



YWCA Mankato

Janesville Area

Spring 2020

**Meets Tuesdays &
Fridays**

Important Dates

Friday, April 10th

No Girls on the Run

Friday, April 24th:

Practice 5k

Saturday, May 2nd

GOTR 5k Event

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

T Mar 3	Lesson 1: Connecting as a Girls on the Run Team
F Mar 6	Lesson 2: Choosing to be a Girl on the Run
T Mar 10	Lesson 3: Star Power
F Mar 13	Lesson 4: Your Star
T Mar 17	Lesson 5: Self-Talk
F Mar 20	Lesson 6: BeYOUtiful
T Mar 24	Lesson 7: Our Emotions

Connectedness: Selecting Healthy Relationships & Keeping Them Healthy

F Mar 27	Lesson 8: Expressing Our Emotions
T Mar 31	Lesson 9: Empathy
F Apr 3	Lesson 10: Words Matter
T Apr 7	Lesson 11: Friendships
F Apr 10	NO GIRLS ON THE RUN
T Apr 14	Lesson 12: Choosing Friendships
F Apr 17	Lesson 13: Resolving Conflicts with Friends
T Apr 21	Lesson 14: Standing Up For Others
F Apr 24	Lesson 15: Practice 5K!

Empowerment: Celebrating and Sharing Our Strengths

T Apr 28	Lesson 16: Compromise (Brainstorming and Deciding Our Community Impact project)
F May 1	Lesson 17: Supporting Each Other (Planning Community Impact Project)
S May 2	GOTR 5K Event!
T May 5	Lesson 18: Joy
F May 8	Lesson 19: Using Our Star Power (Implementing the Community Service Project)
T May 12	Lesson 20/21: Using out GOTR Toolbox/Final Celebration