TAP INTO STRENGTHS!

TAP INTO STRENGTHS MEETING #4

40-60 Minute Meeting

NEW CAMPAIGN!

Goals

- Reflect on the Strength in Action Jai
- Celebrate and affirm the team's involvement during the campaign process

Materials Needed

- Notepad or Poster paper for notes
- Optional: Printed reflection questions

WELCOME (1-2 min)

Thank the team for the dedication and enthusiasm they've brought to the TAP into Strengths campaign. Let them know that:

"Your hard work and creativity has created a strong foundation for your school and community to grow in their Strengths. Over the last 30 days, you have shared stories and started conversations to help the whole community recognize the power in their Strengths. Because of your efforts, more people have started to connect and take part in a culture of positivity. Today, we'll take time to look back on what we have accomplished together!"

ONE PART FUN: HOG CALL (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 <u>Field Guide</u>, based on what best suits your group's comfort level and preferences.

Objective: Seek out your teammate without using your eyes.

How to Play:

- 1. Have everyone find a partner and choose a team mascot. Their "call" is the noise that animal makes.
- 2. Ask a few groups to demonstrate their "call."
- 3. Ask the partners to go to opposite ends of the room.
- 4. Explain that we're going to find our partners again with our eyes closed, using only our "call."
- 5. Prompt players to raise their "bumpers" up to ensure they won't run into other players or objects.
- 6. Ask players to spin three times and say, "Go!"

Rules:

- No peeking.
- Once partners have found each other, prompt them to be guiet while the other pairs meet up.

Variations:

- Instead of animal noises they can choose related words like "HOT" and "DOG" or "HOT" and "COLD."
- Groups instead of pairs (Four dogs, three cats, five geese)
- This game can also be played in a circle!

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. Divide Peer Leaders and Adult Advisors into small groups of 4–5 to discuss one or both questions.

- 1. "Which TAP prompt helped you connect with your Wheel the most?
- 2. "Which TAP prompt did you enjoy discussing as a team the most?"



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: REFLECT AND CELEBRATE (20 min)

"Now that the TAP into Strength campaign has been completed, your TAP into Strength smart bracelets and the Connection to Help button don't stop working. Keep modeling how to tap into Strengths every day and let others know that support and help are only one tap away. This campaign is just the beginning of the culture we are building together. Let's take some time to reflect and celebrate our campaigning experience."

Encourage Peer Leaders to think through the entire campaign planning and roll-out process. Divide Peer Leaders and Adult Advisors into small groups. As they answer the following questions, encourage them to get 2-3 answers per question. Feel free to print these or display them somewhere in the meeting.

- What's one thing we can celebrate coming out of this campaign?
- If we were to do this campaign again, what is one thing we would do differently?
- If we were to do this campaign again, what would we add?
- What is another way we can utilize the Beacon of Hope bracelets/prompts?
- Did we help others highlight or think about Strengths in their lives?
- What other teams, groups, or staff do we need to connect/collaborate with in the future?
- Who is one participant or Peer leader you want to affirm?

Bring the group back together and ask for shares. "What was a highlight or takeaway from your group discussion?" Make sure these are recorded somewhere (notes app, whiteboard, poster paper, etc.)

CLOSING (1-2 min)

Ask each Peer Leader to:

- Write down one way they will utilize the TAP into Strength smart bracelet in the future to help others Tap into Strength.
- 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.

