



Walk the Talk
VARSITY // BRANDS

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



Walk the Talk

VARSITY // BRANDS



[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!**



Walk the Talk
VARSITY // BRANDS

4 Corner Wellness Chats

Social & Emotional Wellness for Students, Staff, and Families



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

CORNER 1

TOPIC: FEAR

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

What does fearful behavior look like?



Walk the Talk
VARSITY // BRANDS

4 Corner Wellness Chats

Social & Emotional Wellness for Students, Staff, and Families



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

CORNER 2

TOPIC: COURAGE

QUESTION: What is the definition of courage?

What does courageous behavior look like?



Walk the Talk
VARSITY // BRANDS

4 Corner Wellness Chats

Social & Emotional Wellness for Students, Staff, and Families



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

CORNER 3

TOPIC: ENCOURAGEMENT

QUESTION: Sometimes people need encouragement in order to overcome a fear.

How can you encourage a friend or family member to be courageous?



Walk the Talk
VARSITY // BRANDS

4 Corner Wellness Chats

Social & Emotional Wellness for Students, Staff, and Families



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

CORNER 4

TOPIC: COURAGE

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

Describe what happened.