

heart & sole

The 10-week Heart & Sole curriculum is rich with themes girls can relate to, addressing the whole girl—body, brain, heart, spirit and social connection—and building important life skills such as team building, developing a support system, boundary setting, asking for and providing help, and more.

Needs/characteristics of adolescents	How this addressed in the curriculum
Seeking a voice and input in their world	Let's Talk activities; leadership opportunities; Small Acts of Kindness
Value direct experience over advice	Role play; discussing real life scenarios
Greatly need/value adult role models who listen	Small teams; coach relationship/interactions; thematic content
Capable of more complex moral reasoning	Thematic content; journals; Let's Talk activities; the Girl Wheel
Seek structure and routine within atmosphere of exploration	Thematic content; Let's Talk activities; physical activity challenges
Highly sensitive to personal criticism. Desire recognition for positive efforts	Focus on strength (physical and emotional), personal assets; the Girl Wheel; journal; collaboration & teamwork; thematic content
Value time with peers trying new things	The Girl Wheel; open content; physical activity challenges; team building
Need for approval and peer acceptance	Team building; collaboration; the Girl Wheel; thematic content
Need moderate amounts of time alone to reflect & regroup	Journal; physical activity time
Face decisions that require more sophisticated cognitive and social-emotional skills	Let's Talk activities; role play; thematic content; relationship with coach

For more information about Heart & Sole and Girls on Track, visit <http://www.girlsontherun.org/What-We-Do/6th-8th-Grade-Program>

Credit: The Harvard Family Research Center and AMLE

