

**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. |