



Walk the Talk
VARSITY // BRANDS

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



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[OPENPhysEd.org](https://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!**



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CORNER 1

TOPIC: MOTIVATION

QUESTION: What does motivation look like?

How can you tell if someone is motivated?



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CORNER 2

TOPIC: MOTIVATION

QUESTION: What motivates you?

Why do you think those things motivate you?



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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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CORNER 4

TOPIC: DECISION-MAKING

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