

**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:** FEAR**QUESTION:** How does fear influence a person’s behavior?What does fearful behavior look like? |

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| A close up of a sign  Description automatically generated | CORNER 2**TOPIC:** COURAGE**QUESTION:** What is the definition of courage?What does courageous behavior look like? |

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| A close up of a sign  Description automatically generated | CORNER 3**TOPIC:** ENCOURAGEMENT**QUESTION:** Sometimes people need encouragement in order to overcome a fear.How can you encourage a friend of family member to be courageous? |

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| A close up of a sign  Description automatically generated | CORNER 4**TOPIC:** COURAGE**QUESTION:** Can you remember a time when you acted courageously?Describe what happened. |