Girls on the Run
Spring 2021 St. Joseph the Worker
Team #1 (Rosa Parks/Roosevelt)

In-Person/St. Joseph the Worker: After school until 4:00 pm
Mondays: March 15, 22, 29 April 5, 12, 19, 26 May 3
VIRTUAL/Zoom: 3:00 - 4:00 pm
Wednesdays: March 17, 24 April 7, 14, 21, 28

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

• Mon Mar 15/SJW: Connecting as a Girls on the Run Team
• Wed Mar 17/Zoom: Choosing to be a Girls on the Run Team
• Mon March 22/SJW: Star Power
• Wed March 24/Zoom: Your Star
• Mon March 29/SJW: Self-Talk
• Mon April 5/SJW: BeYOUtiful

Connectedness: Selecting Healthy Relationships

• Wed April 7/Zoom: Expressing our Emotions
• Mon April 12/SJW: Choosing Friends
• Wed April 14/Zoom: Resolving Conflict
• Mon April 19/SJW: Practice 5K

Empowerment: Celebrating and Sharing Our Strengths

• Wed April 21/Zoom: Standing up for others
• Mon April 26/SJW: Compromise (Brainstorming Community Impact Project)
• Wed April 29/Zoom: Supporting Each other (Planning the Community Impact Project)
• Mon May 3rd: SJW Using our Star Power (Implementing the Community Impact Project)
• Wed May 5/Zoom: GOTR Toolbox + Final Celebration