

Girls on the Run: *Hello, Mountain Mover!* Learning Goals



Lesson 1: Our Mountain Mover Team

- To get to know each other and Girls on the Run
- To build connections within our Girls on the Run team
- To encourage each other through our first workout

Lesson 2: Recipe of Me

- To celebrate all parts of who I am
- To recognize my unique ingredients as strengths
- To celebrate our diversity as a team and its strength

Lesson 3: I Can! Power

- To explain what I Can! Power is
- To recognize when our I Can! Power is activated, and when our “I Can’t!” voice creeps in
- To begin to identify strategies for activating our I Can! Power

Lesson 4: Happy Pace

- To practice finding our happy pace
- To understand the connection between pacing ourselves and activating our I Can! Power

Lesson 5: Stick With It!

- To understand that it takes stick-with-it-ness to activate our I Can! Power and do hard things
- To learn strategies that help us stick with it
- To practice using our Stick-With-It Strategies

Lesson 6: Self-Talk

- To recognize positive and negative self-talk and how both make us feel
- To understand how our self-talk impacts our I Can! Power
- To practice using YET to change our self-talk

Lesson 7: Mistakes

- To learn a tool for stopping and celebrating mistakes
- To understand that mistakes are learning opportunities

Lesson 8: Move With Your Emotions

- To learn and apply specific strategies for working with big emotions: Name It & Let It Pass, 5-Finger Breathing, and physical activity

Lesson 9: Stop & Take A Breather

- To learn the Stop & Take a Breather strategy
- To practice using the strategy to do hard things and keep going

Lesson 10: Sticking Up for Yourself & Others

- To understand the importance of sticking up for ourselves and others, even when it’s hard
- To practice using the Stop & Take a Breather strategy in real-life situations to stick up for others and ourselves

Lesson 11: Dig Deeper!

- To understand the importance of digging deeper to learn more
- To practice asking questions to dig deeper

Lesson 12: Practice 5K!

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- To activate our I Can! Power to help us complete the Practice 5K
- To understand that hard work allows us to set a goal and accomplish it

Lesson 13: Choosing Friends

- To understand that we can use our I Can! Power to choose our friends
- To identify qualities we look for in a friendship
- To identify situations we may face in friendships

Lesson 14: Share Your Feelings

- To learn a strategy for sharing our feelings and what we need with others
- To practice activating our I Can! Power to share our feelings
- To understand the importance of sharing our feelings, especially when it's hard

Lesson 15: We Can! Power

- To learn about We Can! Power, the teamwork it takes to move mountains together
- To understand why We Can! Power is sometimes required for doing hard things
- To practice using our We Can! Power

Lesson 16: Our Mountain Mover Community

- To identify the people and places that make up our community
- To recognize the I Can! Power already present in our community

Lesson 17: Small Acts Make a Difference (Planning the Community Impact Project)

- To understand that WE CAN make a difference, even when we have limited resources
- To practice using our GOTR skills and tools we learned this season

Lesson 18: Moving Mountains Together! (Completing the Community Impact Project)

- To complete the Community Impact Project
- To reflect and celebrate individually and as a team on the Community Impact Project process

Lesson 19: Pass on the I Can! Power

- To reflect on our Mountain Mover season and what we have learned
- To reflect on our I Can! Power, confidence to do hard things, that we have developed this season

Lesson 20: Our GOTR Toolbox

- To reflect on the Girls on the Run season
 - To remind ourselves when we can use our GOTR tools
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