



Walk the Talk
VARSITY // BRANDS

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



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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: ENTHUSIASM

QUESTION: What is enthusiasm and why is it important?



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CORNER 2

TOPIC: PERSONAL GOALS

QUESTION: What is one of your personal goals for the next 12 months?



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CORNER 3

TOPIC: ACADEMIC GOALS

QUESTION: What is one of your academic goals for this school year?



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CORNER 4

TOPIC:

SELF-MANAGEMENT

QUESTION: What is self-management and why is it important to your ability to set and reach goals?