



Curriculum Topics Girls on the Run (Grades 3-5)

- (1) Getting to Know Each Other
 - ❖ To learn about Girls on the Run and each other
- (2) Keeping Our Promises
 - ❖ To learn the Girls on the Run Promises and Expectations and the importance of keeping promises
- (3) What Is Change and How Do I Do It?
 - ❖ To learn the importance of assessing current behaviors and ways of thinking
 - ❖ To learn how to change these behaviors that need improvement
- (4) Becoming Physically Healthy and Strong
 - ❖ To teach the basics of healthy nutrition, healthy habits, and the importance of physical activity
- (5) My Emotional Health
 - ❖ To learn the concept of “uncomfortable” emotions, such as anger, sorrow, and frustration
 - ❖ To learn how to deal with and express emotions
- (6) Reflecting on Gratitude
 - ❖ To introduce the concept of reflecting or having quiet time
 - ❖ To emphasize the importance of gratitude
- (7) Drugs Are Not Cool!
 - ❖ To learn the major effects of alcohol, tobacco, and marijuana
 - ❖ To gain a better understanding of why people use drugs
 - ❖ To begin to develop an individual strategy for never trying drugs
- (8) Valuing What’s Really Important
 - ❖ To learn to identify the difference between inner and outer beauty and values
 - ❖ To learn the benefit of thinking positively about ourselves
- (9) Learning About Cooperation
 - ❖ To learn several key concepts regarding cooperation and what it takes to work well together
- (10) Learning to Listen
 - ❖ To learn and practice the key ways to be a good listener
- (11) Gossiping Hurts Everyone
 - ❖ To learn that gossip hurts both the person about whom the gossip is being spread and the person who is spreading it
 - ❖ To learn how to stop gossip



- (12) Beware of Bullies
 - ❖ To learn to recognize bullying behaviors
 - ❖ To learn what to do if bullied or if witness bullying
- (13) Standing Up For Myself
 - ❖ To learn the importance of standing up for themselves using appropriate assertive behavior and to practice these skills
- (14) Making Healthy Decisions
 - ❖ To learn how to figure out “pros and cons” when making healthy decisions
 - ❖ To learn the difference between short and long-term rewards and consequences
- (15) Positivism and Sportsmanship
 - ❖ To understand what it means to be positive and have good sportsmanship
- (16) Doing a 5K!
 - ❖ To run or walk a 5k (3.1 miles)
- (17) You Call It
 - ❖ To just have fun playing together!
- (18) Learning About Community
 - ❖ To introduce participants to the concept of community
 - ❖ To start participants thinking about a *Girls on the Run* community project and learn the important role they can play in the community
- (19) The Media and Me
 - ❖ To become more aware of the negative ways in which the media portrays girls and women
 - ❖ To develop critical thinking skills when viewing an advertisement or media image
- (20) Finalizing the Community Project
 - ❖ To finalize what the group’s community project will be
- (21) Completing the Community Project
 - ❖ To work diligently on the community project
 - ❖ To have FUN!!
- (22) Getting to the Finish Line
 - ❖ To reflect on the community project
 - ❖ To complete the final long run of the season
- (23) The Finishing Touches
 - ❖ To enjoy the last official day of *Girls on the Run* before the closing celebration
 - ❖ To provide feedback to the coach about what they liked and didn’t like about *Girls on the Run* and what they learned from *Girls on the Run*
- (24) Final CELEBRATION!