Identity: Self-Care, Self-Awareness, Knowing Self

- Tues March 16/Zoom: Connecting as Girls on the Run Team
- Thurs March 18/Hosanna: Choosing to be a Girls on the Run Team
- Tues March 23/Zoom: Star Power
- Thurs March 25/Hosanna: Your Star
- Tues March 30/Zoom: Self-Talk
- Tues April 6/Zoom: BeYOUtiful
- Thurs April 8/Hosanna: Expressing our Emotions

Connectedness: Selecting Healthy Relationships

- Tues April 13/Zoom: Choosing Friends
- Thurs April 15/Hosanna: Resolving Conflict
- Tues April 20/Zoom: Standing up for Others

Empowerment: Celebrating and Sharing Our Strengths

- Thurs April 22/Hosanna: Practice 5k
- Tues April 27/Zoom: Compromise (Brainstorming Community Impact Project)
- Thurs April 29/Hosanna: Our Strengths (Planning Community Impact Project)
- Tues May 4/Zoom: Using our Star Power (Implementing the Community Impact Project)
- Thurs May 6/Hosanna: GOTR Toolbox + Final Celebration