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: FEAR

QUESTION:

How does fear influence a person's behavior?

What does fearful behavior look like?

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!**
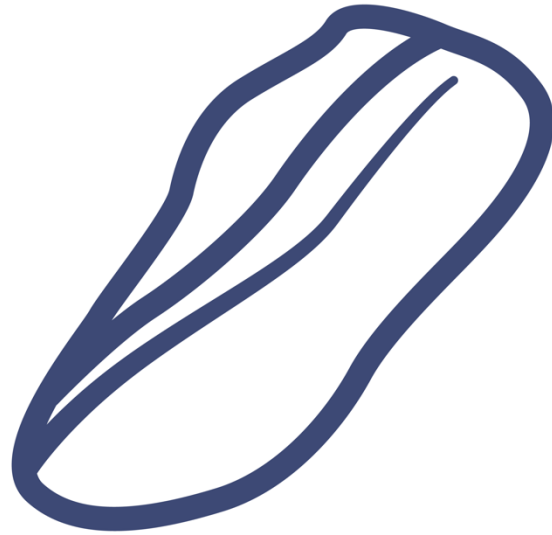
Walk the Talk
4 corner wellness chats
⏻PEN

TOPIC: COURAGE

QUESTION:

What is the definition of courage?

What does courageous behavior look like?

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!**
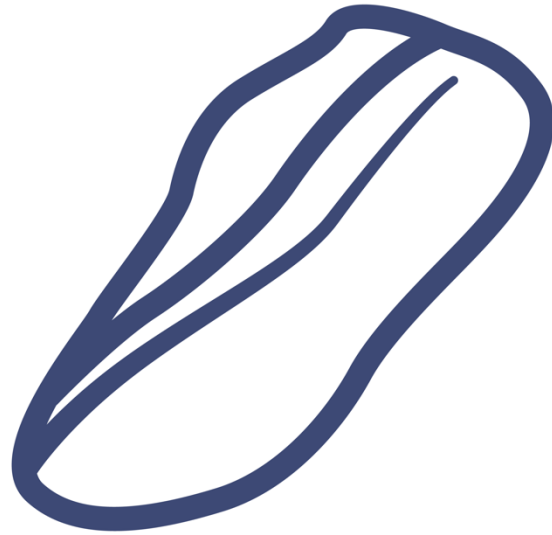
TOPIC: ENCOURAGEMENT

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!**

TOPIC: COURAGE

QUESTION:

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

WEEK NUMBER 4

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