



# INTEGRATING WITH SOCIAL EMOTIONAL LEARNING

Marathon Kids aligns with the five CASEL SEL competencies. Our program can have a positive impact on a wide range of outcomes, including academic performance, healthy relationships, mental wellness, and more.



**MARATHON  
KIDS**

## SELF AWARENESS

- ▶ Proven to increase self-efficacy, self-confidence, and self-athletic perception.
- ▶ Kids recognize their personal strengths and develop a growth mindset.

## SELF MANAGEMENT

- ▶ Set long and short-term goals.
- ▶ Learn how to track progress.
- ▶ Develop intrinsic motivation to take care of themselves recognizing that physical activity makes them feel good.

## RESPONSIBLE DECISION MAKING

- ▶ Recognize their effort contributes to reaching personal and club goals.
- ▶ Evaluate and reflect on personal performance.

## SOCIAL AWARENESS

- ▶ Shared experience and outcomes create a sense of community and respect among participants.
- ▶ Appreciate and recognize others' strengths.

## RELATIONSHIP SKILLS

- ▶ Teamwork and friendships are natural outcomes of the program.
- ▶ Experience social exercising and support.
- ▶ Learn to listen to feedback.

Growing self-confident, well-rounded active students, one lap at a time.