

THANK YOU FOR YOUR PURCHASE!



Did you know that when you leave feedback on TPT you earn credits towards future purchases?

★★★★★ Extremely satisfied

I truly appreciate your feedback to help my little store grow.

LET'S BE FRIENDS

Access my
Freebie
Library



Stay updated on new product announcements (they are 50% off for the first 24 hrs posted!) by following me on TPT, checking out my website, and subscribing to my newsletter.



If you have any questions or concerns please email me at:
heartandmindteaching@gmail.com

♥
Ashley

GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [Walk in my Spring Shoes](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

WALK IN MY SPRING SHOES



Session Objective:

- *Students will practice perspective taking.
- *Students will practice having empathy.

Materials:

- *Walk in my shoes handouts.

Guiding Questions:

- *Why is it important to think about how someone else might think or feel?
- *How can using empathy make you a better friend?
- *How can taking a friend's perspective help you to maintain that friendship?

Session Details (about 30 minutes)

- *"Today we are going to be talking about empathy, has anyone ever heard the expression put yourself in their shoes? Do you think that actually means to put on someone else's shoes? Probably not. What do you think it means?" Allow for responses. "Putting yourself in someone else's shoes means you experience life through another's feelings, another's way of looking at things or their perspective. It's not about putting your feelings on them or feeling bad for them, it's imagining and identifying with their situation and their response to it. This is not easy to do, it takes a lot of focus. You need to be paying attention to their body language and their tone to understand what they might be feeling. Let's listen to some examples and respond with how we think they might be feeling."
- *Walk in my Shoes activity: Using the Walk in my shoes handouts, read each example and ask students the questions after the example to have them practice perspective taking and having empathy for others.
- *"See how we can all put ourselves in another person's shoes to understand their way of thinking? It really helps, especially with conflicts."

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- *Behavior: Social Skills: Create positive and supportive relationships with other students. (B-SS 2)
- *Behavior: Social Skills: Demonstrate empathy. (B-SS 4)

SEL Competencies:

- *Self-awareness: identifying emotions.
- *Relationship skills: relationship building, communication, social engagement.
- *Social-awareness: Respect for others, appreciating diversity, perspective-taking, empathy.

ways to show EMPATHY

PERSPECTIVE TAKING

Think about how the other person might be feeling.

LISTEN

Really listen to what they are saying, make eye contact and nod your head to show you are listening.

ACKNOWLEDGE FEELINGS

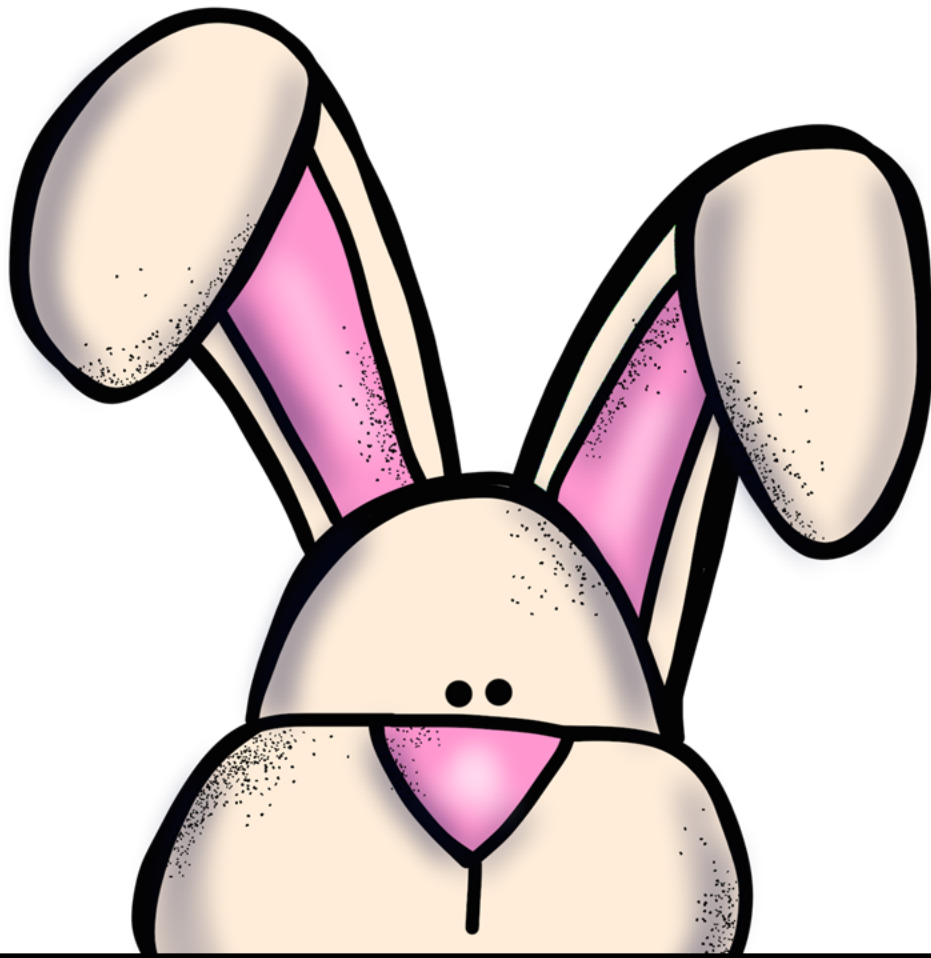
Think about how the person must be feeling and state that, for example "It sounds like that really hurt your feelings and made you sad."

DON'T JUDGE

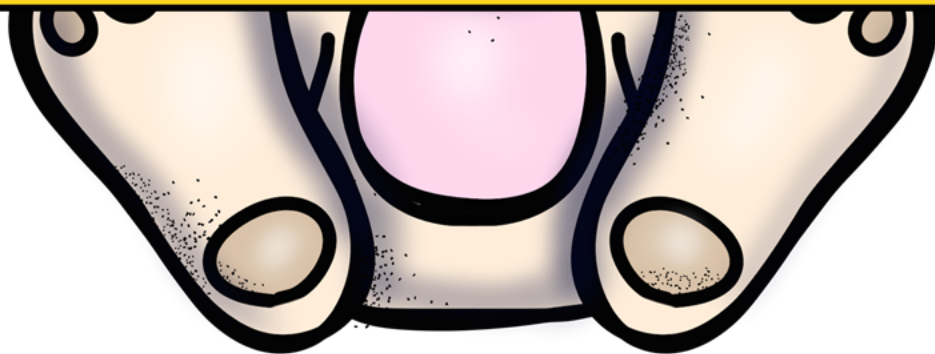
Judgement and criticisms are not helpful and often make a person feel worse.

SHOW YOU CARE

Ask questions and show interest in what they are talking about. Do not interrupt or show signs of disinterest.



I can show
EMPATHY
by →







I can show
EMPATHY
by →



WALK IN MY SPRING SHOES



WALK IN MY
SPRING SHOES

PRACTICE EMPATHY

Putting yourself in someone else's shoes means you experience life through another's feelings, another's way of looking at things or their perspective.

It's not about putting your feelings on them or feeling bad for them, it's imagining and identifying with their situation and their response to it. This is not easy to do, it takes a lot of focus.

Let's look at ways to show empathy and then go through some examples of different situations that some winter characters have dealt with and respond with how we think they might be feeling.



Walk in My SPRING SHOES

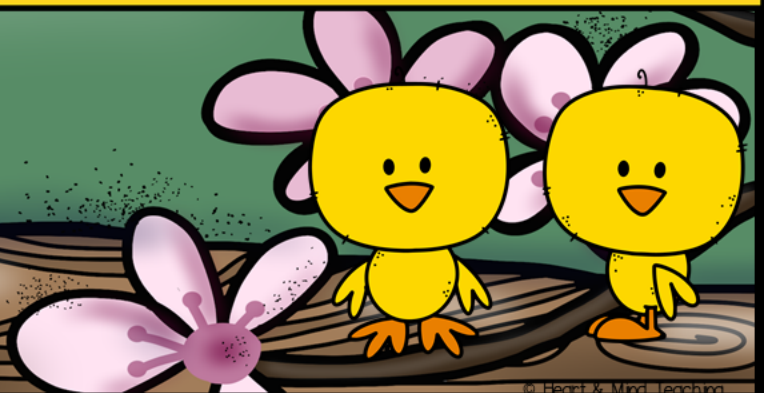
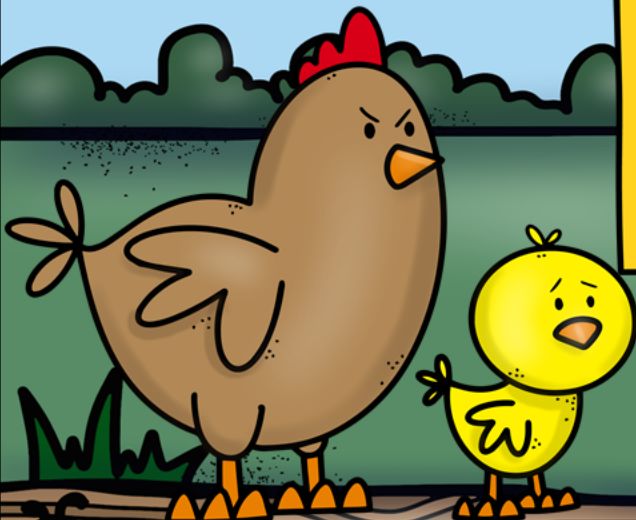
Bunny gets in trouble for hopping around too much. How might he feel? How would you feel?



© Heart & Mind Teaching

Walk in My SPRING SHOES

Mama chick overhears little chick being called a "chicken" for being scared. How might he be feeling? How might his mama be feeling?



© Heart & Mind Teaching

Walk in My
SPRING SHOES



A bunch of fellow birds were "tweeting" about blue bird. How might he be feeling?

© Heart & Mind Teaching

Walk in My
SPRING SHOES



Rabbit gets caught trying to steal a carrot from the garden. How might he be feeling? How might the farmer be feeling?

© Heart & Mind Teaching

Walk in My SPRING SHOES



Josh is helping out on the farm and accidentally gets hurt when he steps on a plow. How might this make him feel? How would you feel?

© Heart & Mind Teaching

Walk in My SPRING SHOES



Darren gets stung by a bee. How might he be feeling?

