



YWCA Mankato

Wheeler Park

Fall 2019

**Meets Tuesdays &
Thursdays**

Important Dates:

**Thursday, October 17th:
No Girls on the Run**

**Thursday, October 31st:
Practice 5k!**

**Saturday, November 16th:
GOTR 5k Event!**

Identity:

Self- Care, Self-Awareness, Knowing Self

T Sept 10	Lesson 1: Becoming a Girls On The Run Team
Th Sept 12	Lesson 2: Choosing to be a Girl on the Run
T Sept 17	Lesson 3: Star Power
Th Sept 19	Lesson 4: Self-Talk Matters
T Sept 24	Lesson 5: Finding Balance
Th Sept 26	Lesson 6: Exploring Emotions
T Oct 1	Lesson 7: Stop and Take a BrThRR

Connectedness:

Selecting Healthy Relationships and Keeping Them Healthy

Th Oct 3	Lesson 8: Empathy
T Oct 8	Lesson 9: Making Friends
Th Oct 10	Lesson 10: Being Friends
T Oct 15	Lesson 11: Choosing Friends
Th Oct 17	NO GIRLS ON THE RUN
T Oct 22	Lesson 12: Communicating with Others
Th Oct 24	Lesson 13: Working as a Team

Empowerment:

Celebrating and Sharing Our Strengths

T Oct 29	Lesson 14: How We Help
Th Oct 31	Lesson 15: Practice 5K!
T Nov 5	Lesson 16: Compromise (Brainstorming and Deciding Our Community Impact Project)
Th Nov 7	Lesson 17: Our Strengths (Planning the Community Impact Project)
T Nov 12	Lesson 18: Choosing Gratitude
Th Nov 14	Lesson 19: Using Our Star Power (Implementing the Community Service Project)
S Nov 16	Girls on the Run 5k Event!
T Nov 19	Lesson 20/21: Using our GOTR Toolbox/Final Celebration