Girls on the Run Spring 2022
Janesville

In-person Tuesdays and Thursdays after school - 4:30 pm

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

- Tues March 1: Becoming a Girls on the Run Team
- Thurs March 3: Choosing to be a Girls on the Run Team
- NO GOTR MARCH 8th and 10th MSU SPRING BREAK
- Tues March 15: Star Power
- Thurs March 17: Self-Talk Matters
- Tues March 22: Finding Balance
- Thurs March 24: Exploring Emotions
- Tues March 29: Stop and take a BrThRR

Connectedness: Selecting Healthy Relationships

- Thurs March 31: Empathy
- Tues April 5: Holy Rosary: Choosing Friends
- Thurs April 7: Communicating with Others

Empowerment: Celebrating and Sharing Our Strengths

- Tues April 12: How We Help
- Thurs April 14: Compromise (Brainstorming Community Impact Project)
- Tues April 19: Practice 5K
- Thurs April 21: Our Strengths (Planning Community Impact Project)
- Tues April 26: Using our Star Power (Implementing the Community Impact Project)
- Thurs April 29: GOTR Toolbox + Final Celebration