© Heart & Mind Teaching

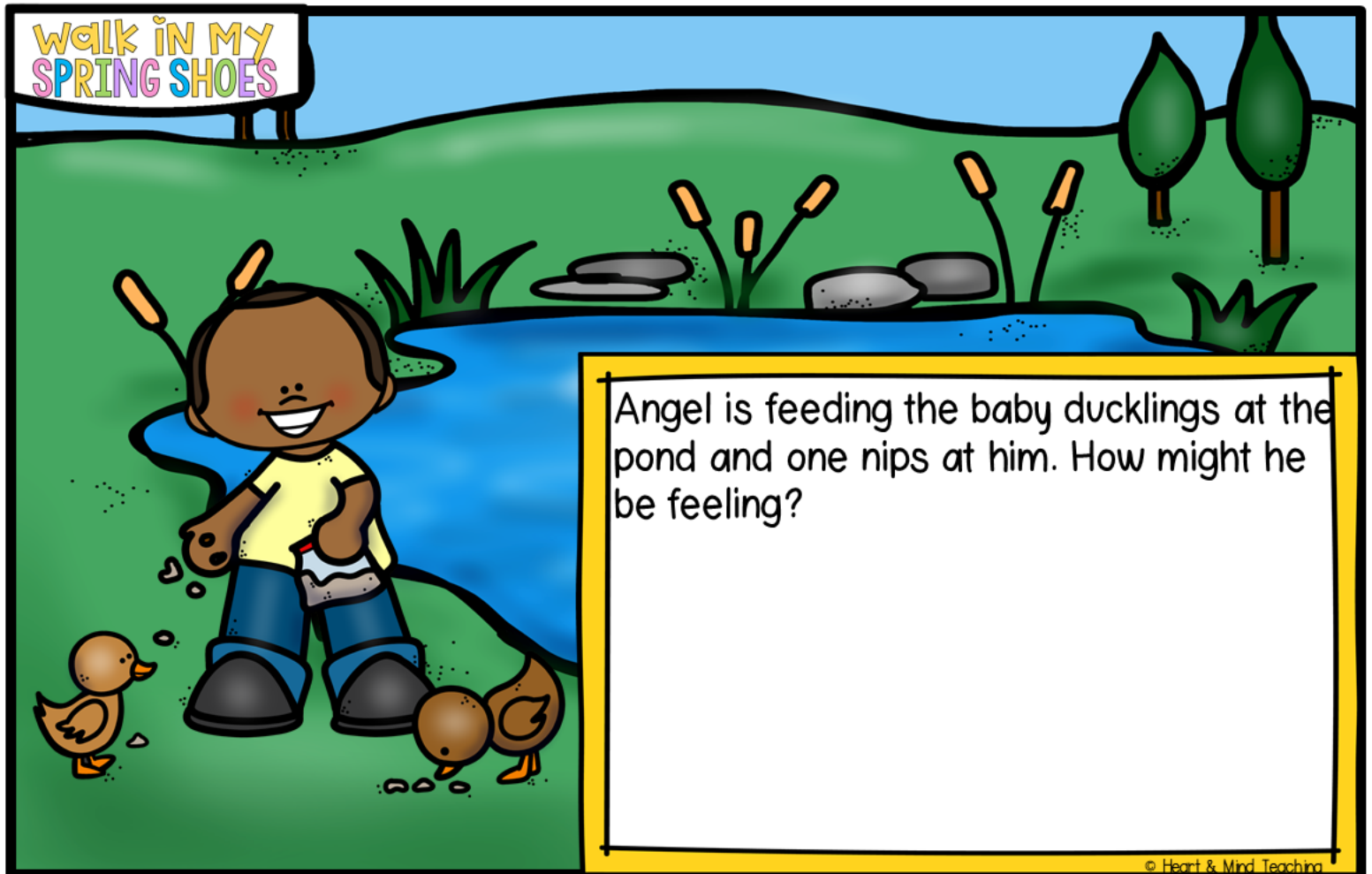
Walk in My SPRING SHOES



Kelly's kite flies away with a big gust of wind, how might this make her feel? How would you feel?

© Heart & Mind Teaching

Walk in My SPRING SHOES



Angel is feeding the baby ducklings at the pond and one nips at him. How might he be feeling?

© Heart & Mind Teaching

Walk in My Spring Shoes

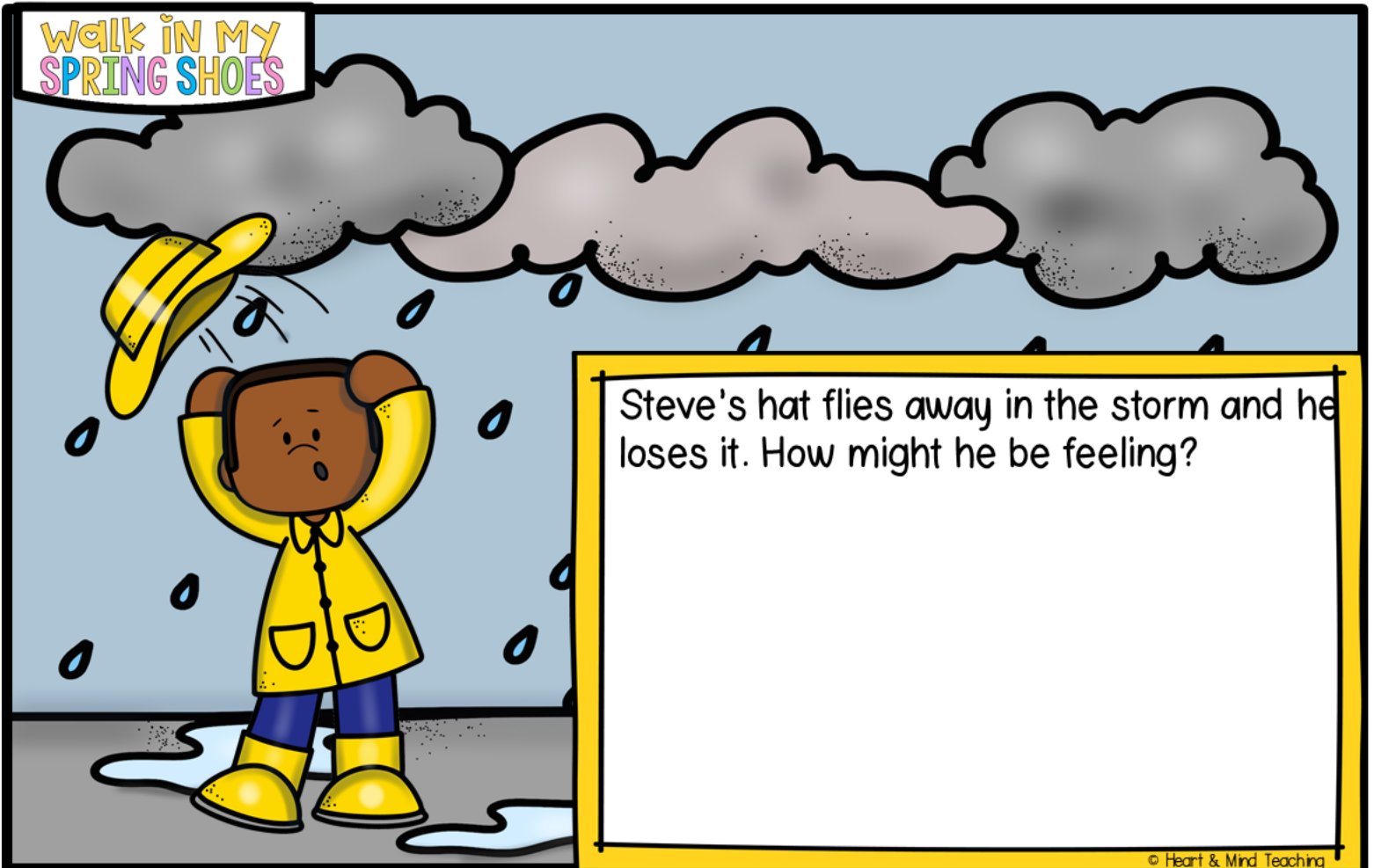
A car drives by Thomas on his walk home from school and splashes him all over, how might this make him feel? How would you feel?



© Heart & Mind Teaching

Walk in My Spring Shoes

Steve's hat flies away in the storm and he loses it. How might he be feeling?



© Heart & Mind Teaching

Walk in My SPRING SHOES

Kayla is mowing the lawn and accidentally mows her mother's flower garden, how might this make her feel? How might her mother feel?

© Heart & Mind Teaching



Walk in My SPRING SHOES

Nishka has seasonal allergies and can't stop sneezing. Her nose and eyes are swollen. How might she be feeling?

© Heart & Mind Teaching



Walk in My SPRING SHOES

James takes his dog out for a walk and his dog gets covered in mud, how might this make him feel? How would you feel?



© Heart & Mind Teaching

Walk in My SPRING SHOES

Trisha puts her rainboots on and there's a worm inside her boot! How might she be feeling?



