

GIRLS ON THE RUN CURRICULUM® NEW VERSION 2 LEARNING GOALS

Fall 2018 Pickens County Schools

Sites Running on Mondays & Wednesdays or Tuesdays & Thursdays

SEPT 19 & 20 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

SEPT 24 & 25 LESSON 1: CONNECTING AS A GIRLS ON THE RUN TEAM

- To meet each other and learn about GOTR & establish basic expectations that will foster a positive, inclusive environment.
- To build connection within our GOTR team and to identify and celebrate our similarities and differences.

SEPT 26 & 27 LESSON 2: CHOOSING TO BE A GIRL 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 GOTR team work well together & to understand intentional decision making.

OCT 1 & 2 LESSON 3: STAR POWER

- To practice using visualization to positively impact our thoughts, feelings and behaviors.
- To recognize what causes clouds to cover our star.
- To find strategies for activating Star Power and helping others activate theirs.

OCT 3 & 4 LESSON 4: YOUR STAR *Registration closes 10/4*

- To learn the 5 parts of our star: Brain, Activities, People, Emotions, and Physical Health.
- To identify how different items relate to each part of our star.
- To think about the people, places, and things, that make our star shine bright.

OCT 8 & 9 LESSON 5: SELF-TALK

- To recognize when our self-talk is strongest.
- To identify negative self-talk and positive self-talk.
- To practice using positive self-talk and challenging negative self-talk.

OCT 10 & 11 LESSON 6: BE-YOU-TIFUL

- To define inner and outer beauty characteristics.
- To identify the inner beauty characteristics in our teammates and ourselves.
- To compare how we see ourselves and how others see us.

OFF: 10/22- 10/23 Prof. Dev't Day

OCT 17 & 18 LESSON 7: OUR EMOTIONS

- To name the emotions we experience.
- To explore comfortable and uncomfortable emotions.
- To recognize the times we have felt specific emotions.

PART TWO: SELECTING HEALTHY RELATIONSHIPS AND KEEPING THEM HEALTHY

OCT 22 & 23 LESSON 8: EXPRESSING OUR EMOTIONS

- To recognize the importance of expressing our emotions.
- To learn strategies for communicating our emotions.
- To learn how to stand up for ourselves.

OCT 24 & 25 LESSON 9: EMPATHY

- To define empathy.
- To identify the steps for showing empathy.
- To practice showing empathy in a variety of situations.

OCT 29 & 30 LESSON 10: WORDS MATTER

- To learn how our words impact others, recognize we have a choice in the words we use.
- To practice using encouraging words.

OCT 31 & NOV 1 LESSON 11: FRIENDSHIPS

- To understand that friendships take time and effort & to strengthen relationships between girls on the team.
- To recognize the characteristics we look for in a friendship & to recognize the characteristics we bring to a friendship.

NOV 5 & 6 LESSON 12: CHOOSING FRIENDS

- To understand that we have the power to choose our friends.
- To learn a strategy for choosing friends.
- To recognize what friendship qualities look like in action.

NOV 7 & 8 LESSON 13: RESOLVING CONFLICTS WITH FRIENDS

- To learn a GOTR strategy for resolving conflict.
- To understand that we have a choice in how we respond to situations.

NOV 12 & 13 LESSON 14: STANDING UP FOR OTHERS

- To recognize when someone is standing up for others
- To reflect on how, why, and when we stand up for others.

PART THREE: CELEBRATING AND SHARING OUR STRENGTHS

NOV 14 & 15 LESSON 15: PRACTICE 5K!

- To complete a 5K & to set a goal for the end-of-the-season 5K.
- To think about how we are strong mentally, emotionally, and physically.
- To learn that hard work allows us to set a goal and accomplish it.

NOV 19 & 20 LESSON 16: COMPROMISE (BRAINSTORMING & DECIDING THE COMMUNITY IMPACT PROJECT)

- To practice compromising in a variety of situations
- To recognize ways to use our Star Power to positively impact others.
- To choose a group of people to impact during the Community Impact Project.

OFF: 11/21-11/23 Thanksgiving Break

NOV 26 & 27 LESSON 17: SUPPORTING EACH OTHER (PLANNING THE COMMUNITY IMPACT PROJECT)

- To recognize how we support others and how others support us.
- To decide on and plan the Community Impact Project.

NOV 28 & 29 LESSON 18: JOY

- To recognize we can help spread joy to others.
- To reflect on the things in our lives that bring us joy.

DEC 3 & 4 LESSON 19: USING OUR STAR POWER (IMPLEMENTING THE COMMUNITY IMPACT PROJECT)

- To complete the community impact project.

DEC 5 & 6 LESSON 20: OUR GOTR TOOLBOX

- To review the tools we have learned in GOTR this season.
- To determine situations in which we can use the tools in our GOTR toolbox.
- To reflect on our time in Girls on the Run.

[DEC. 8 2018: SOUTHSIDE HIGH SCHOOL TACKY SWEATER 5K – 6630 FRONTAGE AT WHITE HORSE RD., GREENVILLE, SC 29605](#)

DEC 10 & 11 LESSON 21: FINAL CELEBRATION

- Groups could use this day as a Make Up day for a lesson that was missed.

AWARDS BANQUET: Pot Luck Banquet and Awards. Furman University Trone Center, Watkins Room (by the lake) 3300 Poinsett Hwy.

- Wednesday, Dec. 9 & Thursday, Dec. 10 from 6:30-8:30 p.m. Sites attending each night still TBD

COACH APPRECIATION DINNER: Tuesday, December 15th, Location TBD