



YWCA Mankato

St. James

Northside Elementary

Fall 2019

**Meets Mondays &
Thursdays**

Important Dates:

- Monday, September 30th:**
No Girls on the Run
- Thursday, October 17th**
No Girls on the Run
- Thursday, November 7th:**
No Girls on the Run
- Monday, November 11th:**
Practice 5k!
- Thursday, November 14th:**
No Girls on the Run
- Saturday, November 16th**
GOTR 5k Event!
- Thursday, November 28th:**
No Girls on the Run

Identity:

Self- Care, Self-Awareness, Knowing Self

Th Sept 12	Lesson 1: Building Our Girls on the Run Team
M Sept 16	Lesson 2: I am Girls on the Run
Th Sept 19	Lesson 3: Star Power
M Sept 23	Lesson 4: Self Talk Matters
Th Sept 26	Lesson 5: Untangling Our Emotions
M Sept 30	NO GIRLS ON THE RUN
Th Oct 3	Lesson 6: Healthy Habits for Life
M Oct 7	Lesson 7: Attitude of Gratitude
Th Oct 10	Lesson 9: Real Beauty

Connectedness:

Selecting Healthy Relationships and Keeping Them Healthy

M Oct 14	Lesson 10: Let's Cooperate
Th Oct 17	NO GIRLS ON THE RUN
M Oct 21	Lesson 11: I Choose to Stop and take a BrThRR
Th Oct 24	Lesson 12: Let's Plan
M Oct 28	Lesson 13: It Takes Courage
Th Oct 31	Lesson 14: Putting an End to Gossip
M Nov 4	Lesson 15: Being a Stand-Byer
Th Nov 7	NO GIRLS ON THE RUN
M Nov 11	Lesson 17: Practicing our 5K!
Th Nov 14	NO GIRLS ON THE RUN
S Nov 16	GOTR 5K Event!
M Nov 18	Lesson 16: "Best" Friends

Empowerment:

Celebrating and Sharing Our Strengths

Th Nov 21	Lesson 18: Power Up
M Nov 25	Lesson 20: Designing Our Community Impact Project
Th Nov 28	NO GIRLS ON THE RUN
M Dec 2	Lesson 21: Using our Star Power
Th Dec 5	Lesson 22: Our GOTR Toolbox