© Heart & Mind Teaching

Walk in My SPRING SHOES

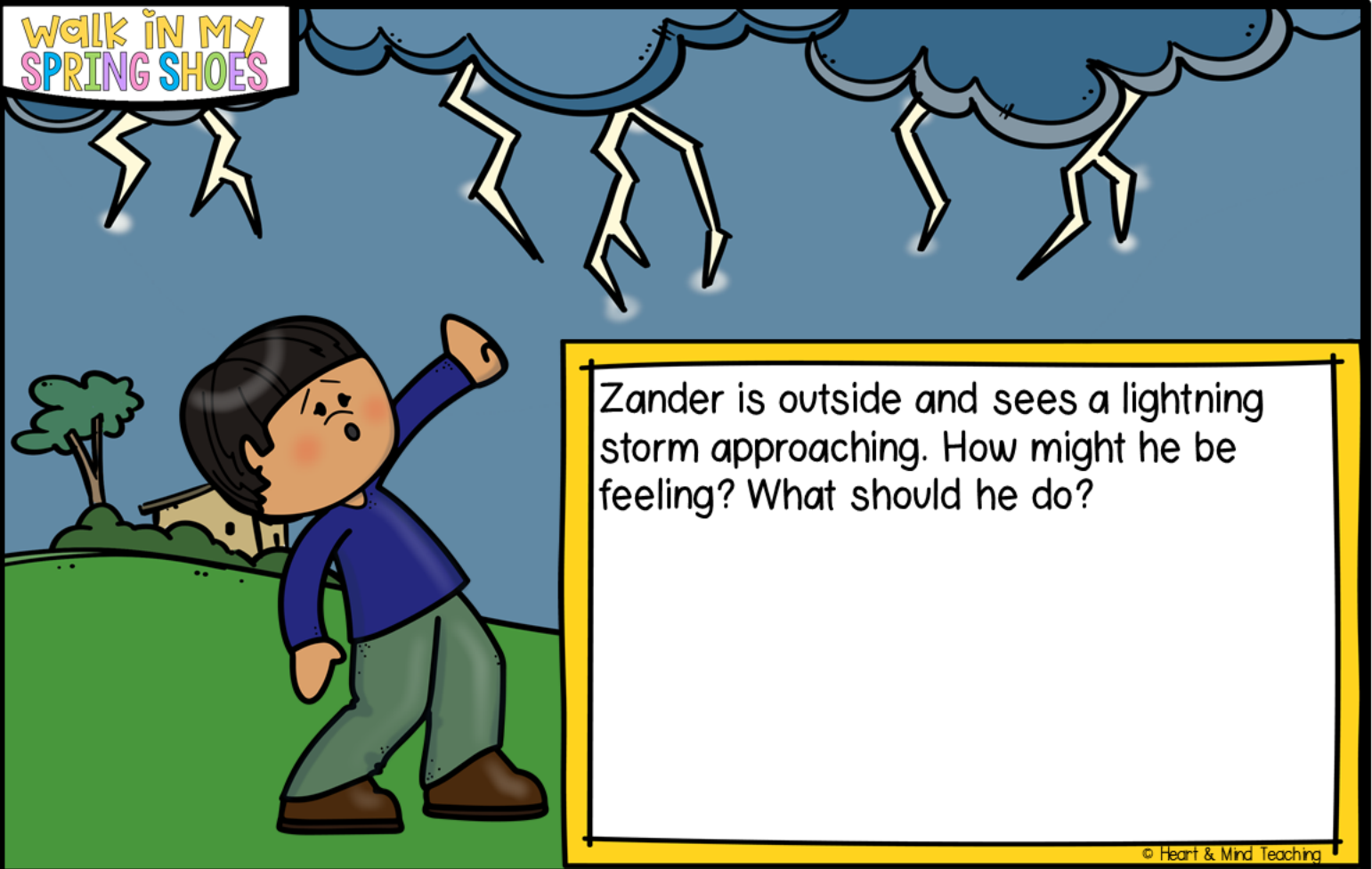
Alex is outside jumping in the puddles having a great time, how might he be feeling?



© Heart & Mind Teaching

Walk in My SPRING SHOES

Zander is outside and sees a lightning storm approaching. How might he be feeling? What should he do?



© Heart & Mind Teaching

Walk in My SPRING SHOES



Isabelle got her rain boots stuck in the mud, how might this make her feel?
How would you feel?

© Heart & Mind Teaching

Walk in My SPRING SHOES



Ashley is skipping rocks in the pond, everything is quiet and she has time to herself. How might she be feeling?

© Heart & Mind Teaching



Walk in My SPRING SHOES

The wind pulls Josh's umbrella and he gets all wet. How might this make him feel? How would you feel?



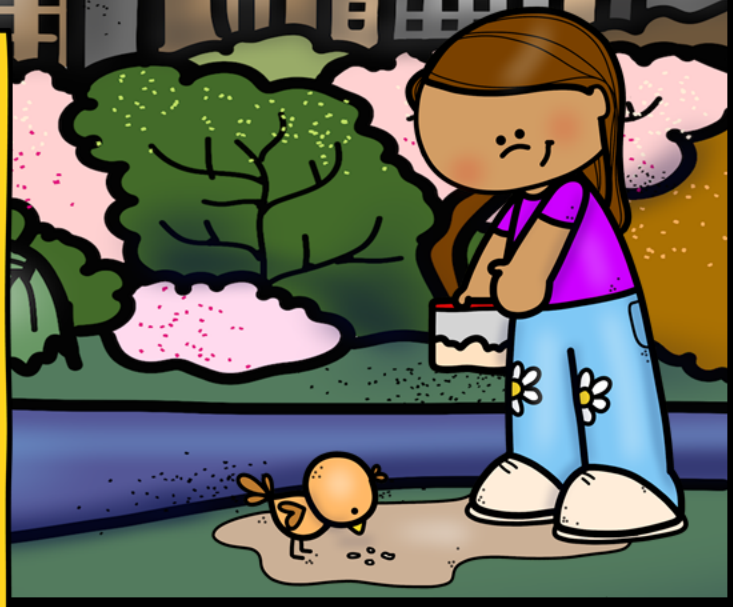
Walk in My SPRING SHOES

Tomas has been bird watching for an hour and finally sees a bird up close. How might he be feeling?



Walk in My SPRING SHOES

Stephanie is feeding the birds in the park and runs out of feed, how might this make her feel?



© Heart & Mind Teaching

Walk in My SPRING SHOES

A spring shower starts out of nowhere and Chris is stuck without an umbrella. How might he feel?



© Heart & Mind Teaching

Walk in My SPRING SHOES



Latoya is trying hard but it seems like no matter what she does, her plant dies. How might this make her feel? How would you feel?

© Heart & Mind Teaching

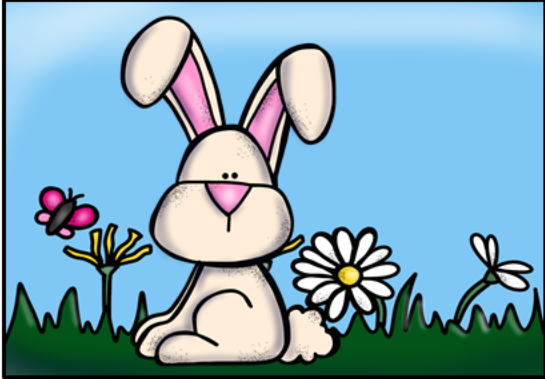
Walk in My SPRING SHOES



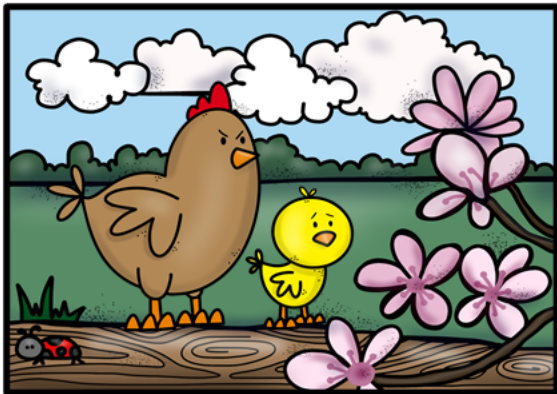
Daydra's mom told her to do some spring cleaning, and her room is a mess. She would rather do anything else. How might she be feeling?

© Heart & Mind Teaching

WALK IN MY SPRING SHOES



Bunny gets in trouble for hopping around too much. How might he feel? How would you feel?



Mama chick overhears little chick being called a "chicken" for being scared. How might he be feeling? How might his mama be feeling?

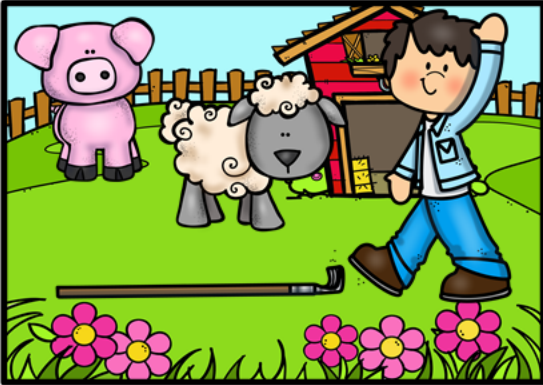


A bunch of fellow birds were "tweeting" about blue bird. How might he be feeling?

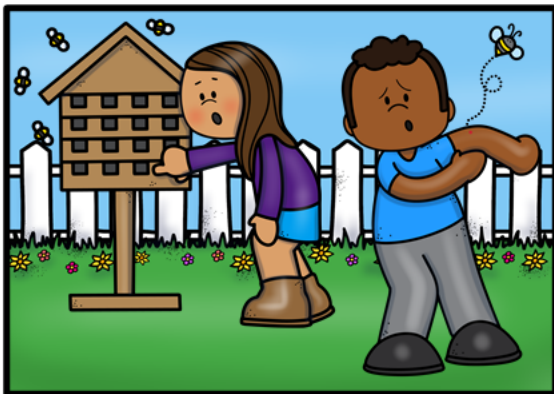


Rabbit gets caught trying to steal a carrot from the garden. How might he be feeling? How might the farmer be feeling?

WALK IN MY SPRING SHOES



Josh is helping out on the farm and accidentally gets hurt when he steps on a plow. How might this make him feel? How would you feel?



Darren gets stung by a bee. How might he be feeling?



Kelly's kite flies away with a big gust of wind, how might this make her feel? How would you feel?



Angel is feeding the baby ducklings at the pond and one nips at him. How might he be feeling?

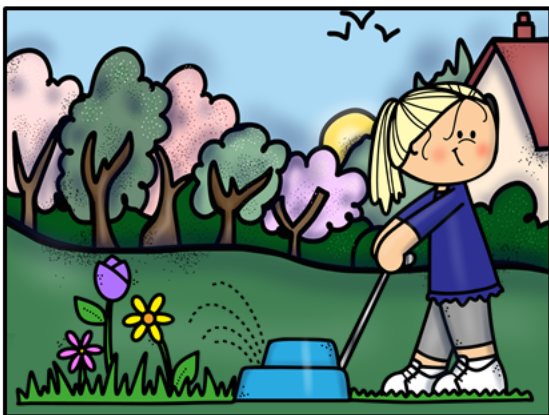
WALK IN MY SPRING SHOES



A car drives by Thomas on his walk home from school and splashes him all over, how might this make him feel? How would you feel?



Steve's hat flies away in the storm and he loses it. How might he be feeling?

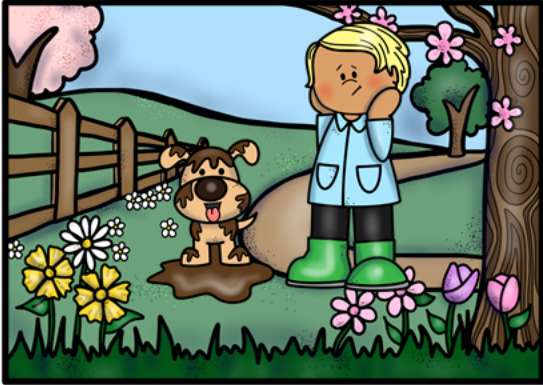


Kayla is mowing the lawn and accidentally mows her mother's flower garden, how might this make her feel? How might her mother feel?



