



YWCA Mankato

**St. Peter
Spring 2020**

**Meets Tuesday &
Thursdays**

Important Dates

Tuesday, March 3rd:
No Girls on the Run

Tuesday, March 31st:
No Girls on the Run

Thursday, April 2nd
No Girls on the Run

Thursday, April 9th
No Girls on the Run

Tuesday, April 14th
No Girls on the Run

Thursday, April 16th
Practice 5K

Saturday, May 2nd
GOTR 5K Event

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

Tu Feb 11	Lesson 1: Connecting as a Girls on the Run Team
Th Feb 13	Lesson 2: Choosing to be a Girl on the Run
Tu Feb 18	Lesson 3: Star Power
Th Feb 20	Lesson 4: Your Star
Tu Feb 25	Lesson 5: Self-Talk
Th Feb 27	Lesson 6: BeYOUtiful
Tu Mar 3	NO GIRLS ON THE RUN
Th Mar 5	Lesson 7: Our Emotions
Tu Mar 10	Lesson 8: Expressing Our Emotions

Connectedness: Selecting Healthy Relationships & Keeping Them Healthy

Th Mar 12	Lesson 9: Empathy
Tu Mar 17	Lesson 10: Words Matter
Th Mar 19	Lesson 11: Friendships
Tu Mar 24	Lesson 12: Choosing Friendships
Th Mar 26	Lesson 13: Resolving Conflicts with Friends
Tu Mar 31	NO GIRLS ON THE RUN
Th Apr 2	NO GIRLS ON THE RUN
Tu Apr 7	Lesson 14: Standing Up For Others

Empowerment: Our Strengths

Th Apr 9	NO GIRLS ON THE RUN
Tu Apr 14	NO GIRLS ON THE RUN
Th Apr 16	Lesson 15: Practice 5K
Tu Apr 21	Lesson 16: Compromise
Th Apr 23	Lesson 17: Supporting Each Other (Brainstorming and Deciding Our Community Impact project)
Tu Apr 28	Lesson 18: Joy
Th Apr 30	Lesson 19: Using Our Star Power (Implementing the Community Service Project)
S May 2	GOTR 5K Celebration
Tu May 5	Lesson 20/21: Using Our GOTR Toolbox/Final Celebration