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:** MOTIVATION

**QUESTION:**

What does motivation look like? How can you tell if someone is motivated?

Walk the Talk

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

**TOPIC:** MOTIVATION

**QUESTION:**

What motivates you?

Why do you think those things motivate you?
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 3

**TOPIC:** DECISION-MAKING

**QUESTION:**

Why is it important to consider your physical and mental health when you’re making a decision?

**Walk the Talk**

4 corner wellness chats

WEEK NUMBER 5

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:** DECISION-MAKING

**QUESTION:**

Why is it important to consider the well-being of others when you’re making a decision?

**WEEK NUMBER 5**

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