



YWCA Mankato

MRCI

Spring 2020

**Meets Mondays &
Thursdays**

Important Dates

Monday, February 17th:
No Girls on the Run

Monday, March 9th
No Girls on the Run

Thursday, March 12th
No Girls on the Run

Thursday, March 26th
No Girls on the Run

Monday, March 30th
No Girls on the Run

Thursday, April 9th
No Girls on the Run

Thursday, April 16th
Practice 5K

Saturday, May 2nd
GOTR 5K Event

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

M Feb 10	Lesson 1: Connecting as a Girls on the Run Team
T Feb 13	Lesson 2: Choosing to be a Girl on the Run
M Feb 17	NO GIRLS ON THE RUN
T Feb 20	Lesson 3: Star Power
M Feb 24	Lesson 4: Your Star
T Feb 27	Lesson 5: Self-Talk
M Mar 2	Lesson 6: BeYOUtiful
T Mar 5	Lesson 7: Our Emotions

Connectedness: Selecting Healthy Relationships & Keeping Them Healthy

M Mar 9	NO GIRLS ON THE RUN
T Mar 12	NO GIRLS ON THE RUN
M Mar 16	Lesson 8: Expressing Our Emotions
T Mar 19	Lesson 9: Empathy
M Mar 23	Lesson 10: Words Matter
T Mar 26	NO GIRLS ON THE RUN
M Mar 30	NO GIRLS ON THE RUN
T Apr 2	Lesson 11: Friendships
M Apr 6	Lesson 12: Choosing Friendships
T Apr 9	NO GIRLS ON THE RUN
M Apr 13	Lesson 13: Resolving Conflicts with Friends

Empowerment: Our Strengths

T Apr 16	Lesson 15: Practice 5K
M Apr 20	Lesson 14: Standing Up For Others
T Apr 23	Lesson 16: Compromise
M Apr 27	Lesson 17: Supporting Each Other (Brainstorming and Deciding Our Community Impact project)
T Apr 30	Lesson 18: Joy
S May 2	GOTR 5K Event
M May 4	Lesson 19: Using Our Star Power (Implementing the Community Service Project)
T May 7	Lesson 20/21: Final Celebration