



Walk the Talk
VARSITY // BRANDS

4 Corner Wellness Chats
Social & Emotional Wellness for Students, Staff, and Families



Walk the Talk

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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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CORNER 1

TOPIC: TRUST

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



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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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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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CORNER 4

TOPIC: EFFORT

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