

Walk and Talk

The Purpose:

Walk and Talk approaches the whole person by physically and socially engaging an individual to connect with peers while also getting some exercise.

Description:

Walk and Talk meets collectively at a designated location and time on campus. Students will gather in a circle and begin with an introduction. The leader can begin with a mindfulness exercise that can include a self-compassion meditation with some deep breathing exercises. Leader will normalize discomfort that may be experienced. Students will pair up with one another by silently making eye contact with another individual across the circle and slowly beginning to walk towards that person. Leaders are prepared to assist if needed. Once everyone has a partner, questions are provided, and the groups will head out on the route. Students will return and switch partners and be provided with new questions. Depending on the length of time this process can continue in hopes to give the students a chance to meet with at least 3 to 4 students and the opportunity to walk at least 1 mile around campus. Students will gather in a circle at the end and have an opportunity to discuss their experience. The leader has the option to end the group with a meditation of their choosing.

*Meditation is optional. Here are some helpful links to meditation options!

https://www.letss.org.au/images/Loving_Kindness_Meditation_Worksheet_edited.pdf

<https://getjupiter.com/blogs/wellness/best-free-grounding-meditation-scripts>

Materials:

Question cards, water, snacks, meditation script.

Questions:

The Question Game- original edition can be purchased on Amazon and has great questions cards that be used.

1. You are on a deserted island and only have one movie to watch for the rest of your life. Which do you choose?
2. What is your favorite childhood memory?
3. What is your biggest accomplishment to date?
4. You have tickets to see any concert in the work, who is the artist and where is the venue?
5. If you could have any superpower in the world, what would it be?
6. What book do you think everyone on earth should read?
7. What is the best gift you ever received?
8. Make up your own question and ask it!
9. If you could wake up tomorrow proficient with one talent, what would it be?
10. You can have lunch with anyone in the world (must be living). Who do you choose?