

NAME



DURING OUR WALK AND TALK, MY PARTNER TOLD ME...

Handwriting lines for notes



NAME



Why is it important to walk and talk?

- 1. []
2. []
3. []

Following your walk and talk, think about what you have learnt, how it has made you feel and think about what you will promise to do in the future.

I promise that I will...

Handwriting lines for promise





TODAY I WALKED AND TALKED TO IMPROVE MY MENTAL HEALTH

Name of student/school:

#EssexWalkandTalk





Name of school:

ARE SUPPORTING MENTAL
HEALTH WEEK, BECAUSE...

#EssexWalkandTalk