



4 Corner Wellness Chats

Social & Emotional Wellness for Students, Staff, and Families



Walk the Talk



[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!**



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CORNER 1

TOPIC: TRUST

QUESTION: What makes a person trustworthy?



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CORNER 2

TOPIC: TRUST

QUESTION: What is one thing you've done this school year that demonstrates that you are trustworthy?



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CORNER 3

TOPIC: TRUST

QUESTION: Can you trust yourself to do the things you need to do to succeed?

Talk about your actions and behaviors that prove your answer.



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CORNER 4

TOPIC: DECISION-MAKING

QUESTION: How is decision-making related to trust?