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!

CORNER NUMBER 1

**TOPIC:** FEAR

**QUESTION:**

How does fear influence a person’s behavior?

What does fearful behavior look like?

Walk the Talk

Social and Emotional Learning for Students, Teachers, Staff, and Families
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CORNER NUMBER 2

**TOPIC:** COURAGE

**QUESTION:**

What is the definition of courage?

What does courageous behavior look like?

Walk the Talk

Social and Emotional Learning for Students, Teachers, Staff, and Families
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**CORNER NUMBER 3**

**TOPIC:** ENCOURAGEMENT

**QUESTION:**

Sometimes people need encouragement in order to overcome a fear.

How can you encourage a friend of family member to be courageous?

**WEEK NUMBER 4**

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

**CORNER NUMBER 4**

**TOPIC:** COURAGE

**QUESTION:**

Can you remember a time when you acted courageously? Describe what happened.

**Walk the Talk**

4 corner wellness chats

OPEN

**WEEK NUMBER 4**

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