Girls on the Run Spring 2021
Spring Lake Park Team #2 Monroe

In person: After school until 4:00 pm
Fridays March 19, 26 April 9, 16, 23, 39, May 7
VIRTUAL/Zoom: Mondays 4:00 - 5:00 pm
Mondays March 15, 23, 29, April 5, 12, 19, 26 May 3

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

- Mon March 15/Zoom: Connecting as Girls on the Run Team
- Fri March 19/Holy Rosary: Choosing to be a Girls on the Run Team
- Mon March 23/Zoom: Star Power
- Fri March 26/Holy Rosary: Your Star
- Mon March 29/Zoom: Self-Talk
- Mon April 5/Zoom: BeYOUtiful
- Fri April 9/Holy Rosary: Expressing our Emotions

Connectedness: Selecting Healthy Relationships

- Mon April 12/Zoom: Choosing Friends
- Fri April 16/Holy Rosary: Resolving Conflict
- Mon April 19/Zoom: Standing up for Others

Empowerment: Celebrating and Sharing Our Strengths

- Fri April 23/Holy Rosary: Practice 5k
- Mon April 26/Zoom: Compromise (Brainstorming Community Impact Project)
- Fri April 30/Holy Rosary: Our Strengths (Planning Community Impact Project)
- Mon May 3/Zoom: Using our Star Power (Implementing the Community Impact Project)
- Fri May 7/Holy Rosary: GOTR Toolbox + Final Celebration