

Walk and Talk

A strategy for movement and learning

Plan-Ahead

- Plan your path – it can be out any door and circling the school, or walking the perimeter of your school property. (Avoid street crossings for safety and saving time; a short distance works best.)
- Teach routine ahead of time, practice, and use it as needed – once per week, if possible
- Plan it into your instruction – or use it as a modification or intervention based on student or class needs

Action and Implementation

- Prepare 2 talking points to reinforce content or to build student connections
- Line up and pair up – use zipper line, ladder, or any other quick, random method
- Follow school safety protocols - carry cell phone or school device
- Walk and talk 😊
- Return refreshed

Insights and Extensions

- Teacher participates - always walks with one student
- Try a silent walk - ask students to consider content connection or pay attention to what they see and hear along the path
- Use a variety of random [pairing strategies](#) to mix up walking partners.
- Plan 2-4 walking paths to alternate for variety
- Invite administrators or other staff to join and walk with a student
- When you get back, take a few minutes to share observations or connections, if time allows



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