



**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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# WEEK ONE



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## CORNER 1

**TOPIC:** TRUST

**QUESTION:** Optimism is trust in the future. What are you optimistic about?



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## CORNER 2

**TOPIC:** WELLNESS

**QUESTION:** Walking is a simple way to improve your overall wellness.

What do you like about wellness walking?



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### CORNER 3

#### **TOPIC:** NUTRITION

**QUESTION:** Fruits and vegetables are good for you.

Would you ever consider asking your family to make *Meatless Mondays* a routine in your home? Why or why not?

If you did, what would you enjoy eating on *Meatless Monday*?



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## CORNER 4

**TOPIC:** EFFORT

**QUESTION:** What is 1 thing that you gave your best effort to this week?



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# WEEK TWO



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## CORNER 1

**TOPIC:** ENTHUSIASM

**QUESTION:** What are you enthusiastic about?

Wait — what does enthusiastic even mean?





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## CORNER 2

**TOPIC:** WELLNESS

**QUESTION:** The human body is designed to walk more than 15 miles per day.

How can you add more walking into your life?



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## CORNER 3

**TOPIC:** NUTRITION

**QUESTION:** Water is the best drink to keep you hydrated.

What beverages do you drink every day that could be replaced with water?



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### CORNER 4

#### **TOPIC: BREATHING**

**QUESTION:** Two minutes of focused breathing can let your body relax and help mind perform better.

In this final section of your walk, don't talk. Instead, focus on the rhythm of your breathing and let it match the rhythm of your walking.



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# WEEK THREE



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## CORNER 1

**TOPIC:** ENCOURAGEMENT

**QUESTION:** Can you remember the last encouraging words that you said to someone?

What did you say and how did your words make that person feel?



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### CORNER 2

**TOPIC:** WELLNESS

**QUESTION:** Support systems can help us stay on track with wellness goals.

How do you support the wellness goals of the people you care about?



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### CORNER 3

#### **TOPIC:** NUTRITION

**QUESTION:** It's easy to eat whatever tastes good and is in front of you.

It can take encouragement to find the foods that taste good and are really good for you too.

What nutritious foods do you like to eat?



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## CORNER 4

**TOPIC:** SMILES

**QUESTION:** What was the last thing that really made you smile?

What was so awesome about it that it made you smile?





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# WEEK FOUR



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## CORNER 1

**TOPIC:** FEAR

**QUESTION:** How does fear influence a person's behavior?

What does fearful behavior look like?



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## CORNER 2

**TOPIC:** COURAGE

**QUESTION:** What is the definition of courage?

What does courageous behavior look like?



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## CORNER 3

### **TOPIC: ENCOURAGEMENT**

**QUESTION:** Sometimes people need encouragement in order to overcome a fear.

How can you encourage a friend or family member to be courageous?



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## CORNER 4

**TOPIC:** COURAGE

**QUESTION:** Can you remember a time when you acted courageously?

Describe what happened.



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# WEEK FIVE



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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?



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# WEEK SIX



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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?



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# WEEK SEVEN





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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?