Girls on the Run Spring 2022- Hope Interfaith Center

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

- Mon Feb 21: Becoming a Girls on the Run Team
- Fri Feb 25: Choosing to be a Girls on the Run Team
- Mon Feb 28: Star Power
- Fri March 4: Self-Talk Matters
- NO GOTR MSU SPRING BREAK MARCH 8 and 11th
- Mon March 14: Finding Balance
- Fri March 18: Exploring Emotions
- Mon March 21: Stop and take a BrThRR

Connectedness: Selecting Healthy Relationships

- Friday March 25 NO GOTR NO SCHOOL
- Mon March 28: Empathy
- Fri April 1st: Choosing Friends
- Mon April 4: Communicating with Others

Empowerment: Celebrating and Sharing Our Strengths

- Fri April 8th: How We Help
- Mon April 12: Compromise (Brainstorming Community Impact Project)
- Friday April 15: NO GOTR NO SCHOOL
- Mon April 19: Practice 5K
- Fri April 22: Our Strengths (Planning Community Impact Project)
- Mon April 25: Using our Star Power (Implementing the Community Impact Project)
- Fri April 29: GOTR Toolbox + Final Celebration