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!
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?
CORNER 4

TOPIC: EFFORT

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