Nishka has seasonal allergies and can't stop sneezing. Her nose and eyes are swollen. How might she be feeling?

WALK IN MY SPRING SHOES



James takes his dog out for a walk and his dog gets covered in mud, how might this make him feel? How would you feel?



Trisha puts her rainboots on and there's a worm inside her boot! How might she be feeling?

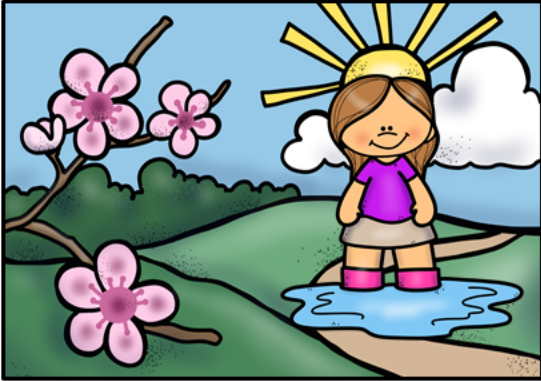


Alex is outside jumping in the puddles having a great time, how might he be feeling?

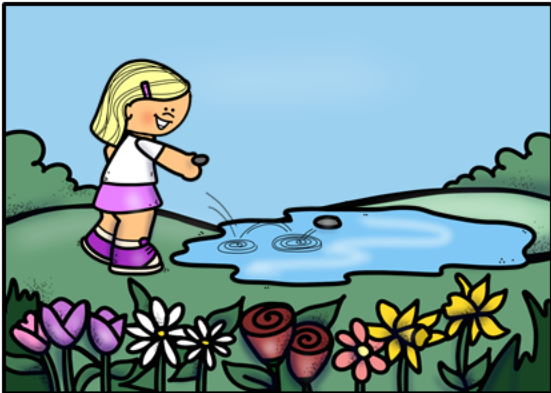


Zander is outside and sees a lightning storm approaching. How might he be feeling? What should he do?

WALK IN MY SPRING SHOES



Isabelle got her rain boots stuck in the mud, how might this make her feel? How would you feel?



Ashley is skipping rocks in the pond, everything is quiet and she has time to herself. How might she be feeling?



The wind pulls Josh's umbrella and he gets all wet. How might this make him feel? How would you feel?

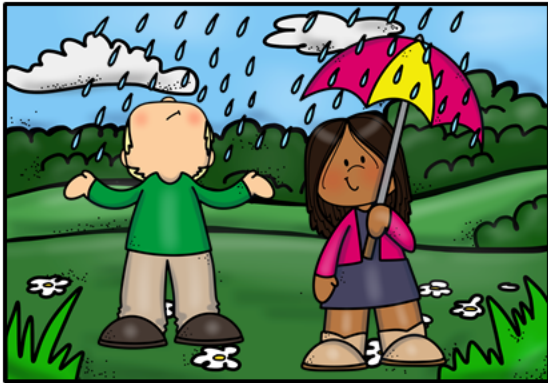


Tomas has been bird watching for an hour and finally sees a bird up close. How might he be feeling?

WALK IN MY SPRING SHOES



Stephanie is feeding the birds in the park and runs out of feed, how might this make her feel?



A spring shower starts out of nowhere and Chris is stuck without an umbrella. How might he feel?



Latoya is trying hard but it seems like no matter what she does, her plant dies. How might this make her feel? How would you feel?



Daydra's mom told her to do some spring cleaning, and her room is a mess. She would rather do anything else. How might she be feeling?

WALK IN MY SPRING SHOES



Session Objective:

- *Students will practice perspective taking.
- *Students will practice having empathy.

Materials:

- *Walk in my shoes handouts.

Guiding Questions:

- *Why is it important to think about how someone else might think or feel?
- *How can using empathy make you a better friend?
- *How can taking a friend's perspective help you to maintain that friendship?

Session Details (about 30 minutes)

- *"Today we are going to be talking about empathy, has anyone ever heard the expression put yourself in their shoes? Do you think that actually means to put on someone else's shoes? Probably not. What do you think it means?" Allow for responses. "Putting yourself in someone else's shoes means you experience life through another's feelings, another's way of looking at things or their perspective. It's not about putting your feelings on them or feeling bad for them, it's imagining and identifying with their situation and their response to it. This is not easy to do, it takes a lot of focus. You need to be paying attention to their body language and their tone to understand what they might be feeling. Let's listen to some examples and respond with how we think they might be feeling."
- *Walk in my Shoes activity: Using the Walk in my shoes handouts, read each example and ask students the questions after the example to have them practice perspective taking and having empathy for others.
- *"See how we can all put ourselves in another person's shoes to understand their way of thinking? It really helps, especially with conflicts."

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- *Behavior: Social Skills: Create positive and supportive relationships with other students. (B-SS 2)
- *Behavior: Social Skills: Demonstrate empathy. (B-SS 4)

SEL Competencies:

- *Self-awareness: identifying emotions.
- *Relationship skills: relationship building, communication, social engagement.
- *Social-awareness: Respect for others, appreciating diversity, perspective-taking, empathy.

ways to show EMPATHY

PERSPECTIVE TAKING

Think about how the other person might be feeling.

LISTEN

Really listen to what they are saying, make eye contact and nod your head to show you are listening.

ACKNOWLEDGE FEELINGS

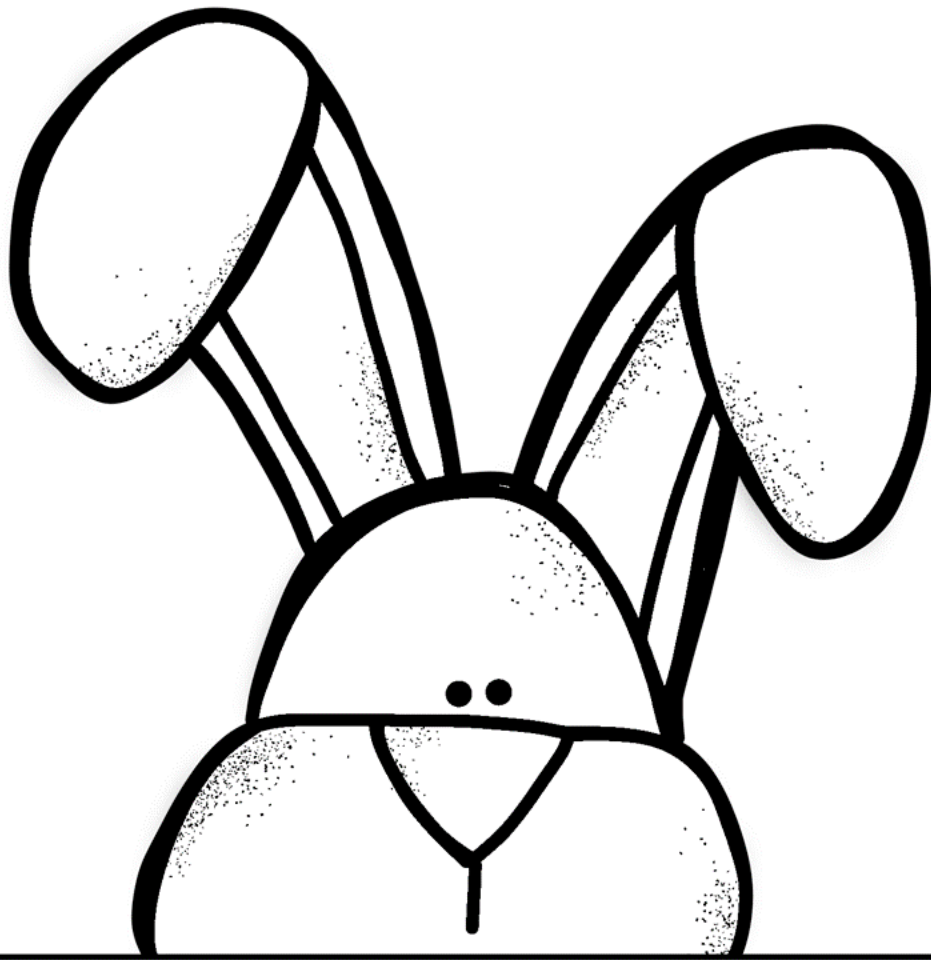
Think about how the person must be feeling and state that, for example "It's sounds like that really hurt your feelings and made you sad."

DON'T JUDGE

Judgement and criticisms are not helpful and often make a person feel worse.

