

**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. **Walk the Talk!**

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| A close up of a sign  Description automatically generated | CORNER 1  **TOPIC:** TRUST  **QUESTION:** Optimism is trust in the future. What are you optimistic about? |

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| A close up of a sign  Description automatically generated | CORNER 2  **TOPIC:** WELLNESS  **QUESTION:** Walking is a simple way to improve your overall wellness.  What do you like about wellness walking? |

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| A close up of a sign  Description automatically generated | 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?* |

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| A close up of a sign  Description automatically generated | CORNER 4  **TOPIC:** EFFORT  **QUESTION:** What is 1 thing that you gave your best effort to this week? |