

GIRLS ON THE RUN CURRICULUM 3
LEARNING GOALS for Spring 2015 Greenville County Schools Sessions
Sites Running on Mondays & Wednesdays or Tuesdays & Thursdays

FEB 4 & 5 PARENT ORIENTATION MEETING AT TIME/SITE/LOCATION OF DAUGHTER'S SESSION

- To learn the program, meet the coaches, Q & A
- Complete health history questionnaires

PART ONE: SELF-CARE, SELF-AWARENESS, KNOWING SELF

FEB 9 & 10 PRE-SURVEY & LESSON 1: BUILDING OUR GIRLS ON THE RUN TEAM

- To meet each other and learn about GOTR & establish basic expectations for our GOTR team
- To recognize how each of us is unique and special and to identify and celebrate our similarities and differences.

FEB 11 & 12 LESSON 2: 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 out GOTR 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

FEB 16 & 17 - NO GIRLS ON THE RUN – (PRESIDENTS DAY)

FEB 18 & 19 LESSON 3: 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

FEB 23 & 24 LESSON 4: SELF TALK MATTERS

- To become aware of negative self-talk and how it influences us (learn how to catch and challenge it)
- To become aware of and practice using positive self-talk

FEB 25 & 26 LESSON 5: UNTANGLING OUR EMOTIONS

- To explore comfortable and uncomfortable emotions
- To understand the importance of identifying our emotions and expressing them in healthy ways

MAR 2 & 3 LESSON 6: 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

MAR 4 & 5 LESSON 7: 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 an attitude of gratitude with helping others and making a positive impact on the world

MAR 9 & 10 LESSON 9: REAL BEAUTY (*We skip Lesson 8*) Possible Snow Make Up Day on 3/9

- To explore a new definition of beauty & learn the benefit of thinking positively about ourselves

MAR 11 & 12 LESSON 10: LET'S COOPERATE

- To learn what cooperation means & why it is important in society
- To begin applying cooperative skills to different situations

PART TWO: SELECTING HEALTHY RELATIONSHIPS AND KEEPING THEM HEALTHY

MAR 16 & 17 LESSON 11: I CHOOSE TO STOP AND TAKE A BrThRR

- Have a greater understanding of peer pressure

MAR 18 & 19 LESSON 12: LET'S PLAN

- To provide girls with strategies for decision making
- To give the girls a chance to choose a community impact project

MAR 23 & 24 LESSON 13: IT TAKES COURAGE

- To learn the importance of standing up for ourselves using appropriate assertive behavior and to practice using these skills
- To understand the importance of using one's own voice and constructively expressing our feelings, wants and needs

MAR 25 & 26 LESSON 14: 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 and how to stop gossip

MARCH 30-APRIL 7 – NO GIRLS ON THE RUN - SPRING BREAK

APR 8 & 9 LESSON 15: BEING A STAND-BYER

- To learn to recognize bullying behaviors
- To learn what to do if bullied or if a witness to bullying

APR 13 & 14 LESSON 16: "BEST" FRIENDS

- To identify positive qualities to look for in our friends
- To identify difficult situations that many girls face when in a friendship
- To learn why it is important to be intentional about our friendships

PART THREE: CELEBRATING AND SHARING OUR STRENGTHS

APR 15 & 16 LESSON 17: PRACTICING OUR 5K!

- To run a 5k
- To learn that hard work does allow us to set a goal and accomplish it

APR 20 & 21 LESSON 18: POWER UP

- To become aware of the potential for media to trigger negative or limited thinking about girls and women
- To develop critical thinking skills when viewing/hearing advertisements or media images/messages

APR 22 & 23 LESSON 20: DESIGNING OUR COMMUNITY IMPACT PROJECT (We skip Lesson 19)

- To plan the community impact project

APR 27 & 28 LESSON 21: USING OUR STAR POWER

- To have fun & complete the community impact project

APR 29 & 30 LESSON 23: OUR GOTR TOOLBOX (We skip Lesson 22)

- To enjoy the last official day of GOTR before the 5K and closing celebration
- To provide feedback to the coach about what they liked and didn't like about GOTR and what they learned from GOTR

FRIDAY, MAY 1, 2015: GHS SWAMP RABBIT 5K, 6:30 p.m., GATEWAY PARK, 115 Henderson Drive, Travelers Rest, SC 29690

MAY 5 & 4 POST-SURVEY & MISSED LESSON DAY (IF NEEDED)

- Groups will meet to do the post season surveys.

FINAL CELEBRATION: Pot Luck Banquet and Awards at: GHS Greenville Memorial Medical Center, Community Center, 701 Grove Rd., Greenville, SC 29605 (located on the Greenville Memorial Medical Campus). Bring a dish to pass – more details to follow.

- **Monday, May 18, 6:00-8:00 p.m.,**
- **Tuesday, May 19, 6:00-8:00 p.m.,**
- **Wednesday, May 20, 6:00-8:00 p.m.**

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