Girls on the Run
Spring 2021 MyPlace

After school until 4pm
In Person: Tuesdays: March 16, 23, 30 April 6, 13, 20, 27 May 4
Thursdays: March 18, 25, 31 April 8, 15, 22, 29, May 6

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

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

Connectedness: Selecting Healthy Relationships

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

Empowerment: Celebrating and Sharing Our Strengths

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