

Part 1: Self-Care and Self-Awareness**Lesson 1: Getting to Know Each Other**

- To learn about Girls on the Run and each other and how each of us is unique and special.
- To reframe the word “diversity” to include a celebration of our unique gifts and talents.

Lesson 2: Plugging into the Girls on the Run Cord

- To introduce the concept of visualization.
- To begin exploring various ways girls can use visualization/their imagination.
- To further establish an open and honest rapport between the girls and between the girls and their coaches.

Lesson 3: Choosing to be a Girl on the Run

- To choose attitudes and actions that will help our Girls on the Run team work well together.
- To explore the importance of holding ourselves and our teammates accountable to these choices.
- To increase awareness around the concept of living with intention.

Lesson 4: Positive Self-Talk and Why I Choose It!

- To learn how to catch negative self-talk.
- To become aware of and practice using positive self-talk.

Lesson 5: Fueling our Healthy Pace

- To teach the importance of healthy nutrition, healthy habits and regular physical activity.
- To explore the concept of maintaining balance in our lives.
- To learn the importance of “pacing” when we run.

Lesson 6: Being Emotional is Healthy!

- To explore uncomfortable emotions, such as anger, sorrow and frustration.
- To understand the importance of identifying our emotions and dealing with them.

Lesson 7: Celebrating Gratitude

- To introduce the concept that seeking gratitude for our circumstances is a choice.
- To provide girls with an understanding that seeking gratitude provides us with a positive perspective of our circumstances.

Lesson 8: Centering: The Importance of Slowing Down

- To identify how running can be a form of relaxation as well as a time for self-reflection.
- To learn new stretching and deep breathing techniques that can be relaxing.
- To develop a strong sense of self.

Lesson 9: Valuing What Is Really Important

- To explore a new definition of beauty.
- To learn the benefit of thinking positively about ourselves.

Part 2: Connectedness: Selecting and Maintaining Healthy Relationships**Lesson 10: Learning About Cooperation**

- To learn what cooperation means.
- To understand why cooperation is important in society.
- To begin applying cooperative skills to different situations.

Lesson 11: Standing Up to Peer Pressure

- Have a greater understanding of peer pressure.
- Explore and discuss various areas where people succumb to peer pressure.
- Learn a Girls on the Run strategy that will help us stand up to peer pressure.

Lesson 12: Standing Up for Myself

- To learn the importance of standing up for ourselves using appropriate assertive behavior and to practice these skills.
- To understand the importance of using one's own voice and constructively expressing our feelings, wants and needs.

Lesson 13: Gossiping Hurts Everyone

- To learn that gossip hurts both the person about whom the gossip is being spread and the person who is spreading it.
- To learn how to stop gossip.

Lesson 14: Beware of Bullies

- To learn how to recognize bullying behaviors.
- To learn what to do if bullied or if a witness to bullying.

Lesson 15: It's Okay to Choose Our Friends

- To identify qualities to look for in our friends.
- To identify difficult situations that many young girls face when in a friendship.
- To learn why it is important to be intentional about our friendships.

Lesson 16: Practicing our 5k!

- To run a 5k.
- To have the girls consider areas of improvement in their cardiovascular and emotional stamina so they can do their best at the season-ending 5k.
- To learn that hard work does allow us to set a goal and accomplish it.

Part 3: Empowerment: Celebrating and Sharing Our Strengths**Lesson 17: You Call It!**

- To have fun playing together!

Lesson 18: Tuning in to a New Message

- To become aware of the negative ways in which the media portrays girls and women.
- To develop critical thinking skills when viewing advertisements or media images.

Lesson 19: Learning About Community

- To introduce the concept of community.
- To learn the important role we all play in the community.
- To have participants start thinking about a Girls on the Run community project they can conduct.

Lesson 20: Designing Our Community Impact Project

- To finalize what the group community project will be.

Lesson 21: Implementing Our Community Impact Project

- To complete the community project.
- To have FUN!

Lesson 22: Honoring Our Greatest Gifts

- To celebrate our time together and honor our unique gifts and talents.
- To begin the closure process for our Girls on the Run experience.

Lesson 23: The Finishing Touches

- To enjoy the last official day of Girls on the Run before the closing celebration.
- To provide feedback to the coach about what they liked and didn't like about Girls on the Run and what they learned from Girls on the Run.

Lesson 24: Final Celebration!

- Celebrate!