

Girls on the Run: 10-Week Curriculum**Self-Care, Self-Awareness, Knowing Self**

Lesson One:	Getting to Know Each Other
Lesson Two:	Plugging into the Girls on the Run Cord
Lesson Three:	Choosing to be a Girl on the Run
Lesson Four:	Positive Self-Talk and Why I Choose It!
Lesson Five:	Fueling our Healthy Pace
Lesson Six:	Being Emotional is Healthy!
Lesson Seven:	Celebrating Gratitude
Lesson Nine:	Valuing what's Really Important

Connectedness:**Selecting Healthy Relationships and Keeping Them Healthy**

Lesson Ten:	Learning About Cooperation
Lesson Eleven:	Standing Up to Peer Pressure
Lesson Twelve:	Standing Up for Myself
Lesson Thirteen:	Gossiping Hurts Everyone
Lesson Fourteen:	Beware of Bullies
Lesson Fifteen:	It's Okay to Choose Our Friends
Lesson Sixteen:	Practicing our 5k!

Empowerment: Celebrating and SHARING Our Strengths

Lesson Eighteen:	Tuning in to a New Message
Lesson Nineteen:	Learning About Community
Lesson Twenty:	Designing Our Community Impact Project
Lesson Twenty-One:	Implementing Our Community Impact Project
Lesson Twenty-Three:	The Finishing Touches

The Final Celebration is conducted outside the regularly scheduled program when convenient for the girls and their parents/caregivers.