Girls on the Run Spring 2021  
Spring Lake Park Team #1 (Hoover)

In-Person/Spring Lake Park: After school until 4:00 pm  
Thursdays March 18, 25, April 8, 15, 22, 29, May 6  
VIRTUAL/Zoom: 3:00 - 4:00 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  
- Thurs March 18/SLP: Choosing to be a Girls on the Run Team  
- Mon March 23/Zoom: Star Power  
- Thurs March 25/SLP: Your Star  
- Mon March 29/Zoom: Self-Talk  
- Mon April 5/Zoom: BeYOUtiful  
- Thurs April 8/SLP: Expressing our Emotions

Connectedness: Selecting Healthy Relationships

- Mon April 12/Zoom: Choosing Friends  
- Thurs April 15/SLP: Resolving Conflict  
- Mon April 19/Zoom: Standing up for Others

Empowerment: Celebrating and Sharing Our Strengths

- Thurs April 22/SLP: Practice 5k  
- Mon April 26/Zoom: Compromise (Brainstorming Community Impact Project)  
- Thurs April 29/SLP: Our Strengths (Planning Community Impact Project)  
- Mon May 3/Zoom: Using our Star Power (Implementing the Community Impact Project)  
- Thurs May 6/SLP: GOTR Toolbox + Final Celebration