

**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:** ENTHUSIASM  **QUESTION:** What is enthusiasm and why is it important? |

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| A close up of a sign  Description automatically generated | CORNER 2  **TOPIC:** PERSONAL GOALS  **QUESTION:** What is one of your personal goals for the next 12 months? |

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| A close up of a sign  Description automatically generated | CORNER 3  **TOPIC:** ACADEMIC GOALS  **QUESTION:** What is one of your academic goals for this school year? |

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| A close up of a sign  Description automatically generated | CORNER 4  **TOPIC:**  SELF-MANAGEMENT  **QUESTION:** What is self-management and why is it important to your ability to set and reach goals? |