

From Behavior to Belonging

The Inclusion Podcast PD Series



LISTEN, WALK AND TALK: FOR YOUR PD AND PLCs

Take a Walk and Talk! As educators, we're constantly learning new things about student behavior and how to best support all learners. But here's the good news — you don't have to learn alone, and it definitely doesn't have to be boring!

We've taken our podcast, **The Inclusion Podcast**, and turned it into a fun and reflective professional learning experience. Below, you'll find curated podcast episodes paired with **discussion questions** to spark meaningful conversations during your next PD day or PLC meeting.

Here's our favorite way to use them:

Have teachers go for a **Talk and Walk** — that's when you take your conversation *on the move!* Instead of sitting around a conference table or staring at a screen, grab your headphones, step outside, and walk while listening to a podcast episode. Then regroup with your team to discuss what resonated and how to apply it. Schools across the country are loving this simple but powerful approach — and we think you will too!

WALK AND TALK FAQs

What's a Walk and Talk?

A Walk and Talk is exactly what it sounds like — walking and talking at the same time! It's a refreshing alternative to the traditional sit-and-listen model, and movement brings a more productive approach to learning. You can pair up or form small groups, listen to a podcast episode, and chat as you walk. It works beautifully for professional development, planning meetings, or any time you want to inspire thoughtful conversation.

Why is movement important to learning?

Movement isn't just good for your body, it's essential for your brain. When you walk, blood flow and oxygen increase, which enhances focus, creativity, and memory. Research shows that both adults and students think more clearly and problem-solve more effectively when they're moving. In other words, **our brains learn better when our bodies are active!**

Why should we take our walk outside?

Stepping outdoors changes everything: the light, the air, the energy. Fresh air and natural light can calm the nervous system, reduce stress, and help us recharge. Nature gives our brains a "mental reset," helping us return to our work more grounded, positive, and open-minded. Even a short walk outside can boost collaboration, creativity, and joy. After a Walk and Talk, teachers often come back with brighter ideas and a deeper sense of connection.

TRY IT OUT

Keep reading to find a relevant podcast topic for your team and see its prompting questions. Try it out and experience how energizing and fun your school's inclusion journey can be.

Grab your colleagues, your earbuds, and your walking shoes — and let's talk walk our way toward better behavioral supports!

SCOPE AND SEQUENCE

Order	Episode	Length	Focus
1	<u>Ep. 56 - Inclusion and Safety Can Coexist</u>	≈ 17 min	Reassuring staff that inclusion and safety aren't opposites; shifting fear to confidence. <u>Free Resource</u>
2	<u>Ep. 32 - The Educator's Lifeline: 10 Strategies to Support Challenging Behaviors</u>	≈ 19 min	Practical "lifelines" for de-escalation and connection; adult regulation first. <u>Free Resource</u>
3	<u>Ep. 34 - Recognizing and Reducing Stressors</u>	≈ 18 min	Understanding hidden stressors that drive behavior using the 4 domains (biological, emotional, cognitive, social). <u>Free Resource</u>
4	<u>Ep. 35 - Nine Ideas for Replacing Behavior Charts and Clips</u>	≈ 16 min	Moving beyond compliance charts to connection, compassion, and long-game relationship building. <u>Free Resource</u>
5	<u>Ep. 50 - Praise and Rewards</u>	≈ 14 min	Rethinking reward systems; focusing on intrinsic motivation and connection. <u>Free Resource</u>
6	<u>Ep. 51 - You Are the Thermostat: Setting the Temperature for Learning</u>	≈ 16 min	Adult co-regulation and emotional climate; sustaining inclusive practices through adult nervous-system awareness. <u>Free Resource</u>

DISCUSSION QUESTIONS

EP. 56 - INCLUSION AND SAFETY CAN COEXIST

1. What fears or assumptions about safety surfaced as you listened?
2. How can our policies or daily routines send a message that inclusion *increases* safety?
3. What's one small relational move that could make students feel both safe and included tomorrow?

EP. 32 - THE EDUCATOR'S LIFELINE

1. Which "lifeline" (ready yourself, offer choices, supportive silence, etc.) feels most natural for you—and which feels hardest?
2. How might using empathy or silence change the outcome of a behavior incident you've recently handled?
3. How can teams support one another in staying regulated when students are not?

EP. 34 - RECOGNIZING AND REDUCING STRESSORS

1. Which of the four stress domains (biological, emotional, cognitive, social) shows up most in your classroom?
2. How do stressors affect adults and students differently, and how can awareness of your own help you respond better?
3. Which one strategy from the "Top 10 Ways to Reduce Stressors" could you implement immediately?

DISCUSSION QUESTIONS

EP. 35 - NINE IDEAS FOR REPLACING BEHAVIOR CHARTS & CLIPS

1. Which traditional practice do you still see in your setting that may actually harm connection?
2. What idea from the handout felt most doable for you this month?
3. How could you help colleagues or families understand the long-term benefits of ditching clip charts?

EP. 50 - PRAISE AND REWARDS

1. What's the difference between recognition that builds belonging and praise that feeds compliance?
2. Think of a time you saw a student light up from authentic feedback —what made it meaningful?
3. How might you re-design your current system (DoJo, sticker chart, etc.) to reflect intrinsic motivation?

EP. 51 - YOU ARE THE THERMOSTAT

1. How do you notice your own “temperature” affecting your class climate?
2. What routines help you regulate before or during challenging moments?
3. How can leaders and teams collectively “set the thermostat” for safety and calm across the school?

HOW TO MAKE THIS HAPPEN

Before your PD or PLC: a few days ahead, send out the podcast episode link and the companion PDF handout so everyone knows what to expect. Encourage your team to bring their headphones and comfy shoes!

During your PD session: begin with a quick intro — set the tone, share the focus, and invite everyone to get ready for a Talk and Walk.

HOW IT WORKS

Listen while you walk: Everyone heads outside (or walks the hallways if needed) and listens to the podcast episode — about 15–20 minutes — while continually moving. The goal is to enjoy fresh air, clear your head, and absorb new ideas in motion.

Pair up and talk: Once the episode wraps up, pair up or form small groups to walk a bit more and discuss what stood out. What resonated? What might you try next? Keep it relaxed, curious, and conversational. The movement helps people think more deeply and talk more openly — it's a beautiful way to bring energy and connection into your professional learning time.

After your session: keep the momentum going! Invite everyone to share a quick reflection afterward — maybe through a shared Padlet, a brief email, or a hallway sticky note — using prompts like “Here’s what I tried...” or “Here’s what changed...”

Stop struggling
with old behavior
systems.

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