Girls on the Run: 10-Week Curriculum

Self-Care, Self-Awareness, Knowing Self
Lesson One: Getting to Know Each Other
Lesson Two: Plugging into the Girls on the Run Cord
Lesson Three: Choosing to be a Girl on the Run
Lesson Four: Positive Self-Talk and Why I Choose It!
Lesson Five: Fueling our Healthy Pace
Lesson Six: Being Emotional is Healthy!
Lesson Seven: Celebrating Gratitude
Lesson Nine: Valuing what’s Really Important

Connectedness:
Selecting Healthy Relationships and Keeping Them Healthy
Lesson Ten: Learning About Cooperation
Lesson Eleven: Standing Up to Peer Pressure
Lesson Twelve: Standing Up for Myself
Lesson Thirteen: Gossiping Hurts Everyone
Lesson Fourteen: Beware of Bullies
Lesson Fifteen: It’s Okay to Choose Our Friends
Lesson Sixteen: Practicing our 5k!

Empowerment: Celebrating and SHARING Our Strengths
Lesson Eighteen: Tuning in to a New Message
Lesson Nineteen: Learning About Community
Lesson Twenty: Designing Our Community Impact Project
Lesson Twenty-One: Implementing Our Community Impact Project
Lesson Twenty-Three: The Finishing Touches

The Final Celebration is conducted outside the regularly scheduled program when convenient for the girls and their parents/caregivers.