

# **Girls on the Run**

## **3rd - 5th Grade Program**

Over a period of 10-12 weeks, girls in the 3rd through 5th grade participate in an after-school program like no other. Designed to allow every girl to recognize her inner strength, the Girls on the Run curriculum inspires girls to define their lives on their own terms. Throughout the season, the girls make new friends, build their confidence and celebrate all that makes them unique.

The Girls on the Run lessons encourage positive emotional, social, mental and physical development. Participants explore and discuss their own beliefs around experiences and challenges girls face at this age. They also develop important strategies and skills to help them navigate life experiences. We start with helping the girls get a better understanding of who they are and what's important to them. Then, we look at the importance of teamwork and healthy relationships. And, finally, the girls explore how they can positively connect with and shape the world.

Physical activity is woven into our program to inspire an appreciation of fitness and to build habits that lead to a lifetime of health. At the end of each session, the girls participate in a 5K run. This celebratory, non-competitive event is the culminating experience of the curriculum. Completing the 5K gives the girls a tangible understanding of the confidence that comes through accomplishment, as well as a framework for setting and achieving life goals. Crossing the finish line is a defining moment when the girls realize that even the seemingly impossible IS possible.