



# Girls on the Run

## Season Road Map - V. 3 Curriculum

Week	Dates	Lesson	Name
Week 1	March 2 - March 6	1 2	Building Our GOTR Team I Am Girls on the Run
Week 2	March 9 - March 13	3 4	Star Power Self-Talk Matters
Week 3	March 16 - March 20	5 6	Untangling Our Emotions Healthy Habits for Life
Week 4	March 23 - March 27	7 9	Attitude of Gratitude Real Beauty
Week 5	March 30 - April 3	10 11	Let's Cooperate I Choose to Stop and Take a BrThRR
	April 6 - April 10	N/A	<b>Spring Break</b>
Week 6	April 13 - April 17	12 13	Let's Plan It Takes Courage
Week 7	April 20 - April 24	14 15	Putting an End to Gossip Being a By-Stander
Week 8	April 27 - May 1	16 17	"Best" Friends Practicing Our 5K!
Week 9	May 4 - May 8	18 20	Power Up Designing Our Community Impact Project
	May 9	N/A	<b>First 5K Weekend</b>
Week 10	May 11 - May 15	21 23	Using Our Star Power Our GOTR Toolbox & Celebrate
	May 16 - May 17	N/A	<b>Second 5K Weekend</b>