

## **Girl Power Go Class Descriptions**

### **December 3<sup>rd</sup> Grades K & 1 - Feeling Good in Your Skin and Embracing Differences (2:00-3:30)**

This program will provide our little ones with tools and strategies for handling each person's differences with respect and kindness. Kids will learn how to ask curious questions in a loving and kind way. We will discuss always assuming the best in others and being open to learning about and from others. "The POWER of your words" will be part of a group activity. Fun fitness is also part of this 1.5-hour workshop.

### **December 17<sup>th</sup> Grades 4 & 5 – Growing into Yourself and Defining who YOU want to be (2:00-3:30)**

In this fun class girls will discuss who THEY want to be and be given tools for staying true to themselves. 4<sup>th</sup> and 5<sup>th</sup> grade is a time of change and brings lots of peer pressure as well as self-comparison to others. This class encourages girls to think about what feels best to them and doing that! Supporting emotional growth with positive thinking, fitness and open discussions about being YOU sets girls up for success in the future. This class teaches self-love and provides strategies for what's ahead. Girls will learn how to care deeply for themselves and care less about what others think!

### **January 21<sup>st</sup>, 2018 – Grades 6 & 7 – You be YOU and I'll be ME! (2:00-3:30)**

This event is all about helping girls be who they are and helping them to accept others as they are. It's not always easy to have differences of opinion AND stay true to yourself. It's not easy to appreciate and accept differences of opinion, thought or actions. Because this can be difficult we have created an event to help girls in the 6<sup>th</sup> and 7<sup>th</sup> grade develop the skills necessary to love more and judge less. To enjoy being with friends that might not share the same thoughts but caring and being kind to each other anyway! It's important, especially in this age range for girls to be open to

differences and be “that girl” that listens, can disagree and still be kind and loving. This program will push girls out of their comfort zone while teaching them to “love the skin they’re in” AND appreciate others as they are!

**January 28<sup>th</sup>, 2018 – Grades 9 – 12 – Positive Vibes for Young Women (2:00-3:30)**

This Girl Power Go program is designed to support girls throughout their high school journey. As girls develop emotionally and physically into young women, goal setting, positive thinking and energy work prove to be extremely beneficial. We will plant the seeds of healthy living around self-care and finding your passion. We will teach girls how to let their goals change without self judgement. Coping tools that will serve these young women well beyond the classroom and energy work such as meditation and EFT- Tapping are both part of this session. Girls will exam and talk through defining who they are, who they want to become and the power of choices!

**March 11<sup>th</sup>, 2018 – Grades 2 & 3 – Dream BIG – Vision boards (2:00-3:30)**

This fun, creative class helps girls DREAM BIG by creating vision/dream boards. This new program specifically designed for the Hopkinton Youth Commission has girls creating their vision. As girls cast their vision they will have guidance and participate in group discussions about who they are, finding their strengths through good choices and feeling confident. Classroom discussion will cover emotional and physical confidence around self, friends and family. Girls will leave this class with a beautiful creation that will remind them repeatedly that they are AMAZING just as they are and that they get to DREAM BIG!

**May 6<sup>th</sup>, 2018 – Grade 5 – Preparing for Middle School (2:00-4:00)**

Middle School can be both an exciting and scary experience. This program was created specifically for girls entering middle school. We will help girls find their inner "Power" by developing life skills that will lead them to make

good decisions, good friends, navigate relationships new and old, deal with peer pressure, learn how to stay safe while social networking, learn how to stand in their own bright light and much more! Girls will connect and share their excitement, fears and experiences so that they may learn from and support each other. This class will include teamwork exercises and a fitness component. When girls leave this program, they will be ready to find their "Power" in Middle School.

(two hours)

**May 20<sup>th</sup>, 2018 – Grade 8 – Preparing for High School (2:00-3:30)**

Transition from 8<sup>th</sup> to 9<sup>th</sup> grade can be stressful and exciting all at the same time. This program will have girls excited about widening their friend circles and looking forward to all that the high school years must offer. Girls will talk about “rolling with change” and allowing themselves to be present during this time of transition. Love and kindness to self and others along with strategies for handling substantial change will be part of this event. Girls will do teamwork activities and be given tools to appreciate each other’s differences in body, opinion, social status, religion and ethnic background. Girls will leave this event excited and prepared to take on high school with an open heart and open mind!

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