

SSA Family Group Agenda
Length: 27 minutes

Meeting #8

Goal: Practice “Supporting”

Prep:

Gather index cards (enough for 2-3 per Ambassador) and markers or colored pencils.

Meeting Agenda:

Welcome and Opening Activity – 10 min.

- Begin by welcoming everyone and take attendance (can be taken during the game).
- **Initiate** a game of Back-to-Back, see directions attached.

Activity and Ambassador Skill Development – 15 min.

- Check-in with your Ambassadors: “How have you been doing since our last meeting?” “Any successes or challenges to share?”
- Check-in Activity: Today I Need... see directions attached.

Closing – 2 min.

- Bring the meeting to a close by asking students to go find someone in the room and tell them one thing you appreciate about them.

Back-to-Back

Materials: None

Timing: 5-10 minutes

Preparation: None

Prompt Ambassadors to find someone in the room that has a similar hair color to them (or similar shirt/shorts/pant color). Make sure everyone has a partner. Have partners link arms. With arms linked, the pair must find a way to stand up.

Once the pair has successfully stood up, encourage them to find a new partner and try this again. Then find a third person and try this one final time.

Debrief: Ask Ambassadors to share what worked and what didn't work during this activity. "Did you have to change your strategy with the difference people you worked with?" "How did you accomplish your goal?"

Guide your Ambassadors towards recalling the Action of Supporting, and ask them how this activity relates. Discuss how different people need support in different ways, and part of being an Ambassador is to *notice* when someone needs support and *act* in a way that best supports that person.

MIDDLE / HIGH

Today I Need...

Materials: Index cards and markers

Timing: 15-20 minutes

Preparation: None

Invite your Ambassadors to think of what they might need from their Family Group to support them. Ideas might include Patience, Space, Comfort, Laughter, Jokes, Hugs, Support, Feedback, Forgiveness, etc.

Encourage each Ambassador to pick a word, an index card, and markers and have fun creating a card for that word. Allow for creativity, but make sure the word is clear and readable for others.

After everyone has made one or two cards, and the group feels that all the various needs have been written down, ask for all the cards to be spread out on a table, visible to everyone. Invite each person to take a card that they feel they currently need and share with a partner why they choose that card.

Extension: If time allows, initiate a circle round with each person sharing what card they picked and why. In a second round, ask Ambassadors to share how they think they could use this activity to support their larger school community.

Ideas include:

- Putting up "Today I Need..." posters on hallway bulletin boards with removable post-it notes or tabs for students to take what they need
- Sharing this activity with friends, and encouraging them to think about what they might need for support from their Ambassador friends.
- Posting a picture of the Support cards online and giving an open-invitation for people to reach out with what they need.