

**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:** MOTIVATION**QUESTION:** What does motivation look like?How can you tell if someone is motivated? |

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| A close up of a sign  Description automatically generated | CORNER 2**TOPIC:** MOTIVATION**QUESTION:** What motivates you?Why do you think those things motivate you? |

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| A close up of a sign  Description automatically generated | CORNER 3**TOPIC:** DECISION-MAKING**QUESTION:** Why is it important to consider your physical and mental health when you’re making a decision? |

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| A close up of a sign  Description automatically generated | CORNER 4**TOPIC:** DECISION-MAKING**QUESTION:** Why is it important to consider the well-being of others when you’re making a decision? |