



YWCA Mankato

My Place Spring 2020

**Meets Mondays &
Wednesdays**

Important Dates

Monday, February 11th:
No Girls on the Run

Monday, March 9th
No Girls on the Run

Wednesday, March 11th
No Girls on the Run

Monday, March 30th
No Girls on the Run

Monday, April 13th
Practice 5k

Saturday, May 2nd
GOTR 5k Event

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

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| M Feb 10 | Lesson 1: Connecting as a Girls on the Run Team |
| W Feb 12 | Lesson 2: Choosing to be a Girl on the Run |
| M Feb 17 | NO GIRLS ON THE RUN |
| W Feb 19 | Lesson 3: Star Power |
| M Feb 24 | Lesson 4: Your Star |
| W Feb 26 | Lesson 5: Self-Talk |
| M Mar 2 | Lesson 6: BeYOUtiful |
| W Mar 4 | Lesson 7: Our Emotions |

Connectedness: Selecting Healthy Relationships & Keeping Them Healthy

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| M Mar 9 | NO GIRLS ON THE RUN |
| W Mar 11 | NO GIRLS ON THE RUN |
| M Mar 16 | Lesson 8: Expressing Our Emotions |
| W Mar 18 | Lesson 9: Empathy |
| M Mar 23 | Lesson 10: Words Matter |
| W Mar 25 | Lesson 11: Friendships |
| M Mar 30 | NO GIRLS ON THE RUN |
| W Apr 1 | Lesson 12: Choosing Friendships |
| M Apr 6 | Lesson 13: Resolving Conflicts with Friends |
| W Apr 8 | Lesson 14: Standing Up For Others |
| M Apr 13 | Lesson 15: Practice 5K! |

Empowerment: Our Strengths

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| W Apr 15 | Lesson 16: Compromise |
| M Apr 20 | Lesson 17: Supporting Each Other (Brainstorming and Deciding Our Community Impact project) |
| W Apr 22 | Lesson 18: Joy |
| M Apr 27 | Lesson 19: Using Our Star Power (Implementing the Community Service Project) |
| W Apr 29 | Lesson 20/21: Using Our GOTR Toolbox/Final Celebration |
| S May 2 | GOTR 5K Event |