

September 2013

6 - 8 years

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WELCOME BACK TO GIRLS INC.!!



**Welcome back to Girls Inc.!!**  
Get to know you juggle

**Musical STRONG, SMART, & BOLD**

**Reach for your goals! Goal Setting**

**Study skills/ My homework environment**



**GIRLStart: Reading**  
Silly words, rhyming words and beyond.

**BE BOLD Session 1**

**GIRLStart: Math**  
Hands of Time, clocks of all kinds.

**Mind + Body**  
Nutrition: Drinks from plants

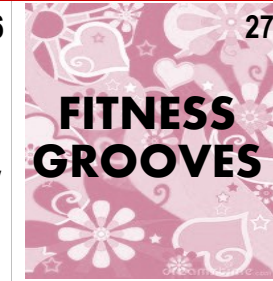


**GIRLStart: Reading**  
Words in my name

**BE BOLD Pre-Survey Session 2**

**GIRLStart: Math**  
Count and Catch

**Mind + Body**  
Nutrition: Me & my trail mix



Inspiring all girls to be strong, smart, and bold.

Personal Effectiveness Academic & Career Planning Competencies (PAC)

October 2013

6 - 8 years

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Sept. 30  
**GIRLStart:**  
**Reading**  
Playdoh Smart

**BE BOLD**<sup>1</sup>  
**Session 3**  
5 points of protection

**GIRLStart:**<sup>2</sup>  
**Math**  
Math and Me

**Mind + Body**<sup>3</sup>  
Nutrition: Food Detective

**WHAT IS STRONG, SMART & BOLD?**<sup>4</sup>



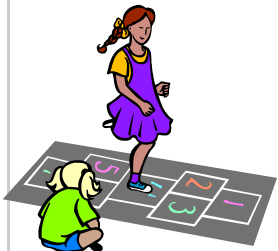
**GIRLStart:**<sup>7</sup>  
**Reading**  
Mystery riddles

**BE BOLD**<sup>8</sup>  
**Session 4**  
My community, my safety

**Family Math & Science Night**<sup>9</sup>  
**LOVE FIELD**  
4:30-6:30pm

**Mind + Body**<sup>10</sup>  
Physical: We are going on an adventure!

**Full Day Double D Ranch**<sup>11</sup>



**GIRLStart:**<sup>14</sup>  
**Reading**  
Descriptive World

**BE BOLD**<sup>15</sup>  
**Session 5**  
Being a friend

**GIRLStart:**<sup>16</sup>  
**Math**  
Single Pairs Multiply

**Mind + Body**<sup>17</sup>  
Physical: My heart beats to music

**Techno Blast**<sup>18</sup>



**GIRLStart:**<sup>21</sup>  
**Reading**  
Bingo the story-teller

**BE BOLD**<sup>22</sup>  
**Session 6**  
Teasing

**GIRLStart:**<sup>23</sup>  
**Math**  
Saved by the bell

**Mind + Body**<sup>24</sup>  
Physical: Once around the course

**Operation SMART**<sup>25</sup>



**FULL DAY**<sup>28</sup>  
The Crow and the Pitcher

**BE BOLD**<sup>29</sup>  
**Session 7**  
Bullying

**GIRLStart:**<sup>30</sup>  
**Math**  
Math Baseball

**Mind + Body**<sup>31</sup>  
Stress: Flip Puppets

**FALL FEST**  
Nov. 1

girls inc.®

Inspiring all girls to be strong, smart, and bold.

Personal Effectiveness Academic & Career Planning Competencies (PAC)

November 2013

6 - 8 years

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p><b>GIRLStart:</b> 4 <b>Reading</b></p> <p>Sight Word Competition</p>	<p><b>BE BOLD</b> 5</p> <p>Session 8 My choice, My power</p>	<p><b>GIRLStart:</b> 6 <b>Math</b></p> <p>Let's make a number chart</p>	<p><b>Mind + Body</b> 7</p> <p>Stress Management: Mandala Meditation</p>	<p><b>STEM</b> 8</p> 
	<p><b>GIRLStart:</b> 11 <b>Reading</b></p>	<p><b>BE BOLD</b> 12</p> <p>Session 9 Caring for me</p>	<p><b>GIRLStart:</b> 13 <b>Math</b></p>	<p><b>Mind + Body</b> 14</p> <p>Stress:</p>	<p>★ 15</p>  <p>★</p> <p>AROUND THE USA</p>
	<p><b>GIRLStart:</b> 18 <b>Reading</b></p> <p>Clear The Confusion</p>	<p><b>BE BOLD</b> 19</p> <p>Session 10 It's my body</p>	<p><b>GIRLStart:</b> 20 <b>Math</b></p> <p>Measure My Foot</p>	<p><b>Mind + Body</b> 21</p> <p>Body Image: Real World vs. Media World</p>	<p>22</p>  <p><b>GIRLS INC</b> Thanksgiving</p>
	<p><b>GIRLStart:</b> 25 <b>Reading</b></p> <p>Getting the main idea</p>	<p><b>BE BOLD</b> 26</p> <p>Session 11 Avoiding the hurt</p>	<p>27</p> <p><b>FULL DAY</b> Construct a Number</p> <p>Math Wheel</p>	<p>28</p>  <p><b>Happy</b> <b>Thanksgiving</b></p>	<p>29</p> 

girls  
inc.®

Inspiring  
all girls  
to be  
strong,  
smart,  
and bold.

Personal Effectiveness Academic & Career Planning Competencies (PAC)

December 2013

6 - 8 years

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**GIRLStart:**<sup>2</sup>  
**Reading**

Roll-a-Story

**BE BOLD**<sup>3</sup>

**Session 12**  
My safety,  
My life

**GIRLStart:**<sup>4</sup>  
**Math**

Mix-match egg  
hunt

**Mind + Body**<sup>5</sup>

**Body Image:**  
Who am I?

**Futures under  
construction**<sup>6</sup>



**girls  
inc.**



**GIRLStart:**<sup>9</sup>  
**Reading**

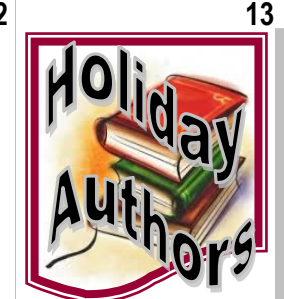
**BE BOLD**<sup>10</sup>

**Session 13**  
and Post-  
Survey

**GIRLStart:**<sup>11</sup>  
**Math**

**Mind + Body**<sup>12</sup>

**Body Image:**



**GIRLStart:**<sup>16</sup>  
**Reading**

What's In A Story

**BE BOLD**<sup>17</sup>

**Demonstration**  
**of skills**  
**ceremony**

**GIRLStart:**<sup>18</sup>  
**Math**

Decision ??Maker

**Mind + Body**<sup>9</sup>

Mind+Body  
Celebration



**HAPPY HOLIDAYS!**

Inspiring  
all girls  
to be  
strong,  
smart,  
and bold.