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:** ENTHUSIASM

**QUESTION:**

What is enthusiasm and why is it important?

WEEK NUMBER 7

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

**TOPIC:** PERSONAL GOALS

**QUESTION:**

What is one of your personal goals for the next 12 months?

Walk the Talk

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CORNER NUMBER 3

**TOPIC:** ACADEMIC GOALS

**QUESTION:**

What is one of your academic goals for this school year?

WEEK NUMBER 7

Social and Emotional Learning for Students, Teachers, Staff, and Families
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CORNER NUMBER 4

**TOPIC:** SELF-MANAGEMENT

**QUESTION:**

What is self-management and why is it important to your ability to set and reach goals?

WEEK NUMBER 7

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