heart & sole®

Girls on the run

EM KNIGHTS

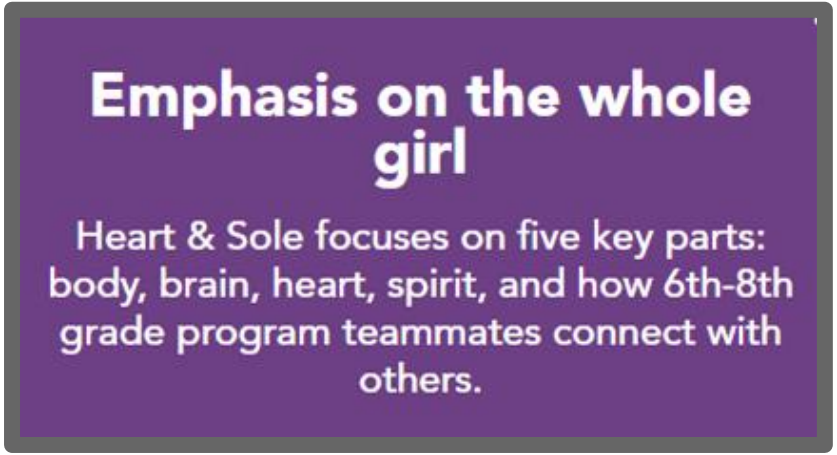

heart & sole
Girls on the Run
Tue + Thurs
Agenda
30 years from now, it won't matter what shoes you wore, how your hair looked, or the jeans you bought. What will matter is what you learned and how you used it.

What is the Heart & Sole program?

The Heart & Sole curriculum was developed by Girls on the Run International to meet the unique needs of middle school girls by focusing on the whole girl. The curriculum is designed with themes girls can relate to and helps build the life skills they need. The research-based curriculum motivates girls to learn more about themselves, become independent and critical thinkers, develop skills to write their own stories, and find inner strength through physical activity. Heart & Sole is accessible to all girls regardless of athletic ability or fitness level and considers the age range and varied experiences of middle schoolers.

Heart and Sole is a 10-week program that gives girls an opportunity to build relationships with their coaches and with one another. The program teaches life skills such as:

- Standing up for themselves and others
- Team-building
- Creating a support system
- Boundary setting
- Making connections & friendships
- Goal setting
- Problem solving
- Emotional regulation
- Self-care
- Overcoming obstacles
- Decision making
- Asking for and providing help



The "Girl Wheel"

The "Girl Wheel" is the central concept of the program and focuses on the whole girl. In each lesson, girls participate in activities related to the Girl Wheel components - spirit, body, heart, brain, and social. At the end of each session, the girls will use a journal to record lap goals, effort and self-reflect on the topics discussed that day. The journal gives girls time to go deeper into the themes and topics of interest to them.



Friendship



Exercise

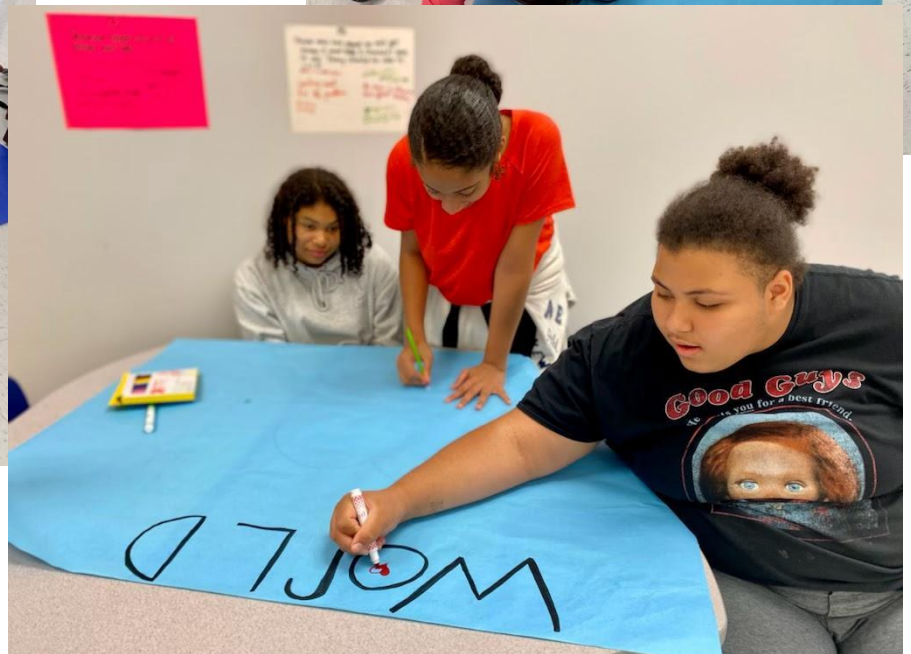
Fun physical activities prepare the girls to complete a 5k.



