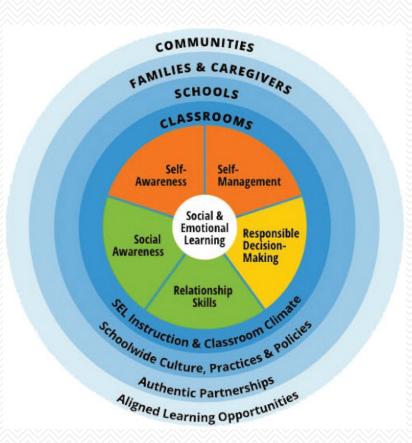


# SOCIAL EMOTIONAL LEARNING

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 AWARNESS**

- Proven to increases self-efficacy, selfconfidence, 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 recogizing 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.