

**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 through 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



**Walk the Talk**  
**4** corner wellness chats  
**OPEN**

**TOPIC: TRUST**

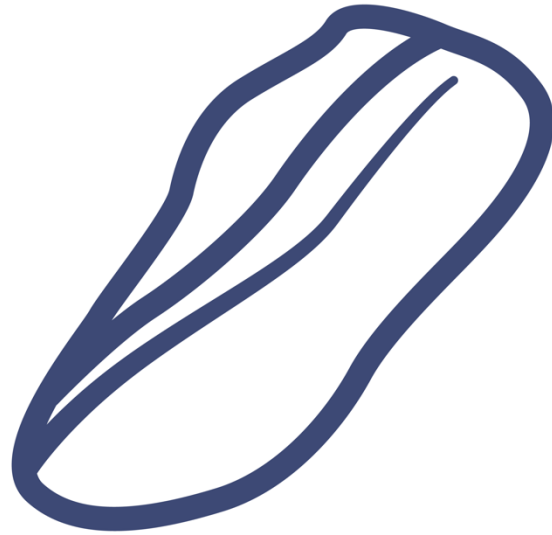
**QUESTION:**

What makes a person trustworthy?

WEEK NUMBER 6

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CORNER NUMBER 2



**Walk the Talk**  
**4** corner wellness chats  
**OPEN**

**TOPIC: TRUST**

**QUESTION:**

What is one thing you've done this school year that demonstrates that you are trustworthy?

WEEK NUMBER 6

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CORNER NUMBER 3



**Walk the Talk**  
**4** corner wellness chats  
**OPEN**

**TOPIC: TRUST**

**QUESTION:**

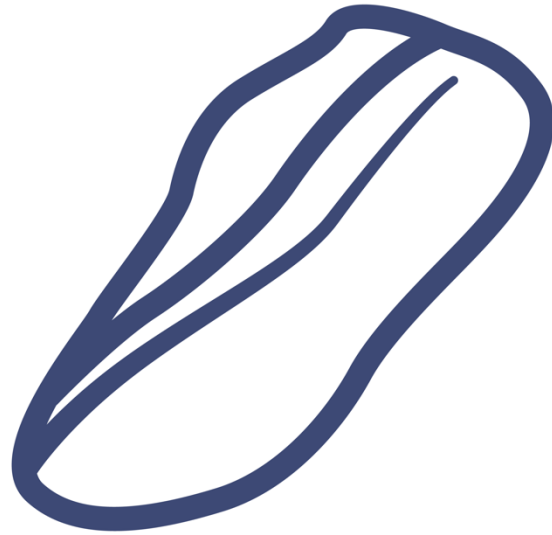
Can you trust yourself to do the things you need to do to succeed?

Talk about your actions and behaviors that prove your answer.

WEEK NUMBER 6

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CORNER NUMBER 4



**Walk the Talk**  
**4** corner wellness chats  
**OPEN**

**TOPIC: DECISION-MAKING**

**QUESTION:**

How is decision-making related to trust?

WEEK NUMBER 6