

Heart & Sole 20-Lesson v2 Learning Goals



Lesson 1: You are Here

- Meet each other and get familiar with Heart & Sole
- Establish basic expectations for your Heart & Sole team
- Assess current level of physical ability related running/jogging/walking

Lesson 2: Team Strengths

- Identify personal strengths and uniqueness
- Make connections with teammates
- Understand that similarities and uniqueness give us strength

Lesson 3: My Girl Wheel

- Build self-awareness
- Increase self-awareness through the Girl Wheel
- Become better acquainted with the parts of the Girl Wheel

Lesson 4: Goals

- Collaborate with teammates to achieve a goal
- Understand how and why to set SMART goals
- Set and record your first SMART lap goal

Lesson 5: Girl Wheel Goals

- Practice a strategy for setting and reaching goals
- Learn to distinguish between SMART and non-SMART goals
- Set a goal in the Girl Wheel

Lesson 6: Experiencing Emotions

- Identify emotions as they relate to four basic categories
- Understand that emotions may differ based on the situation, experience, and person
- Reflect on the role of emotions in our lives

Lesson 7: Press Pause

- Understand that you have a choice in how you respond
- Understand that pressing pause is an important life skill
- Practice interval training

Lesson 8: Other People's Wheels

- Acknowledge that others have Wheels (feelings, needs, dreams, etc.)
- Learn how to connect with others in different ways

Lesson 9: Resolving Conflict

- Understand the potential causes of conflict
- Identify areas in your life where conflict tends to arise

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- Learn a strategy for resolving conflict

Lesson 10: Friendships

- Recognize what you value in a friendship
- Understand what qualities you bring to a friendship
- Draw connections between what you value and what you offer in a friendship

Lesson 11: Romantic Relationships

- Recognize what you value in a romantic relationship
- Understand the connection between friendships and romantic relationships

Lesson 12: Stress

- Identify areas of stress
- Identify healthy strategies to reduce stress

Lesson 13: Asking for and Giving Help

- Practice asking for and offering help
- Recognize your own abilities to support others
- Identify areas where you need additional help

Lesson 14: Power and Agency

- Recognize your own power and agency
- Understand the consequences of standing up and not standing up for others
- Identify ways to stand up for yourself/others
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Lesson 15: Stretching Ourselves

- Identify personal comfort, stretch, and panic zones
- Identify ways to stretch yourself outside your comfort zone
- Understand why it is important to stretch yourself

Lesson 16: Hooray!

- Complete a practice 5k
- Celebrate your accomplishment

Lesson 17: Connection

- Strengthen relationships with group members
- Understand the value of connection
- Identify Wheels in your comfort zone and Wheels in your stretch zone

Lesson 18: Impact

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- Understand how one action can have a ripple effect
- Understand that extending the reach of your Girl Wheel is important
- Make a plan to extend your Girl Wheel to connect to others

Lesson 19: Here I Am

- Identify personal strengths and use your voice to share them
- Understand that each person has a unique voice
- Recognize the similarities between your strengths and the strengths of your teammates

Lesson 20: Reflection

- Identify strengths and skills learned in Heart & Sole
- Assess Girl Wheel SMART goal progress
- Reflect on the program