

heart & sole

Girls on the Run Utah is proud to announce our organization’s new program for middle school girls: Heart & Sole! The Heart & Sole curriculum was developed by Girls on the Run International to meet the unique needs of middle school girls. Rich with themes girls can relate to, the curriculum addresses the whole girl—body, brain, heart, spirit and social connection—and builds life skills that will help girls as they move through adolescence and beyond. Heart & Sole is accessible to all girls regardless of athletic ability or fitness level and considers the range of ages and varied experiences of middle school girls.

How does it work?

Heart & Sole is a 10-week program with a small team size of 8-15 girls so that girls have an opportunity to build strong connections with one another and their coaches. The program teaches life skills such as:

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

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 –body, brain, heart, spirit, and social. At the end of each session, the girls use a journal to record their lap goals and progress and to self-reflect on the topics discussed that day. The journal gives girls time to delve deeper into the themes and topics of interest to them.

Physical activity remains a core element of this new Girls on the Run program and includes strength and conditioning appropriate for this age group. The season culminates with the Girls on the Run 5k, which is the celebratory event that underscores the confidence, competence, connection, character and caring they’ve been developing in the program and gives them a tangible sense of goal setting and achievement.

What are girls saying about it?

Girls who have participated in the pilots of Heart & Sole have great things to say about the program. Here’s just a sampling:

“I like how we get to talk about things that matter to us. It’s a time just for us.”

“I’ve made a lot of friends and we can talk about anything with each other. I like the journal because I can write about how I feel.”

We would love for your girl to be part of Heart & Sole!

Girls on the Run Utah
www.girlsontherunutah.org