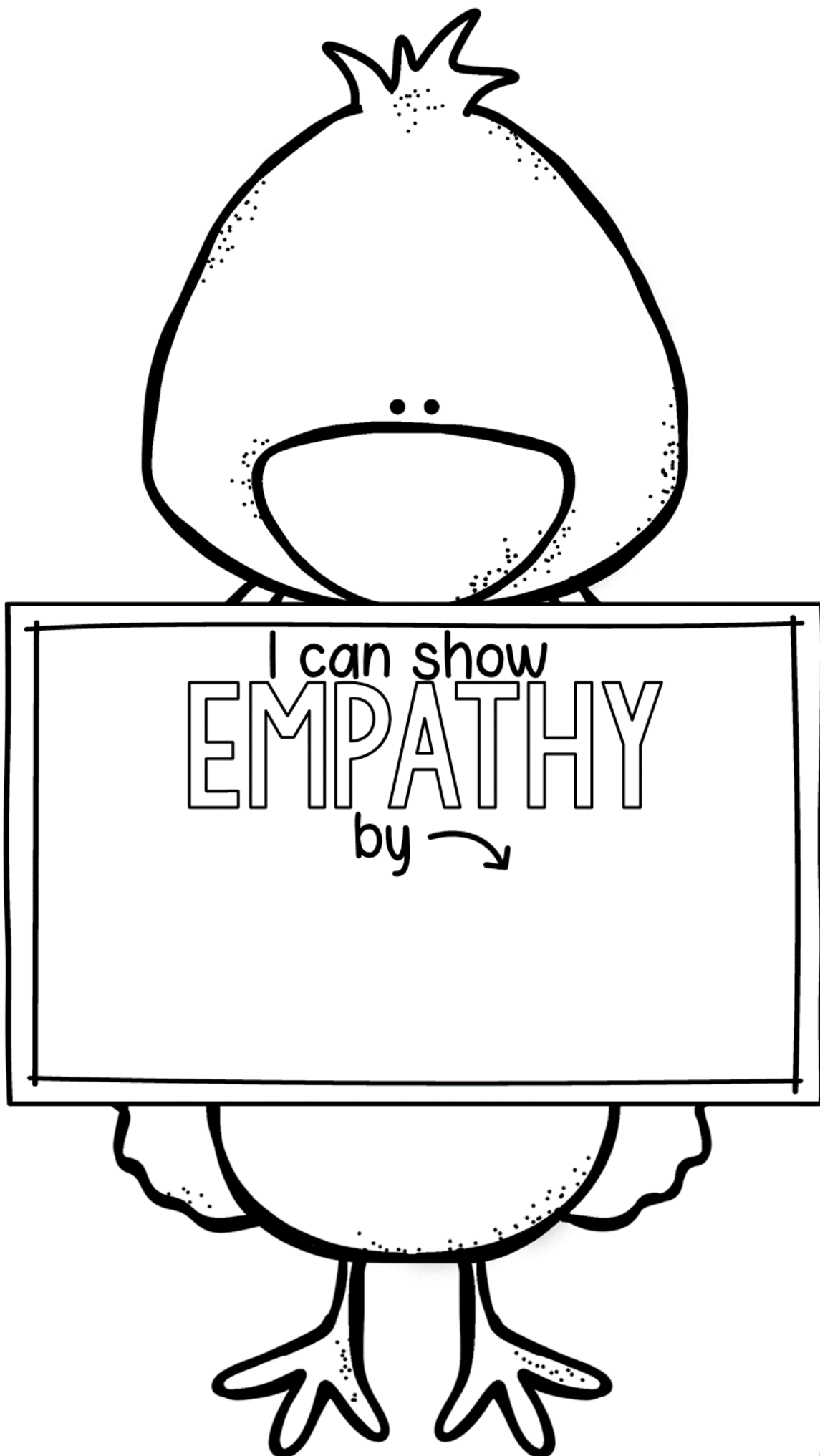
SHOW YOU CARE

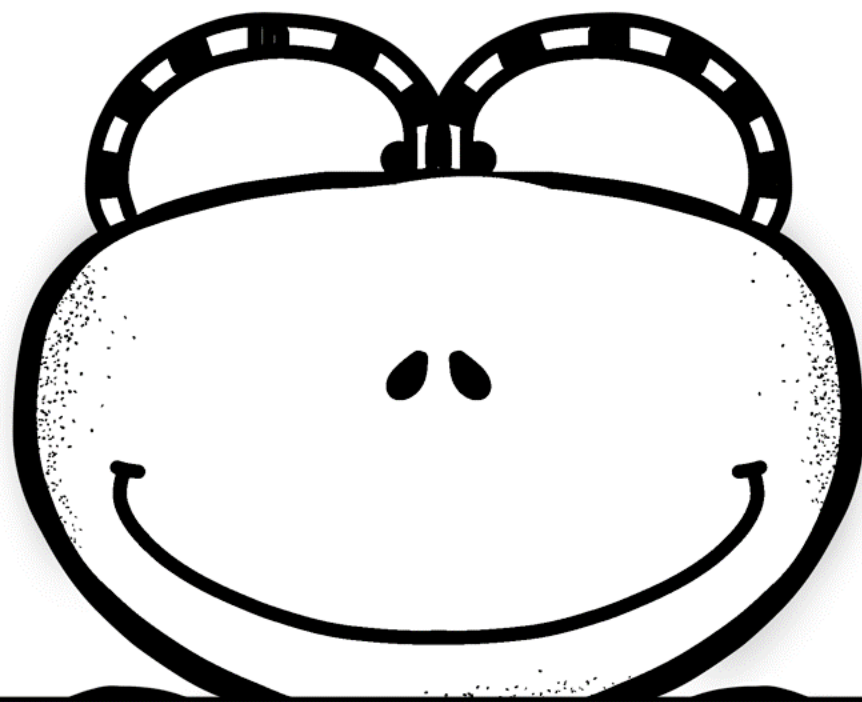
Ask questions and show interest in what they are talking about. Do not interrupt or show signs of disinterest.



I can show
EMPATHY
by →







I can show
EMPATHY
by ↘



WALK IN MY SPRING SHOES



WALK IN MY
SPRING SHOES

PRACTICE EMPATHY

Putting yourself in someone else's shoes means you experience life through another's feelings, another's way of looking at things or their perspective.

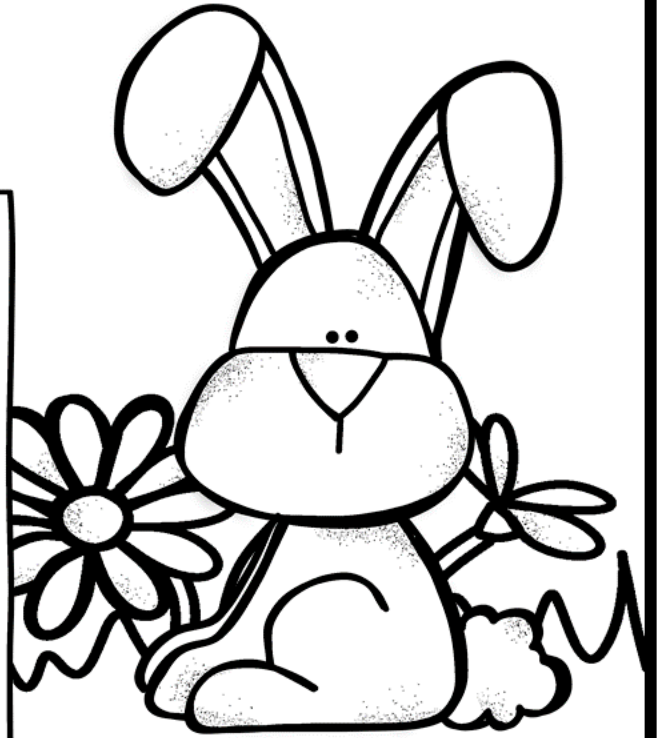
It's not about putting your feelings on them or feeling bad for them, it's imagining and identifying with their situation and their response to it. This is not easy to do, it takes a lot of focus.

Let's look at ways to show empathy and then go through some examples of different situations that some winter characters have dealt with and respond with how we think they might be feeling.



Walk in My Spring Shoes

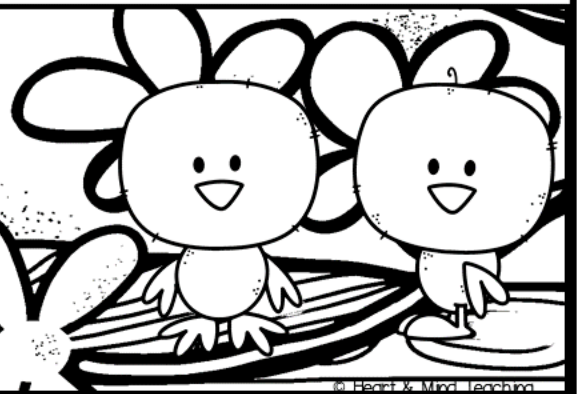
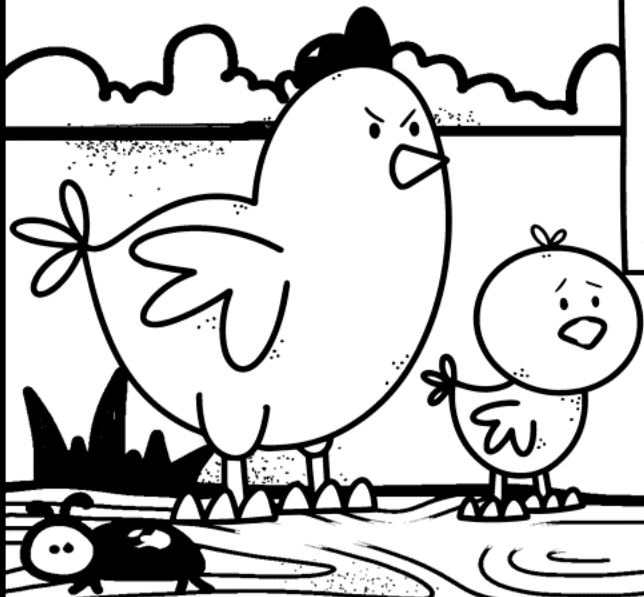
Bunny gets in trouble for hopping around too much. How might he feel? How would you feel?



© Heart & Mind Teaching

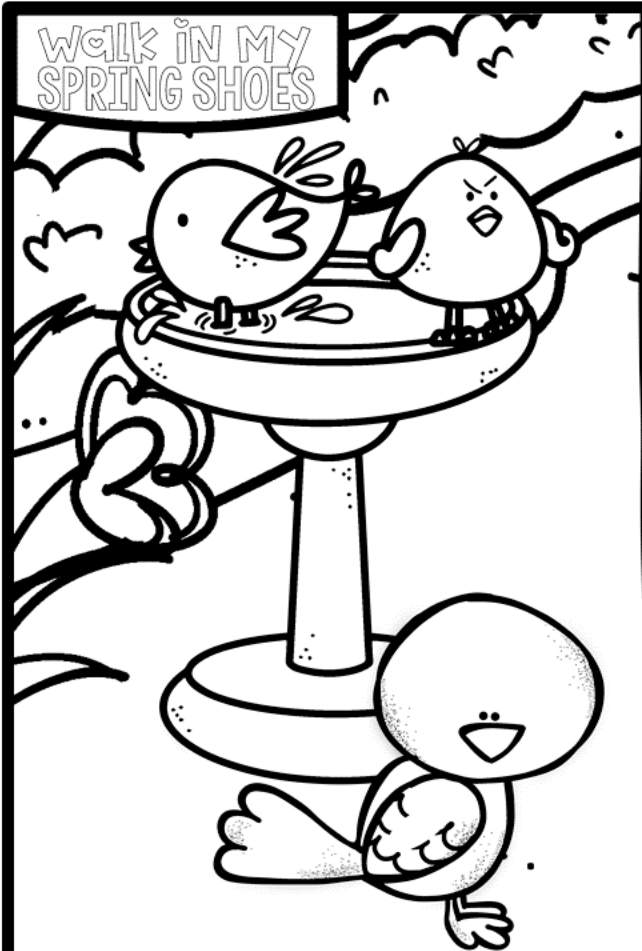
Walk in My Spring Shoes

Mama chick overhears little chick being called a "chicken" for being scared. How might he be feeling? How might his mama be feeling?



© Heart & Mind Teaching

WALK IN MY
SPRING SHOES



A bunch of fellow birds were "tweeting" about blue bird. How might he be feeling?

