



4 Corner Wellness Chats

Social & Emotional Wellness for Students, Staff, and Families



Walk the Talk



[OPENPhysEd.org](https://openphysed.org)

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: ENTHUSIASM

QUESTION: What are you enthusiastic about?

Wait — what does enthusiastic even mean?



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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?



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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?



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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.