Girls on the Run Spring 2022-Warming House Spring Lake Park

Tuesday and Friday: After School until 4:30pm

Identity: Self-Care, Self-Awareness, Knowing Self
- Fri Feb 25: Becoming a Girls on the Run Team
- Tues March 1: Choosing to be a Girls on the Run Team
- Fri March 4: Star Power
- **NO GOTR MSU SPRING BREAK MARCH 8 and 11**
- Tues March 15: Self-Talk Matters
- Fri March 18: Finding Balance
- 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: Choosing Friends
- Fri April 8: Communicating with Others

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