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: FEAR

QUESTION: How does fear influence a person’s behavior?

What does fearful behavior look like?
CORNER 2

TOPIC: COURAGE

QUESTION: What is the definition of courage?

What does courageous behavior look like?
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?
CORNER 4

TOPIC: COURAGE

QUESTION: Can you remember a time when you acted courageously?

Describe what happened.