

Girls on the Run Buckland Recreation Area



Spring, 2021

Girls on the Run

1. Connection

We connected as a team as we made our GOTR names, learned what we have in common and wrote up our team expectations.



Team Expectations
Working together
be kind to each other
be respectful
Friends with all the team, Be Inclusive
Be Supportive
Good Sportsmanship
Listen when someone else is talking
Greeting Your Teammates and Coaches

Girls on the Run

2. Choices

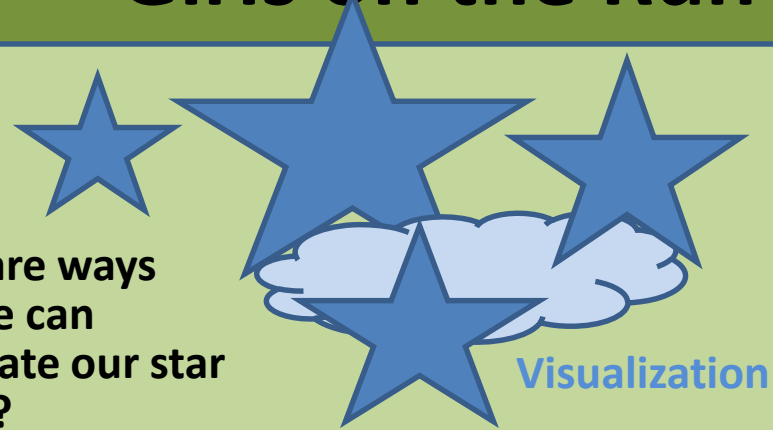
Our theme today was all about choices, including how we choose to respect others and how we choose to respect ourselves.



Today, our laps included running, walking, skipping, hopping, whatever works for us.



3. Star Power



What are ways that we can reactivate our star power?

Visualization



Today, we started lap counters



4. Your Star



Today, we wrote in our journals about how physical health, our brain, activities, emotions and people can bring balance to our lives.



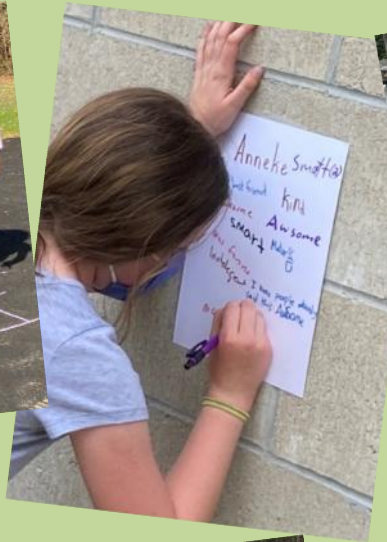
5. Self-Talk



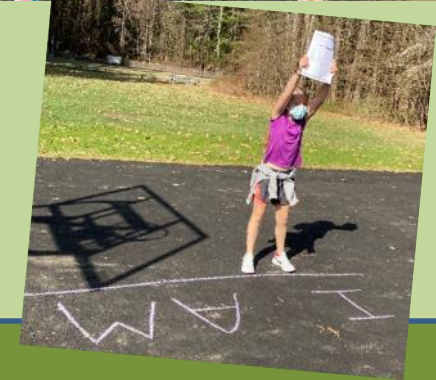
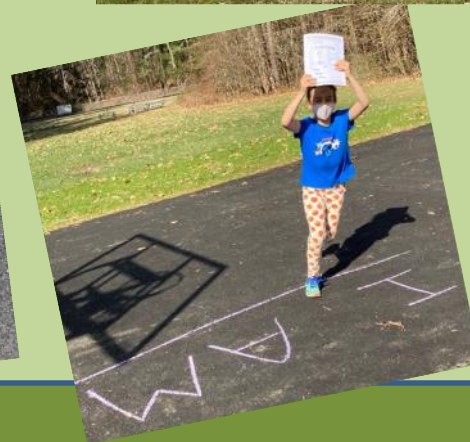
Today, we discussed negative self-talk and how we can turn it into positive self-talk. We focused on writing positive things about ourselves in our journals.



6. BeYOUtiful



GOTR GIRLS
We think you are awesome!
Awesome job being a team!
Great job with laps, participating, being respectful, inclusive and supportive



8. Expressing Our Emotions

I Feel



When You



Because



I would like for you to



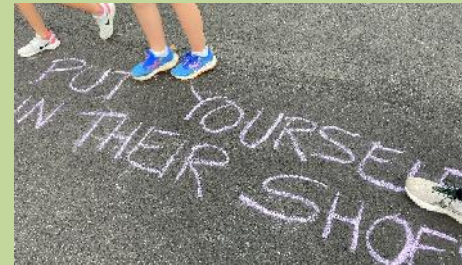
Today, we learned how to express our emotions, starting with an "I" statement.

9. Empathy

1. See their star



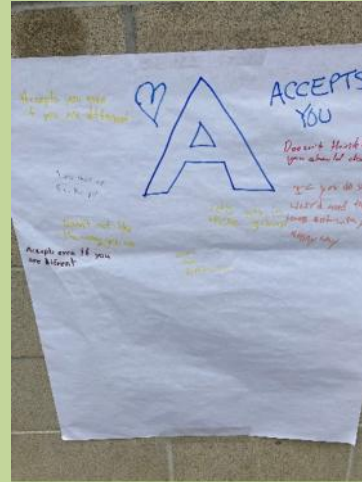
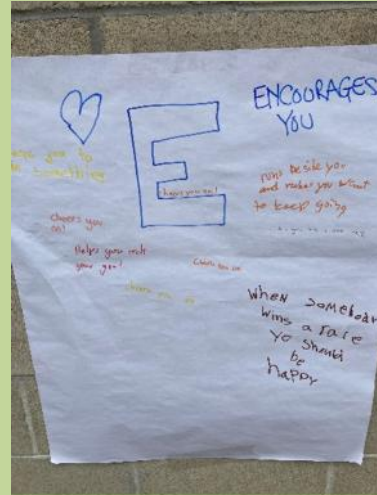
2. Put yourself in their shoes



3. Respond in a way that shows you care



12. Choosing Friends



13. Resolving Conflict



14.

Standing Up for Others

Today, we did our lap counters with sidewalk chalk.

The girls had some very impressive self-led discussions on standing up for others.



16. Compromise

As a team, who can we positively impact with our star power?



At practice today, we talked about our upcoming GOTR community impact project but then faced some challenges.

What could we agree on?

How could we decide what we are going to do, with limited time?

With some activities, some running and lots of talking, we chose something that would benefit the Buckland Recreation Area.



Great job talking, listening and compromising!

We also ran one lap around Buckland Recreation Area to see what our 5K course looks like. We'll plan on doing more laps next week for our 5K.



17. Supporting Each Other

We cheered each other on today as we ran and/or walked our 5K course around the Buckland Recreation Area.

Our route is just over .6 miles long so we will need to run 5 laps to complete our 5K next week.



**Go
Girls!!!**



Practice 5K



GOTR, Great Job!



19. Using Our Star Power

