This program is easy. Create a walking trail or track. Post these 4 posters on 4 corners of the walking trail. Talk about each poster's topic and/or question with a friend or family member. Or, think though the topic/question as you walk on your own. When you get to another corner and another sign, talk about a new topic/question. **Walk the Talk!**

TOPIC: TRUST

QUESTION:

Optimism is trust in the future. What are you optimistic about?

Walk the Talk
4 corner wellness chats
⏻PEN

WEEK NUMBER 1

Social and Emotional Learning for Students, Teachers, Staff, and Families

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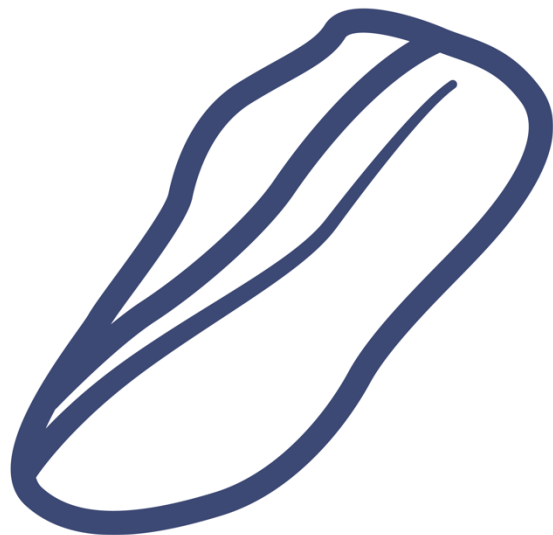
TOPIC: WELLNESS

QUESTION:

Walking is a simple way to improve your overall wellness.

What do you like about wellness walking?

WEEK NUMBER 1

Social and Emotional Learning for Students, Teachers, Staff, and Families

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CORNER NUMBER 3

TOPIC: NUTRITION

QUESTION:

Fruits and vegetables are good for you.

Would you ever consider asking your family to make *Meatless Mondays* a nutrition routine in your home?

Why or why not?

If you did, what would you enjoy eating on *Meatless Monday?*

WEEK NUMBER 1

Social and Emotional Learning for Students, Teachers, Staff, and Families

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CORNER NUMBER 4

TOPIC: EFFORT

QUESTION:

What is 1 thing that you gave your best effort to this week?

WEEK NUMBER 1

Social and Emotional Learning for Students, Teachers, Staff, and Families