



Lesson 2 PLUGGING INTO THE GIRLS ON THE RUN CORD

Learning Goals

1. To introduce the concept of visualization.
2. To begin exploring various ways we can use our imaginations in a healthy way.
3. To further establish an open and honest rapport between the team members and between the team and coaches.

Materials

- ✓ One sheet of stickers (12 on a sheet) per girl
- ✓ Lap Counters (potholder loops, beads, silly bands, or other fun items)



Getting on Board

Have the girls comfortably seated in a circle on the ground.

“Does anyone know what visualization is?” Allow the girls time to respond, soliciting a response from two or three girls.

“That’s right. Visualization is where you picture something in your mind. It’s almost like it is happening while you are thinking about it! Today we will be doing a Girls on the Run visualization. Before we start, I need each of you to close your eyes.

Imagine a bright white light inside of your body—right near your heart. The light is so bright and when we are feeling good about ourselves it shines out of us—through our eyes, our fingertips, in the way we walk, and stand up tall and straight. That white light is the very essence of who we are. It is what makes us special, unique, and beautiful on the inside.

Now picture a large socket in the top of your head—kind of like an electrical wall outlet where you plug in a computer. Can you see it in the top of your head? Now imagine a long cord going into that socket. The inside of this cord is really yucky—it’s got dirty, slow-moving thick liquid flowing through it. It also has messages coming through it for your brain. Some of these messages are: ‘you are not smart enough, you’re not pretty enough, you’re not popular, you’re not athletic enough and you don’t have cool clothes.’ When these mucky messages get into our brains, they ooze down into our bodies and we feel bad about ourselves. The messages of this cord puts out our bright light and we don’t stand up as tall, we feel sad, and we may not try exciting activities we’d like to do. We just don’t feel good about ourselves with this negative cord coming into our spirits.

Now here is the fun part. I want each of you to take your right hand and pull that cord right out of the socket on top of your head. Pull it out and throw it right behind you, somewhere far away. Now I want you to take your left hand and plug in a new cord. This is the Girls on the Run cord. The liquid in this cord is bubbly, bright, multi-colored and sparkling like glitter. It moves freely into your body and makes the light inside of you sparkle even brighter and stronger - so strong that you begin to have beautiful, multi-colored light coming out of your fingertips, your mouth, your nose, your toes, and your eyes! The Girls on the Run cord helps us stand tall and believe in ourselves. We express everything we are feeling. We know that we are wonderful. We can look all people right into their eyes and know that we are amazing just the way we are! This is what Girls on the Run is all about! Helping all of us, including me, realize how special we are as individuals and also what a wonderful team we are together!

Now you can open your eyes.”

Processing the Getting on Board

- √ “Would someone be willing to share how a girl who is plugged into the negative cord might feel about herself?”
- √ “How does she look?”
- √ “How do you feel when you hang out with someone plugged into the negative cord?”
- √ “Will someone share how a girl who is plugged into the positive cord might feel about herself?”
- √ “How does she look?”
- √ “How do you feel when you are with someone plugged into the positive cord?”



“Anytime we are having a yucky cord kind of day, we need to realize it and take a moment to unplug from those negative feelings and let the multi-colored, sparkly, positive light in each of us shine. If you are at Girls on the Run or somewhere else with friends, you can ask them to help you unplug from the negative cord. Can we promise this to each other?”

STRETCH and STRENGTHENING EXERCISES:
Format Two (outlined in introduction to curriculum.)

Warm-Up

“We are now going to play a fun game. Take a moment and think about the way a girl who is plugged into the positive Girls on the Run cord might feel, act or look.

This game is called VOGUE! We'll start by walking rapidly within this area. When I shout out 'YES', I want you to pretend you are that girl who is plugged into the positive cord. Stand like she would stand or say what she would say! The point is to act like a girl who is plugged into the Girls on the Run cord!

Hold the pose for ten seconds and then start walking again. I'll shout out 'YES' again and you will each freeze in a new positive cord pose!”

Play this game for five minutes and gather the girls back into a circle.

“Good job! Let's go around the circle now and when I come to you, jump joyfully into the middle of the circle and BE THAT GIRL!”

Proceed around the circle and have each girl share herself with the group.

Processing the Warm-Up

- √ *“How do you feel right now?”*
- √ *“Who feels like they are plugged into the positive Girls on the Run cord?”*
- √ *“What are some ways we can use the Girls on the Run cord when we are afraid or feeling down?”*
- √ *“On the count of three, I want everyone at the same time to shout out 'I am THAT girl' as loud as you can!”*

Coach's Note: Explain that it is hard to always be plugged into the positive cord! Life is always in transition and the emphasis is on gaining self-awareness in the process.

“My hope is that you experience what it is like to be plugged into the positive cord every time you come to Girls on the Run. You will never be put down here or judged. We want you to discover just how wonderful you are at Girls on the Run and to feel comfortable with being yourself every time we are together! Got it?”

Workout

Before the workout begins, hand each girl a sheet of stickers. (There should be at least 12 stickers on each sheet.) You will need pot holder loops (or pieces of yarn, 4 to 6 inches in length) for this game. Every time a girl completes a lap she will get a potholder loop or piece of yarn in exchange for one of her stickers. When she hands you the sticker put it somewhere on you or your assistant coach!

Coach's Note: It is very important to be aware of any pressure that slower runners may feel to ‘keep up’ with faster runners. This pressure can reduce a girl’s enjoyment or willingness to give it her personal best. Always start the workout by saying *“Remember, we are not competing with one another. Doing your personal best is what matters!”*

When you have ten minutes remaining, ask the girls to stop and gather into a circle.

Processing the Workout

Ask the girls to tie together their yarn or put their potholder loops together in one long strand.

- √ *“Alright girls! This is your Girls on the Run cord. You created this today by being yourselves. How will some of you use this cord, once you leave Girls on the Run today?”*
“Notice the stickers all over me and my assistant coach?”
- √ *These symbolize how good it feels to be with people who are plugged into the positive cord. I feel strong, confident and free to be myself. That’s why I put all these crazy stickers on me!”*
- √ *“Someone tell me something they learned today?”*
- √ *“Do you feel plugged into the positive Girls on the Run cord right now? How do you know? What does it really feel like?”*
- √ *“Is it a girl’s choice to plug or not plug in to the positive Girls on the Run cord? Why?”*

Coach’s Note: A goal of the curriculum is to lead the girls toward a greater awareness that they have the power to make intentional and healthy decisions. We never DO something because someone tells us we should. We do it because we have thought it through and made the decision to act!

“When we are plugged into the positive Girls on the Run cord, we intentionally celebrate ourselves. Let’s go around the circle and each name one thing about ourselves that we think is beautiful. This can be a physical trait or something about your spirit!”

Wrap-Up

Today and for the rest of the sessions, use the wrap-up time to give energy awards. An energy award celebrates and honors a girl who has exhibited some type of Girls on the Run behavior. The coach will select and honor this individual in the first few sessions, but the girls will eventually be able to identify and honor their teammates!

Place an individual in the middle of the circle whenever they are receiving an energy award.

Be sure to ask the girls *“Who thinks THEY deserve an energy award and why?”* This will reinforce the importance of honoring and celebrating themselves as well as their teammates.

Finish the session with a closing cheer. Have everyone place their hands into the middle of the circle and say *‘Girls on the Run is so much fun’* or something similar.

Coach’s Note: It is recommended that a healthy snack be provided to the girls at the end of each session.

