



Dear GOTR of Alachua County Families,

**We did it!** We accomplished our goal of finishing the season even though there were SO MANY differences! We are in the final week of our Girls on the Run programming! **We will finish off our GOTR At Home activities Lesson 9 & 10 this week.** We are also striving to continue our GOTR commitment to our community. The girls will complete her community service project!

Our Community Impact Project is an important final piece to our Girls on the Run curriculum. At this point in the season, the Girls on the Run curriculum focuses on empowering girls to share their strengths and use their unique gifts to positively impact those around them. Each Girls on the Run girl will plan and implement a community service project, which allows the girls to discover the unimaginable strength that comes from helping others! Encourage your daughter to create a community impact project for our community. Some ideas may be:

- Write & draw encouraging letters to your teachers
- Cut up old tee-shirts into strips, braid the strips to make dog toys, donate to shelter
- Write & draw uplifting messages with sidewalk chalk to neighbors
- Make a fun video encouraging your friends to get outside and be active with her family!
- Write & draw a thank you sign to your front door for the delivery workers!
- Write gratitude letters to hospital staff

I have attached some thank you note templates if you wish to print to use. ☺

**Please send pictures of your community projects to us! We would love to feature how your girls are empowering our community! Please send to: [deidre.dodd@girlsontherun.org](mailto:deidre.dodd@girlsontherun.org)**

We at Girls on the Run of Alachua County hope you are continuing to nurture your physical, social and emotional health, and using the **GOTR at Home** lessons to navigate this uncertain time. Last week, we learned about values by cooking up some great values recipes and playing Values Charades. We also rolled the dice and danced it out to think about values-based decision-making! Check in with your girl to see if she was able to keep it going by listening to her values and making choices based on them!

This week's lessons will **help girls celebrate mistakes and stick with challenges to develop a growth mindset and practice strategies to find calm and be present**. So – let's get moving!

You can find this week's **GOTR at Home** lessons [here](#) using password **StrongerTogether123!** (please note that the ! is part of the password!)

**Your coaches have picked up your end of season/5k girl packets to distribute them to you. Each site is different, so your site's coach will reach out to you regarding the best distribution of these packets for you!**

**Girls on the Run is SO MUCH FUN!**