

WHAT HELPS ME

WHAT HELPS ME CAMPAIGN MEETING #2

45-60 Minute Meeting

Goals

- Reflect on healthy coping strategies we enjoy sharing or doing with others
- Brainstorm and select methods for collecting coping strategies from the rest of the school

Materials Needed

- Copies of Bingo cards from Meeting #1
- Crayons, markers, pens or pencils

WELCOME (1-2 min)

Thank all the Adult Advisors and Peer Leaders for joining today's meeting. When we met last, we focused on the **Three Big Emotions**—Anxiety, Anger, and Sadness—and explored what helps us when we're feeling one of those emotions.

Today, we'll look at how people around us—friends, family, and classmates—can offer ideas that help us stay strong. Then, we'll start planning how to gather even more strategies from across our school so the final Bingo cards represent everyone in our school.

ONE PART FUN: WHAT HELPS ME BINGO (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: To get Peer Leaders up and moving while reinforcing the value of shared coping strategies and preparing for whole-school engagement.

How to Play:

1. Distribute the Bingo cards that Peer Leaders created last meeting. You will need copies of the draft Bingo cards created by Peer Leaders in Meeting 1 (you can make 1 copy per student, or let each group use the card they originally made).
2. Explain the rules: "Today, we're going to play What Helps Me Bingo using real coping strategies that you all came up with. The goal is to find someone in the room who uses or connects with each strategy on your card."
3. Have Peer Leaders stand up and walk around the room, and talk to their peers.
4. For each square on their bingo card, they should find someone who uses that strategy to cope with Anger, Anxiety, or Sadness.
5. When they find someone who uses a strategy, have them write the name or initials of that person in that square.

Rules

- Depending on group size, encourage Peer Leaders not to use the same person more than once per square.
- Try to get 5 names in a row — across, down, or diagonal, or the whole card— to get BINGO!

ONE PART SHARING (10-15 min)

"We don't always come up with What Helps Us on our own. Sometimes the most helpful tools come from a friend, a sibling, a classmate, or someone we trust. In our bingo game today, you saw strategies that came from the people in this room—ideas that help others manage Anger, Anxiety, or Sadness. Today, we're

going to take a few minutes to reflect on what we saw and who's helped us build our own healthy coping toolkit."

Discuss as a large group or break into small groups and invite Peer Leaders to discuss one or all of the questions below:

1. What's one new strategy you saw on someone else's bingo card that you might want to try?
2. What's something you've learned from a friend, mentor, or family member that really helps you?

After group discussions, 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: OUTREACH STRATEGY (20-30 min)

"Now that we've explored new strategies from each other and reflected on how the people in our lives help us cope, let's think about how we can hear from even more voices. To make our What Helps Me Bingo cards powerful and relevant, we want to include healthy coping strategies from across our whole school. When we collect strategies from different people, we make our campaign stronger and more relatable for everyone."

Have Peer Leaders break into groups of 3 to 4 to brainstorm creative ways to gather healthy coping strategies from classmates. Encourage them to think about what would work in their school setting.

Here are a few starter ideas to get them going:

- Collecting Sticky Notes or Note Cards
- QR codes leading to a Google Form
- Interview booths at lunch or advisory
- Classroom visits or conversations led by Peer Leaders
- Suggestion box in classrooms

Have each group share their favorite idea with the full team. Once ideas are shared, have all Peer Leaders vote on their top two favorite methods to collect coping strategies from students.

- Use sticky notes, hands-up voting, written ballots, or whichever method works best for your group size.
- Based on the top choices, decide together which two outreach methods you'll move forward with.

Based on your top two method choices, you will begin to design and plan in the following meeting.

CLOSING (1-2 min)

Thank all the Adult Advisors and Peer Leaders for participating in the meeting. Challenge Peer Leaders to collect at least 3 coping strategies from classmates, friends, or teachers before the next meeting. Inform them that at their next meeting, they will start creating the method for gathering information from their peers.

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