© Heart & Mind Teaching

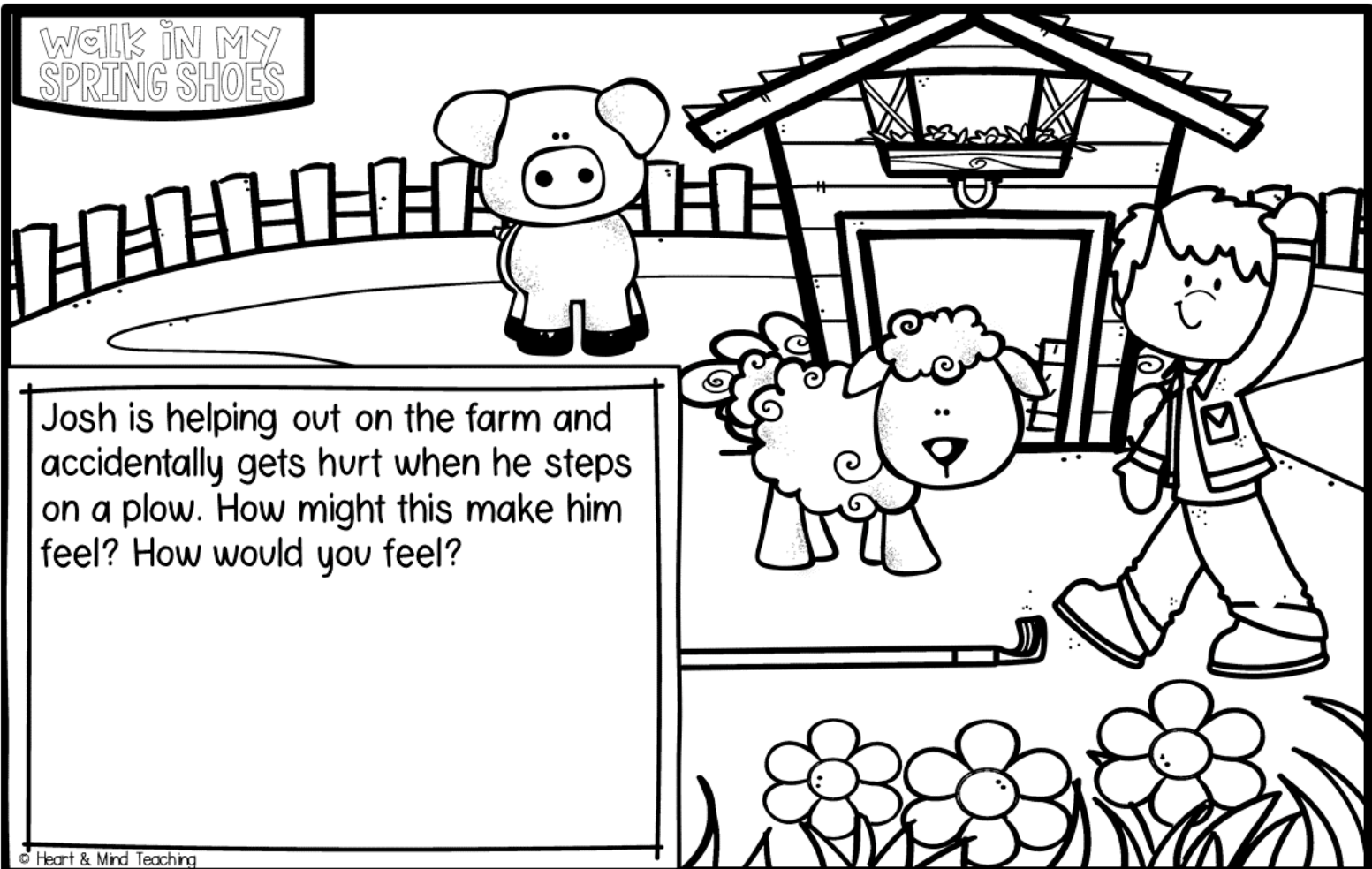
WALK IN MY
SPRING SHOES



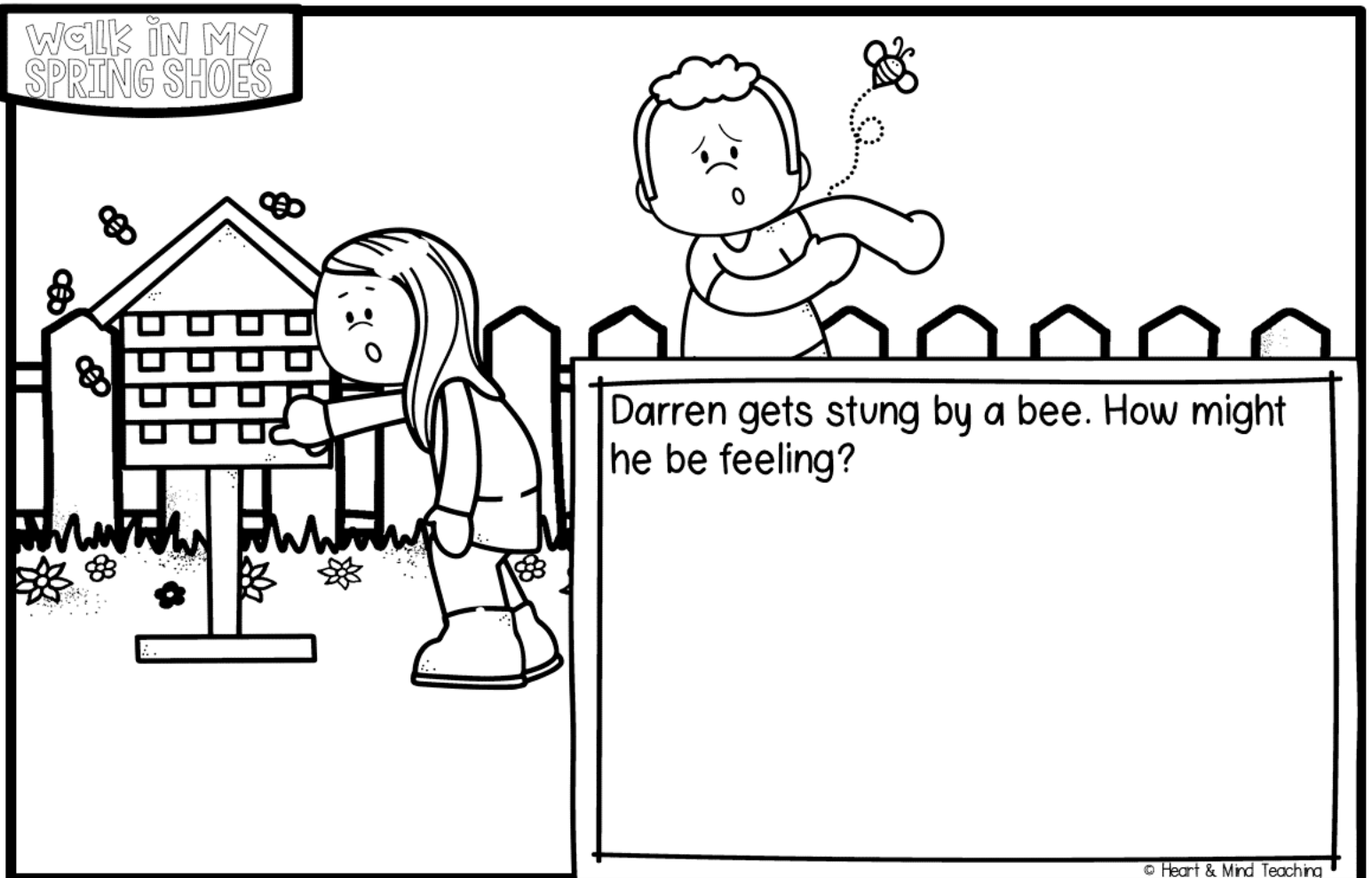
Rabbit gets caught trying to steal a carrot from the garden. How might he be feeling? How might the farmer be feeling?

