




## Station 3: Walking and Talking

### MOVE

- Follow the footprints heel to toe.
- Pause at each word.
- Think about the meaning.
- Talk about what each word means in your family, in your community, and in our country.
- Say these as your own affirmations:
  - I am kind.            - I am curious.
  - I am creative.      - I belong.

### DISCUSS

- What does it mean to “walk in someone else’s shoes”?
- How have you shown kindness?
- How are you curious?
- How are you creative?
- How do you show respect?
- How do you include others?



**Heart of New Ulm**  
Supporting a culture of wellness

**Welcome to a new way to explore our community!**

**Move This Way** provides an opportunity to be active, talk, think and learn about topics related to your physical, mental and social well-being.

Engage in a fun, physical activity at each station and then use the questions to spark discussion. Use the additional resources to take action or learn more.



### TAKE ACTION

- Consider doing some simple *Random Acts of Kindness*. Feel free to incorporate your own creativity and ideas or try these suggestions:
- Practice courtesy: Hold the door and say “please” and “thank you.” They’re easy ways to recognize the feelings and situation of another person.
  - Offer to return a supermarket cart to its rack for a busy parent or a senior.
  - Put a coin in an expired or expiring meter for a stranger.
  - Call a relative or friend to see how they’re doing.
  - Offer to pick up groceries or medications for someone who is ill.
  - Buy a cup of coffee for a stranger.
  - Write a check to a worthwhile charity.