

NAME



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



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...





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