along the way.”

“We’re kicking off the campaign by setting up Strength in Action Jars. This will be a fun and simple way for students to reflect on the daily prompt and be recognized for participating.”

Purpose: Create a simple and visible way for students to reflect on their daily prompt and celebrate participation. This activity also provides a fun incentive through a weekly prize drawing.

Adult Advisor Pre-work

- Print [Strength In Action strips](#)
- Consider using recycled paper or asking teachers to print them during planning periods.

Peer Leader Instructions:

1. Cut Strength In Action Strips
 - Prepare at least 200–300 paper strips (more for larger schools) in bright, assorted colors.
2. Create Submission Jar(s)
 - Decorate a large, clear jar or container labeled “TAP into Strengths: Strength in Action Jar.”
 - Place markers or pens next to the jar for easy use.
 - Optional: Set up multiple jars in different locations, like the library, cafeteria, or main office, for broader access.
3. Create a Display Sign
 - Post a sign that reads: How did you use today’s Strength?
 - Write your action on a strip of paper and drop it in the jar.
 - Every Friday, one will be drawn for a prize.



CLOSING (1-2 min)

Ask each Peer Leader to:

- Write down one way they want to engage or participate in the Strength in Action Jar Activity.
- Name one Strength they want to recognize in someone else before the next meeting.

Remind them of the next meeting date, and encourage continued daily tapping and modeling.