This program is easy. Create a walking trail or track. Post 4 Walk-the-Talk posters on 4 corners of the walking trail. As you walk around each corner, use the Social and Emotional Learning prompts to discuss important SEL topics with a friend or family member. When you get to another corner, use the new prompts to talk about a new topic. \textbf{Walk the Talk!}
Walk the Talk
VARSITY BRANDS
OPENPhysEd.org

WEEK ONE
CORNER 1

TOPIC: TRUST

QUESTION: Optimism is trust in the future. What are you optimistic about?
TOPIC: WELLNESS

QUESTION: Walking is a simple way to improve your overall wellness.

What do you like about wellness walking?
CORNER 3

TOPIC: NUTRITION

QUESTION: Fruits and vegetables are good for you. Would you ever consider asking your family to make *Meatless Mondays* a routine in your home? Why or why not?

If you did, what would you enjoy eating on *Meatless Monday*?
TOPIC: EFFORT

QUESTION: What is 1 thing that you gave your best effort to this week?
WEEK TWO

Walk the Talk

VARiS TiTY BRANDS

OPENPhysEd.org
CORNER 1

TOPIC: ENTHUSIASM

QUESTION: What are you enthusiastic about?

Wait — what does enthusiastic even mean?
CORNER 2

TOPIC: WELLNESS

QUESTION: The human body is designed to walk more than 15 miles per day. How can you add more walking into your life?
CORNER 3

TOPIC: NUTRITION

QUESTION: Water is the best drink to keep you hydrated.

What beverages do you drink every day that could be replaced with water?
CORNER 4

TOPIC: BREATHING

QUESTION: Two minutes of focused breathing can let your body relax and help mind perform better.

In this final section of your walk, don’t talk. Instead, focus on the rhythm of your breathing and let it match the rhythm of your walking.
WEEK THREE
CORNER 1

TOPIC: ENCOURAGEMENT

QUESTION: Can you remember the last encouraging words that you said to someone?

What did you say and how did your words make that person feel?
TOPIC: WELLNESS

QUESTION: Support systems can help us stay on track with wellness goals.

How do you support the wellness goals of the people you care about?
CORNER 3

**TOPIC:** NUTRITION

**QUESTION:** It’s easy to eat whatever tastes good and is in front of you.

It can take encouragement to find the foods that taste good and are really good for you too.

What nutritious foods do you like to eat?
CORNER 4

TOPIC: SMILES

QUESTION: What was the last thing that really made you smile?

What was so awesome about it that it made you smile?
TOPIC: FEAR

QUESTION: How does fear influence a person’s behavior?

What does fearful behavior look like?
TOPIC: COURAGE

QUESTION: What is the definition of courage?
What does courageous behavior look like?
CORNER 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?
CORNER 4

**TOPIC:** COURAGE

**QUESTION:** Can you remember a time when you acted courageously?

Describe what happened.
Walk the Talk

WEEK FIVE
CORNER 1

TOPIC: MOTIVATION

QUESTION: What does motivation look like?

How can you tell if someone is motivated?
Corner 2

**Topic:** MOTIVATION

**Question:** What motivates you?

Why do you think those things motivate you?
CORNER 3

**TOPIC:** DECISION-MAKING

**QUESTION:** Why is it important to consider your physical and mental health when you’re making a decision?
CORNER 4

TOPIC: DECISION-MAKING

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

SIX
CORNER 1

**TOPIC:** TRUST

**QUESTION:** What makes a person trustworthy?
CORNER 2

TOPIC: TRUST

QUESTION: What is one thing you’ve done this school year that demonstrates that you are trustworthy?
CORNER 3

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.
CORNER 4

TOPIC: DECISION-MAKING

QUESTION: How is decision-making related to trust?
WEEK SEVEN
CORNER 1

TOPIC: ENTHUSIASM

QUESTION: What is enthusiasm and why is it important?
CORNER 2

TOPIC: PERSONAL GOALS

QUESTION: What is one of your personal goals for the next 12 months?
CORNER 3

**TOPIC:** ACADEMIC GOALS

**QUESTION:** What is one of your academic goals for this school year?
CORNER 4

TOPIC: SELF-MANAGEMENT

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