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!
TOPIC: MOTIVATION

QUESTION: What does motivation look like?

How can you tell if someone is motivated?
CORNER 2

TOPIC: MOTIVATION

QUESTION: What motivates you?

Why do you think those things motivate you?
CORNER 3

TOPIC: DECISION-MAKING

QUESTION: Why is it important to consider your physical and mental health when you’re making a decision?
CORNER 4

TOPIC: DECISION-MAKING

QUESTION: Why is it important to consider the well-being of others when you’re making a decision?