Learning Goals of Girls on the Run Curriculum 3

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

Lesson One: Building Our Girls on the Run Teams
- To meet each other and learn about Girls on the Run
- To establish basic expectations for our Girls on the Run team
- To recognize how each of us is unique and special
- To identify and celebrate our similarities and differences

Lesson Two: I am Girls on the Run
- To recognize our ability to choose attitudes and actions that show respect for self and others
- To choose attitudes and actions that will help our Girls on the Run team work well together
- To explore the importance of holding ourselves and our teammates accountable to these choices
- To increase awareness around the concept of living with intention

Lesson Three: Star Power
- To practice using our imagination/visualization to positively impact our thinking, feelings and behaviors
- To encourage others and oneself to let the star within shine brightly

Lesson Four: Self-Talk Matters
- To become aware of negative self-talk and how it influences us
- To learn how to catch and challenge negative self-talk
- To become aware of and practice using positive self-talk

Lesson Five: Untangling Our Emotions
- To explore comfortable and uncomfortable emotions
- To understand the importance of identifying our emotions and expressing them in healthy ways

Lesson Six: Healthy Habits for Life
- To understand that healthy habits include healthy nutrition and regular physical activity
- To explore the concept of maintaining balance in our lives
- To experience “pacing” during a run

Lesson Seven: Attitude of Gratitude
- To introduce the concept that being grateful for our circumstances is a choice
- To provide girls with an understanding that being grateful provides us with a positive perspective of our circumstances
• To connect and attitude of gratitude with helping others and making a positive impact on the world

Lesson Nine: Real Beauty
• To explore a new definition of beauty
• To learn the benefit of thinking positively about ourselves

Connectedness: Selecting Healthy Relationships and Keeping Them Healthy

Lesson Ten: Let’s Cooperate
• To learn what cooperation means
• To understand why cooperation is important in society
• To begin applying cooperative skills to different situations

Lesson Eleven: I Choose to Stop and take a BrThRR
• Have a greater understanding of peer pressure
• Explore and discuss various areas where people give in to peer pressure
• Learn a Girls on the Run strategy that will help us stand up to peer pressure

Lesson Twelve: Let’s Plan
• To have fun playing together
• To provide the girls with strategies for decision making
• To give the girls a chance to choose a community impact project

Lesson Thirteen: It Takes Courage
• To learn the importance of standing up for ourselves using appropriate assertive behavior and to practice these skills
• To understand the importance of using one’s own voice and constructively expressing our feelings, wants and needs.

Lesson Fourteen: Putting an End to Gossip
• To learn that gossip hurts both the person about whom the gossip is being spread and the person who is spreading it
• To learn a strategy to help identify gossip
• To learn how to stop gossip

Lesson Fifteen: Being a Stand-Byer
• To learn to recognize bullying behaviors
• To learn what to do if bullied or if a witness to bullying

Lesson Sixteen: “Best” Friends
• To identify qualities to look for in our friends
• To identify difficult situations that many young girls face when in a friendship
• To learn why it is important to be intentional about our friendships
Lesson Seventeen: Practicing our 5k!
• To run a 5k
• To have the girls consider areas of improvement in their cardiovascular and emotional stamina so they can do their best at the season-ending 5k
• To learn that hard work does allow us to set a goal and accomplish it

Empowerment: Celebrating and Sharing Our Strengths

Lesson Eighteen: Power Up
• To become aware of the potential for media to trigger negative or limiting thinking about girls and women
• To develop critical thinking skills when viewing/hearing advertisements or media images/messages

Lesson Twenty: Designing Our Community Impact Project
• To plan the community Impact Project

Lesson Twenty-One: Using our Star Power
• To complete the community impact project
• To have FUN!

Lesson Twenty-Three: Our GOTR Toolbox
• To enjoy the last official day of Girls on the Run
• To provide feedback to the coach about what they liked and didn’t like about Girls on the Run and what they learned from Girls on the Run