© Heart & Mind Teaching

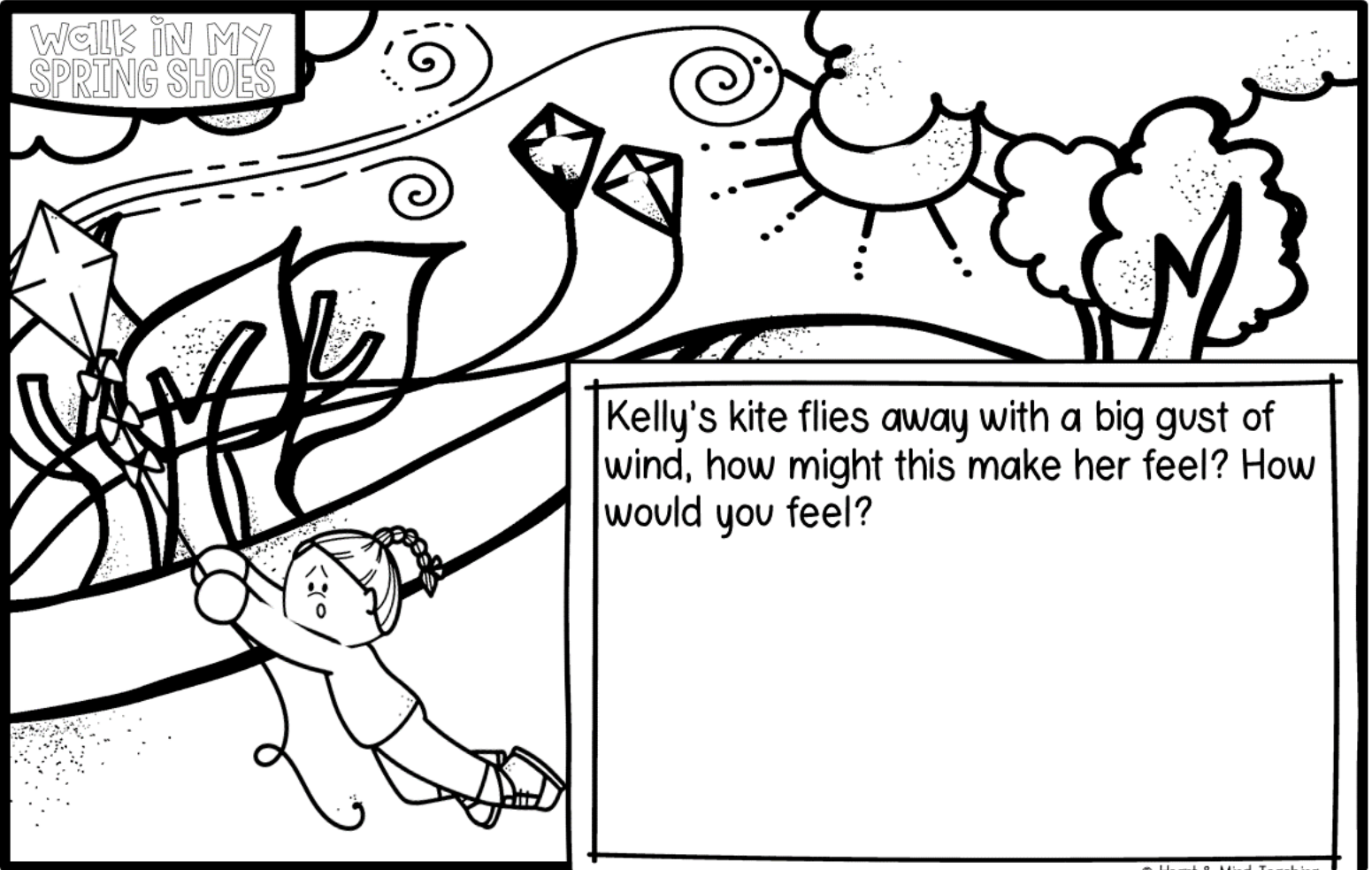
WALK IN MY SPRING SHOES



WALK IN MY SPRING SHOES



WALK IN MY
SPRING SHOES



Kelly's kite flies away with a big gust of wind, how might this make her feel? How would you feel?

© Heart & Mind Teaching

WALK IN MY
SPRING SHOES



Angel is feeding the baby ducklings at the pond and one nips at him. How might he be feeling?

© Heart & Mind Teaching

WALK IN MY SPRING SHOES

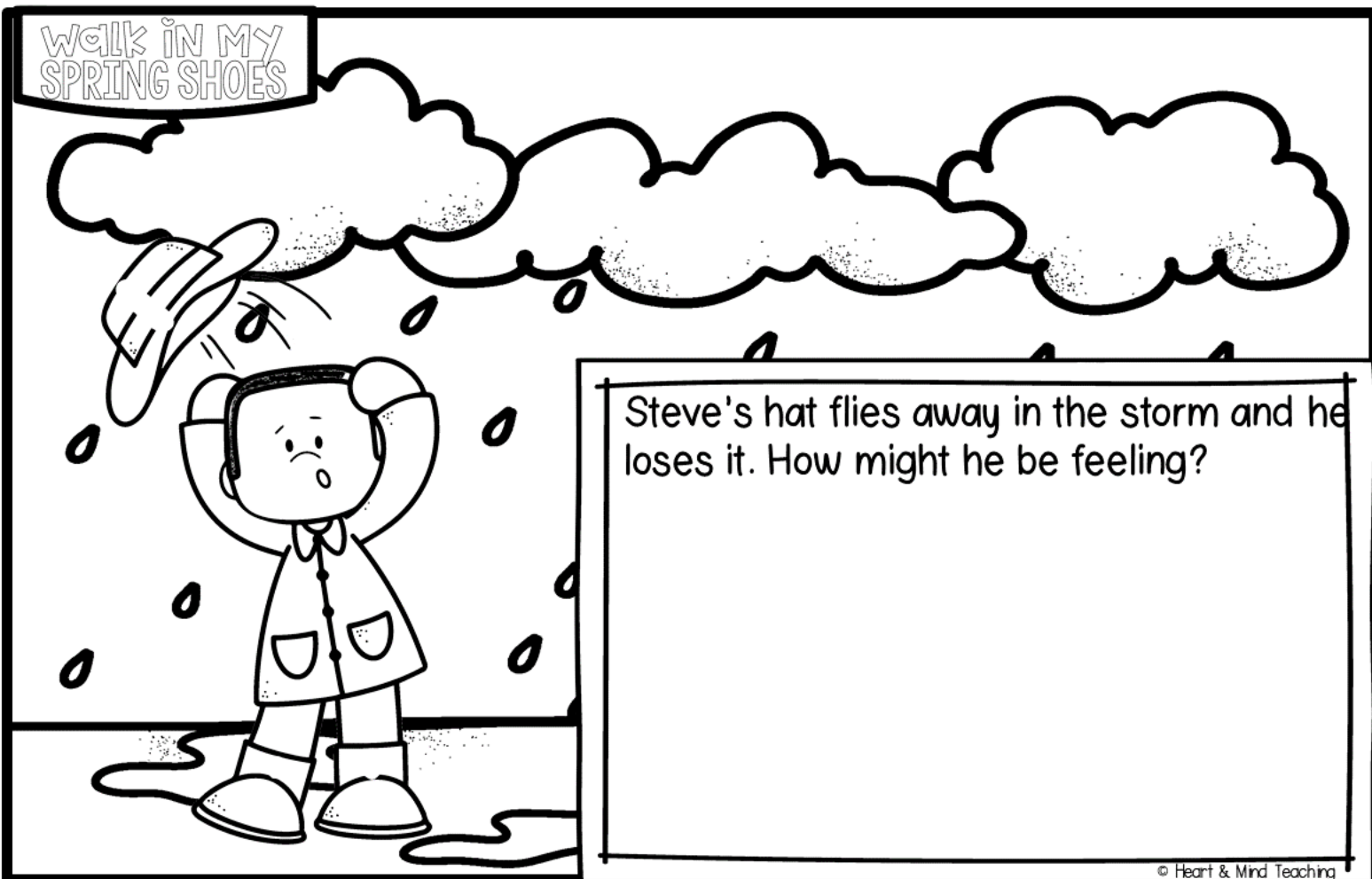
A car drives by Thomas on his walk home from school and splashes him all over, how might this make him feel? How would you feel?



© Heart & Mind Teaching

WALK IN MY SPRING SHOES

Steve's hat flies away in the storm and he loses it. How might he be feeling?



© Heart & Mind Teaching

WALK IN MY SPRING SHOES

Kayla is mowing the lawn and accidentally mows her mother's flower garden, how might this make her feel? How might her mother feel?



© Heart & Mind Teaching

WALK IN MY SPRING SHOES

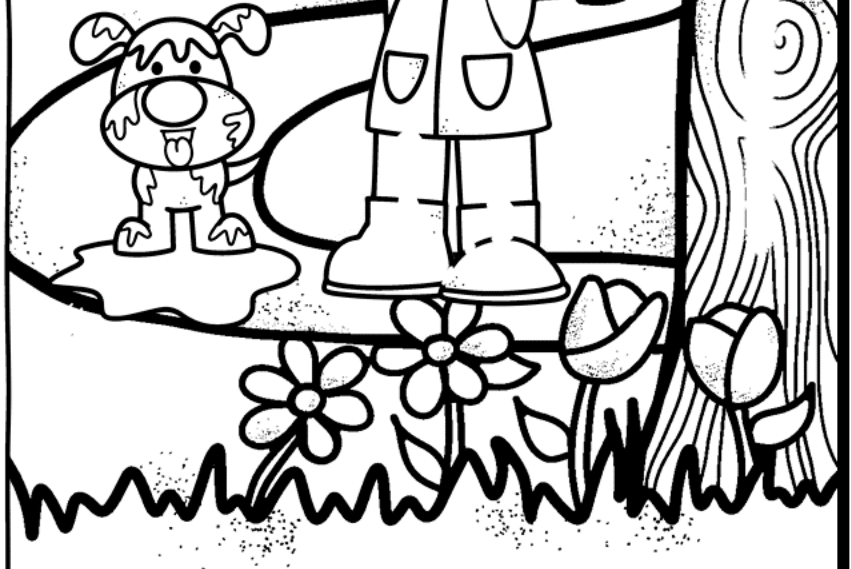
Nishka has seasonal allergies and can't stop sneezing. Her nose and eyes are swollen. How might she be feeling?



© Heart & Mind Teaching

WALK IN MY SPRING SHOES

James takes his dog out for a walk and his dog gets covered in mud, how might this make him feel? How would you feel?



© Heart & Mind Teaching

WALK IN MY SPRING SHOES

Trisha puts her rainboots on and there's a worm inside her boot! How might she be feeling?



© Heart & Mind Teaching

WALK IN MY SPRING SHOES

Alex is outside jumping in the puddles having a great time, how might he be feeling?



© Heart & Mind Teaching

WALK IN MY SPRING SHOES

Zander is outside and sees a lightning storm approaching. How might he be feeling? What should he do?



© Heart & Mind Teaching

WALK IN MY SPRING SHOES



Isabelle got her rain boots stuck in the mud, how might this make her feel?
How would you feel?

© Heart & Mind Teaching



WALK IN MY SPRING SHOES



Ashley is skipping rocks in the pond, everything is quiet and she has time to herself. How might she be feeling?

© Heart & Mind Teaching

WALK IN MY SPRING SHOES

The wind pulls Josh's umbrella and he gets all wet. How might this make him feel? How would you feel?



© Heart & Mind Teaching

WALK IN MY SPRING SHOES

Tomas has been bird watching for an hour and finally sees a bird up close. How might he be feeling?



© Heart & Mind Teaching

WALK IN MY SPRING SHOES

Stephanie is feeding the birds in the park and runs out of feed, how might this make her feel?



© Heart & Mind Teaching

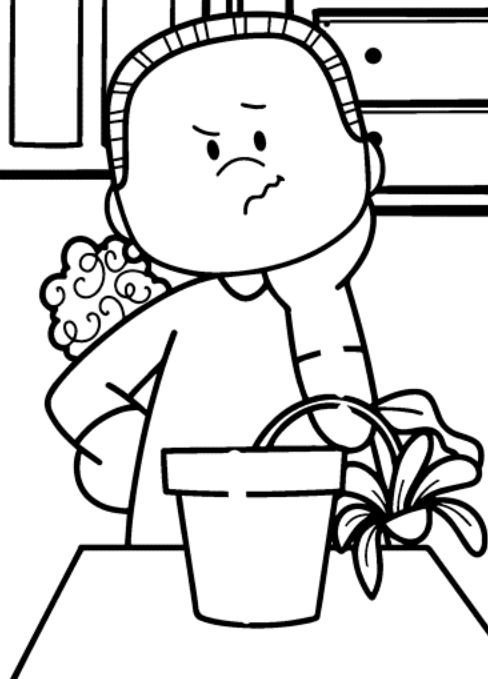
WALK IN MY SPRING SHOES

A spring shower starts out of nowhere and Chris is stuck without an umbrella. How might he feel?



