



Girls on
the Run

GOTR v.III

Learning Goals

Lesson One: Building Our Girls on the Run Team

- To meet each other and learn about Girls on the Run
- To establish basic expectations for our Girls on the Run team
- To recognize how each of us is unique and special
- To identify and celebrate our similarities and differences

Lesson Two: I am Girls on the Run

- To recognize our ability to choose attitudes and actions that show respect for self and others
- 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 Three: Star Power

- To practice using our imagination/visualization to positively impact our thinking, feelings and behaviors
- To encourage others and oneself to let the star within shine brightly

Lesson Four: Self-Talk Matters

- To become aware of negative self-talk and how it influences us
- To learn how to catch and challenge negative self-talk
- To become aware of and practice using positive self-talk

Lesson Five: Untangling Our Emotions

- To explore comfortable and uncomfortable emotions
- To understand the importance of identifying our emotions and expressing them in healthy ways

Lesson Six: Healthy Habits for Life

- To understand that healthy habits include healthy nutrition and regular physical activity
- To explore the concept of maintaining balance in our lives
- To experience “pacing” during a run

Lesson Seven: Attitude of Gratitude

- To introduce the concept that being grateful for our circumstances is a choice
- To provide girls with an understanding that being grateful provides us with a positive perspective of our circumstances
- To connect an attitude of gratitude with helping others and making a positive impact on the world

Lesson Eight: Finding My Happy Pace

- To identify how running can be a form of relaxation as well as a time for self-reflection
- To learn new deep breathing techniques that can help us relax
- To identify how relaxation techniques can help us with stress and anxiety

Lesson Nine: Real Beauty

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

Lesson Ten: Let's Cooperate

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

Lesson Eleven: Stop and take a BrThRR

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

Lesson Twelve: Let's Plan

- To have fun playing together
- To provide the girls with strategies for decision making
- To give the girls a chance to choose a community impact project

Lesson Thirteen: It Takes Courage

- 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 Fourteen: Putting an End to Gossip

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

Lesson Fifteen: Being a Stand-Byer

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

Lesson Sixteen: “Best” 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 Seventeen: 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

Lesson Eighteen: Power Up

- To become aware of the potential for media to trigger negative or limiting thinking about girls and women
- To develop critical thinking skills when viewing/hearing advertisements or media images/messages

Lesson Nineteen: Community Connections

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

Lesson Twenty: Designing Our Community Impact Project

- To plan the Community Impact Project.

Lesson Twenty-One: Using our Star Power

- To complete the Community Impact Project
- To have FUN!

Lesson Twenty-Two: How We Shine

- To celebrate our time together and honor our unique gifts and talents
- To review what we have learned during Girls on the Run
- To begin the closure process for our Girls on the Run experience

Lesson Twenty-Three: Our GOTR Toolbox

- 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 Twenty-Four: The Finish Line is Just the Beginning