Girls on the Run Spring 2022-St.Clair

Tuesday and Friday: After School until 4:30pm

Identity: Self-Care, Self-Awareness, Knowing Self
- Tues Feb 22: Becoming a Girls on the Run Team
- Fri Feb 25: Choosing to be a Girls on the Run Team
- Tues March 1: Star Power
- NO GOTR MSU SPRING BREAK MARCH 8 and 11
- Fri March 4: Self-Talk Matters
- Tues March 15: Finding Balance
- Fri March 18: No School No GOTR
- Tues March 22: Exploring Emotions
- NO GOTR NO SCHOOL MARCH 25
- Tues March 29 Stop and take a BrThRR

Connectedness: Selecting Healthy Relationships
- Fri April 1: Empathy
- Tues April 5 NO GOTR Early Release
- Fri April 8: Communicating with Others

Empowerment: Celebrating and Sharing Our Strengths
- Tues April 12: How We Help
- NO SCHOOL NO GOTR APRIL 15 and 19th
- Fri April 22: Compromise (Brainstorming Community Impact Project)
- Tues April 26: Practice 5K
- Fri April 29 Our Strengths (Planning Community Impact Project)
- Tues May 3 Using our Star Power (Implementing the Community Impact Project)
- Fri May 6: GOTR Toolbox + Final Celebration