



**Walk the Talk**  
VARSITY // BRANDS

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



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[OPENPhysEd.org](https://www.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:** 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?



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### CORNER 2

**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?



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### 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?



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## 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?