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!
CORNER 1

TOPIC: ENTHUSIASM

QUESTION: What is enthusiasm and why is it important?
CORNER 2

**TOPIC:** PERSONAL GOALS

**QUESTION:** What is one of your personal goals for the next 12 months?
CORNER 3

TOPIC: ACADEMIC GOALS

QUESTION: What is one of your academic goals for this school year?
CORNER 4

TOPIC: SELF-MANAGEMENT

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