World Kindness Day Preparation





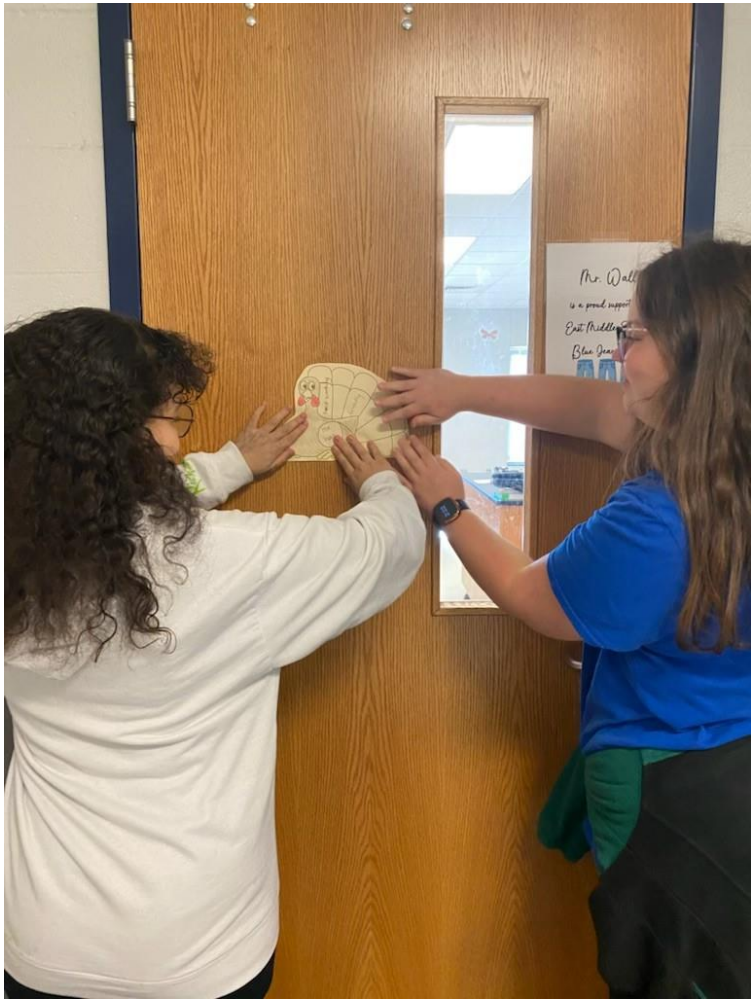



A Little Spark of Girls on the Run!!
Kindness Can Put a COLOSSAL BURST of Sunshine Into Someone else's day!!!
World Kindness Day November 13th!
Kindness Makes the world go around!
Sometimes all we need is a little KINDNESS!!
Kindness is the Virtue that makes or breaks Someone's day


WORLD Kindness Day
NOV. 13
Kindness
Kindness is Key
I MC


"People WILL Never Forget How You Make them feel." -Maya Angelou
#World Kindness Day November 13th
"Be Kind"
The World is Full of Kind People. If you can't find, be one. -Angeles
Kindness is Spreading Sunshine into Other peoples lives regardless of the Weather -Anonymous
GirlsonTheRun
HERBOLOGY

Thankful Turkey Project



Christmas Stockings





Christmas Social















Helping around the school

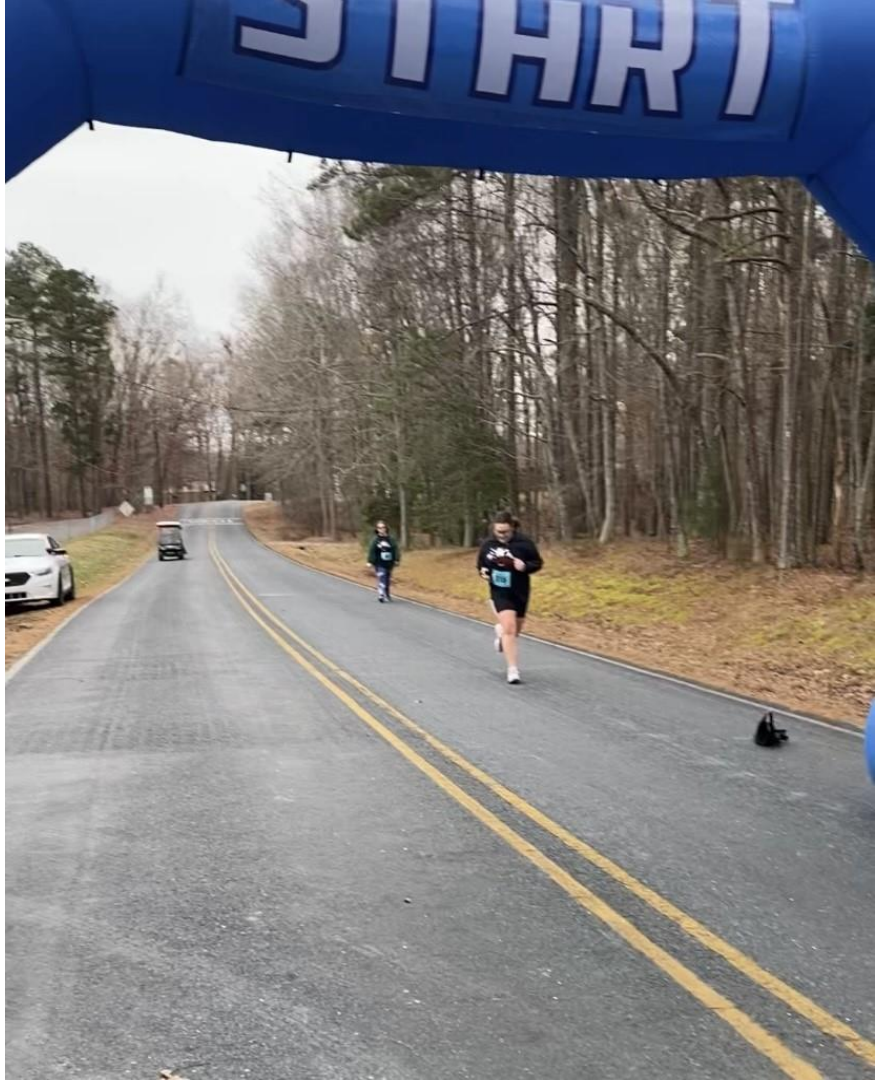


Twinkle Toes 5K






START


START


360
397
359
341
305



The finish line is just the beginning, our ultimate goal is to provide the girls with tools and resources that will serve them well for a lifetime.

Ms. Kissell and Ms. King