

September 2013

9-11 years

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**WELCOME BACK TO GIRLS INC.!!**



**9**  
Welcome back to Girls Inc.!!  
Get to know you juggle

**10**  
Study Skills Role Play

**11**  
Measure Me!

**12**  
MR. GALLON MAN!



**16**  
**Reading**  
Fishing for Sentences!

**17**  
**Action for Safety**  
Pre-Survey Session 1

**18**  
**Operation SMART**  
When Base Meets Acid

**19**  
**Mind + Body**  
Body Image: Pre-Survey I really like your...

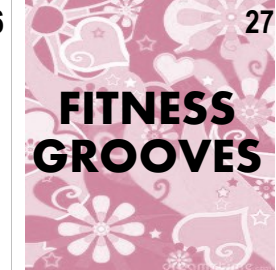


**23**  
**Book Club**  
Read Chapter 1 Role Play Journal

**24**  
**Action for Safety**  
Session 2

**25**  
**Operation SMART**  
Paper Dome

**26**  
**Mind + Body**  
Body Image: Inner Self-Portrait



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

Personal Effectiveness Academic & Career Planning Competencies (PAC)

October 2013

9-11 years

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Sept. 30  
**Book Club**  
Draw Events  
from Chapter 1

**Action for Safety**  
Session 3

**Operation SMART**  
Erosion:  
A Slippery  
Slope

**Mind + Body**  
Body Image:  
All Girls Can Be  
Active!

**What is Strong Smart & Bold**



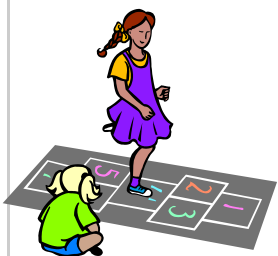
**Book Club**  
Continue read-  
ing and Journal

**Action for Safety**  
Session 4

**Family Math & Science Night**

**Mind + Body**  
Body Image:  
Real World vs. Me-  
dia World  
Post-Survey

**Double D Ranch**  
Full Day



**Book Club**  
Read, Journal,  
& Role Play

**Action for Safety**  
Session 5

**Operation SMART**  
Water Works

**Mind + Body**  
Nutrition:  
Pre-Survey  
Nutrition Rain-  
bow

**Techno Blast**



**Book Club**  
Read, Journal,  
& Role Play

**Action for Safety**  
Session 6

**Operation SMART**  
Trash Busters

**Mind + Body**  
Nutrition:  
What are we eat-  
ing?

**Operation SMART**



**FULL DAY**  
Dallas Arbore-  
tum Field Trip

**Action for Safety**  
Session 7

**Operation SMART**  
Balloon Races

**Mind + Body**  
Nutrition: Food  
Detective  
Post-Survey

Nov. 1  
**FALL FEST**



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

Personal Effectiveness Academic & Career Planning Competencies (PAC)

November 2013

9-11 years

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p><b>Book Club</b> <sup>4</sup></p> <p>Read, Journal, &amp; Role Play</p>	<p><b>Action for Safety</b> <sup>5</sup></p> <p>Session 8</p>	<p><b>Operation SMART</b> <sup>6</sup></p> <p>Soft Landing</p>	<p><b>Mind + Body</b> <sup>7</sup></p> <p>Pre-Survey</p> <p>Physical Activity: Relay Race</p>	<p><b>STEM</b> <sup>8</sup></p> 
	<p><b>Book Club</b> <sup>11</sup></p> <p>Read, Journal, &amp; Role Play</p>	<p><b>Action for Safety</b> <sup>12</sup></p> <p>Session 9</p>	<p><b>Operation SMART</b> <sup>13</sup></p> <p>Building Green</p>	<p><b>Mind + Body</b> <sup>14</sup></p> <p>Physical Activity: Journals</p>	<p><b>AROUND THE USA</b> <sup>15</sup></p> 
	<p><b>Book Club</b> <sup>18</sup></p> <p>Read, Journal, &amp; Role Play</p>	<p><b>Action for Safety</b> <sup>19</sup></p> <p>Session 10</p>	<p><b>Operation SMART</b> <sup>20</sup></p> <p>House of Cards</p>	<p><b>Pre-Survey</b> <sup>21</sup></p> <p>Stress Management: Me-time</p>	<p><b>GIRLS INC</b> <sup>22</sup></p> <p>Thanksgiving Dinner</p> 
	<p><b>Book Club</b> <sup>25</sup></p> <p>Read, Journal, &amp; Role Play</p>	<p><b>Action for Safety</b> <sup>26</sup></p> <p>Session 11</p>	<p><b>Full day</b> <sup>27</sup></p> <p>Physical Activity: Runway show Post-Survey</p>	<p><sup>28</sup></p>	<p><sup>29</sup></p> 

girls inc.

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

Personal Effectiveness Academic & Career Planning Competencies (PAC)

December 2013

9-11 years

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY




**Book Club** <sup>2</sup>  
Read, Journal,  
& Role Play

**Action for Safety** <sup>3</sup>  
Session 12

**Operation SMART** <sup>4</sup>  
Give me Shelter

**Mind + Body** <sup>5</sup>  
Stress Management:  
Stress Reactions

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


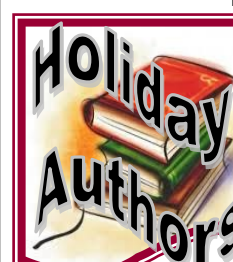


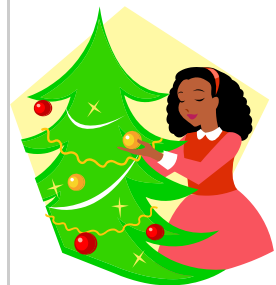
**Book Club** <sup>9</sup>  
Read, Journal,  
& Role Play

**Action for Safety** <sup>10</sup>  
Session 13

**Operation SMART** <sup>11</sup>

**Mind + Body** <sup>12</sup>  
Stress Management: Emotion Map

**Holiday Authors** <sup>13</sup>  




**Book Club** <sup>16</sup>  
Read, Journal,  
& Role Play

**Action for Safety** <sup>17</sup>  
Session 14  
Post-Survey

**Operation SMART** <sup>18</sup>

**Mind + Body** <sup>19</sup>  
Stress Management: Unhealthy vs. Healthy Stress  
Post-Survey

**GIRLS INC HOLIDAY PARTY** <sup>20</sup>  




**HAPPY HOLIDAYS!**

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