



**PA Walsh Girls  
Running Club  
AAUW Grant  
Recipient**

# Mini Mermaids

Mini Mermaids Org established 2009

mission is to teach every girl to lead a balanced life by listening to her inner voice, valuing her uniqueness, and learning to love movement

Pause 2020 Pandemic

2023 Curriculum Free Online



## Tribe Agreements



1. No more than 3 absences
2. No Bullying
3. Respect all differences
4. No bad words allowed
5. Be respectful
6. Work as a team
7. Be good listeners
8. Participate
9. Be kind to others
10. Have fun

### Team Signatures

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.

## healthy Self-Talk

### NOT THAT

- ✗ I'm so dumb.
- ✗ No one likes me.
- ✗ I'm a bad person.
- ✗ I give up. I'll never be able to do this.
- ✗ I never get anything right.
- ✗ I'm not good enough.

### THIS

- ✓ Whoops. I made a mistake.
- ✓ I like me.
- ✓ I did something bad.
- ✓ This is really hard, but I'm going to keep trying.
- ✓ I haven't figured it out...yet.
- ✓ I am enough. And worthy, too.

## Service Project



## Scenarios - How you would respond using positive talk ...

You didn't get picked to be in the school play

"Sometimes things don't work out how I want. I can practice more and try out for the next play!"

Your friend uninvited you to her birthday party.

"I don't deserve to be treated poorly. I will find friends who are kind to me."

You got an answer wrong in class & feel embarrassed.

"Everyone makes mistakes. My mistakes do not define me - they are proof that I am learning."

You're mad because you have to stay after school to finish your work.

"I can work hard and finish my work. Next time I can get my work done in school."

You feel frustrated because you can't figure out a math problem on your homework.

"I can do it! I will try a different way, and I can get it done!"

### Problem Solving Scenarios

1. Someone else has something that you want.

2. Another student is saying mean things.

3. You ask the teacher for something and he/she tells you "no".

4. You are talking to someone, but they are not listening to you.

5. You need to get someone's attention.

6. You don't want recess to end.

## MY NEW YEAR'S Resolutions

Name  
Age

I want to try

YEAR

I want to learn

I WANT TO GO

I really want to

I will try to be healthier by

Name: Sandy

Grade: 5

Directions: Design a t-shirt for our Mini Mermaids Running Club Shirt

Front

Back

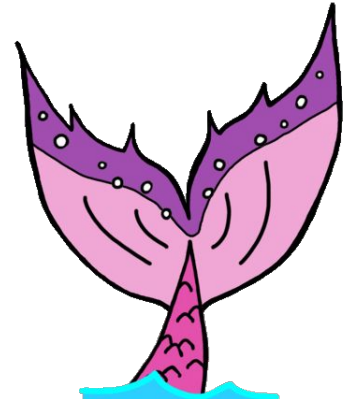


# Race Day



## Next Year ...

- More parent involvement
- Two service projects
- Start running longer distances earlier vs. 2 months before
- Continue the running swag



thank  
you