© Heart & Mind Teaching

WALK IN MY
SPRING SHOES



Latoya is trying hard but it seems like no matter what she does, her plant dies. How might this make her feel? How would you feel?

© Heart & Mind Teaching

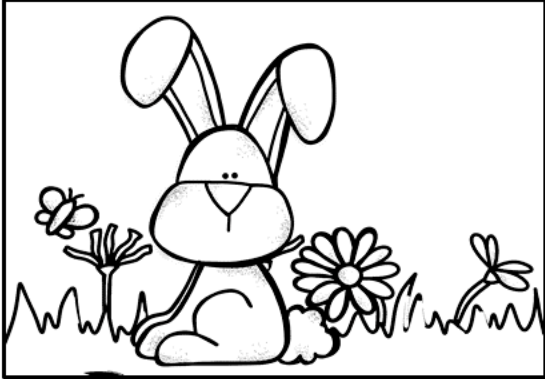
WALK IN MY
SPRING SHOES



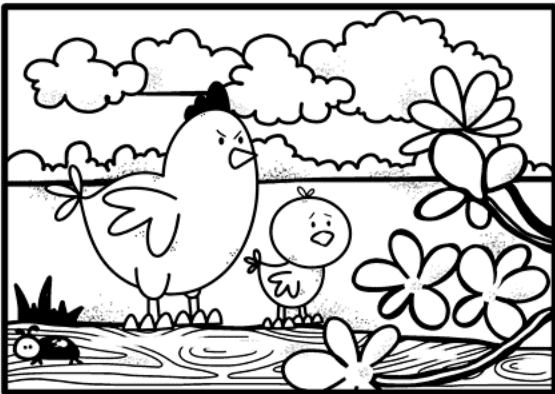
Daydra's mom told her to do some spring cleaning, and her room is a mess. She would rather do anything else. How might she be feeling?

© Heart & Mind Teaching

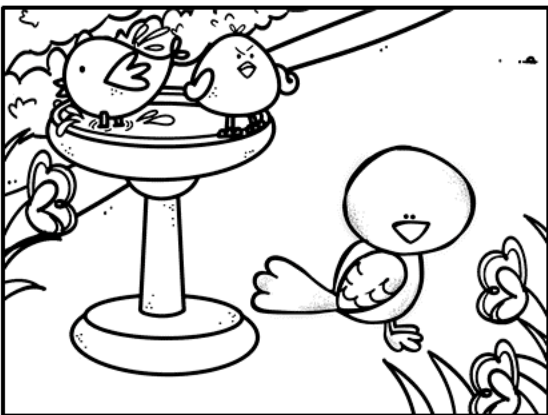
WALK IN MY SPRING SHOES



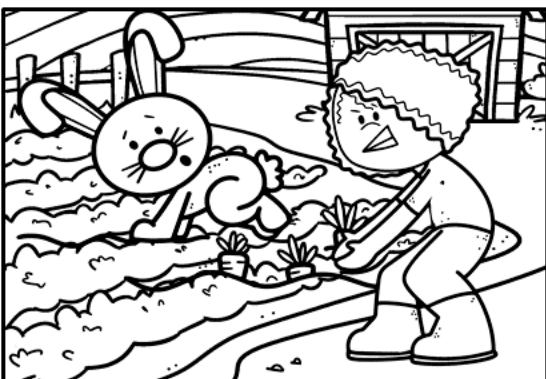
Bunny gets in trouble for hopping around too much. How might he feel? How would you feel?



Mama chick overhears little chick being called a "chicken" for being scared. How might he be feeling? How might his mama be feeling?

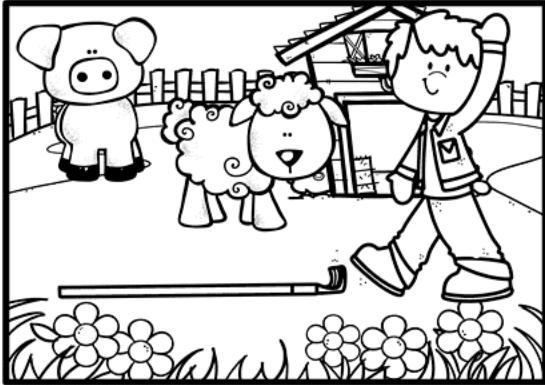


A bunch of fellow birds were "tweeting" about blue bird. How might he be feeling?

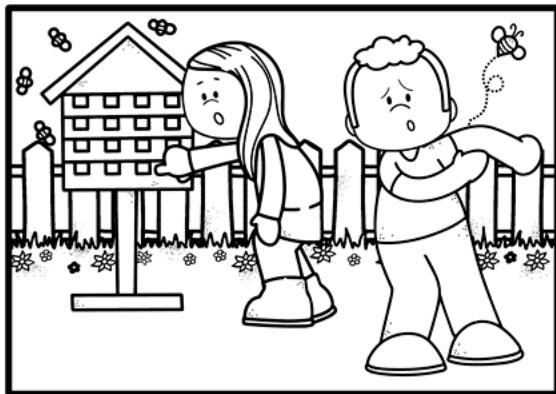


Rabbit gets caught trying to steal a carrot from the garden. How might he be feeling? How might the farmer be feeling?

WALK IN MY SPRING SHOES



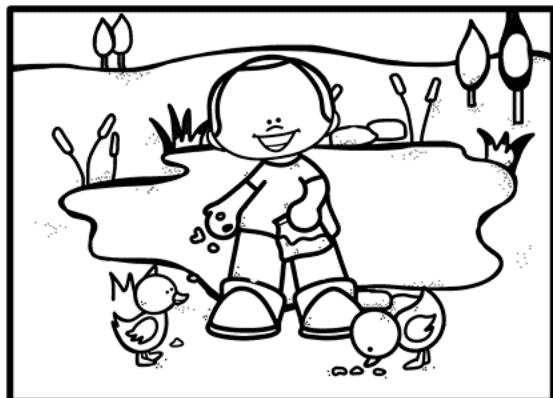
Josh is helping out on the farm and accidentally gets hurt when he steps on a plow. How might this make him feel? How would you feel?



Darren gets stung by a bee. How might he be feeling?



Kelly's kite flies away with a big gust of wind, how might this make her feel? How would you feel?

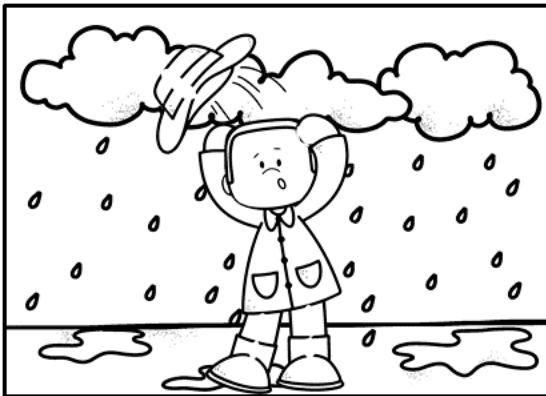


Angel is feeding the baby ducklings at the pond and one nips at him. How might he be feeling?

WALK IN MY SPRING SHOES



A car drives by Thomas on his walk home from school and splashes him all over, how might this make him feel? How would you feel?



Steve's hat flies away in the storm and he loses it. How might he be feeling?



Kayla is mowing the lawn and accidentally mows her mother's flower garden, how might this make her feel? How might her mother feel?



Nishka has seasonal allergies and can't stop sneezing. Her nose and eyes are swollen. How might she be feeling?

WALK IN MY SPRING SHOES



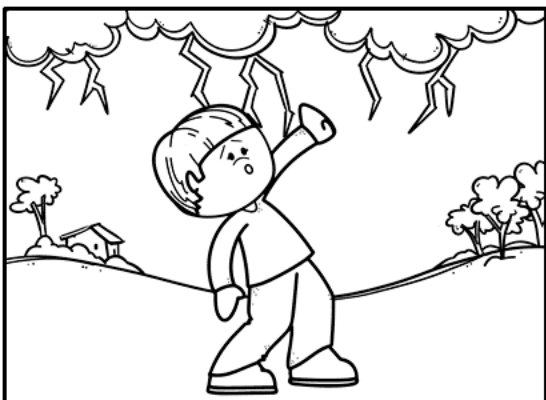
James takes his dog out for a walk and his dog gets covered in mud, how might this make him feel? How would you feel?



Trisha puts her rainboots on and there's a worm inside her boot! How might she be feeling?

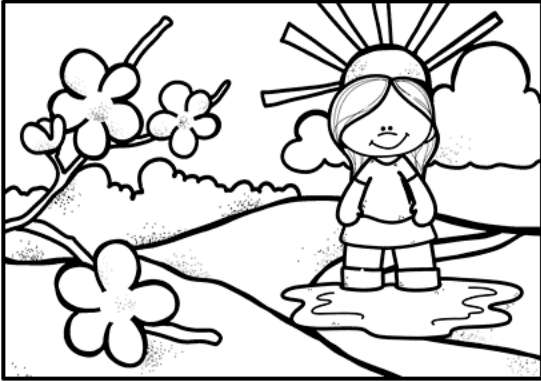


Alex is outside jumping in the puddles having a great time, how might he be feeling?

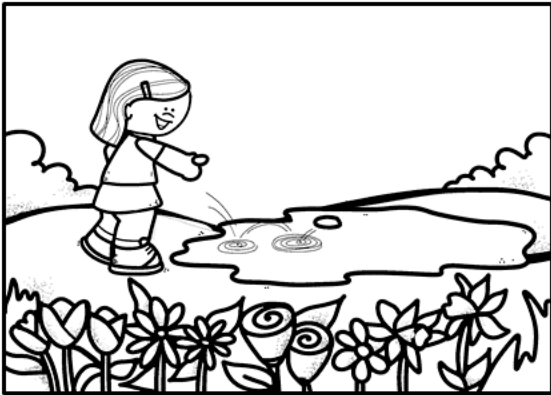


Zander is outside and sees a lightning storm approaching. How might he be feeling? What should he do?

WALK IN MY SPRING SHOES



Isabelle got her rain boots stuck in the mud, how might this make her feel? How would you feel?



Ashley is skipping rocks in the pond, everything is quiet and she has time to herself. How might she be feeling?



The wind pulls Josh's umbrella and he gets all wet. How might this make him feel? How would you feel?



Tomas has been bird watching for an hour and finally sees a bird up close. How might he be feeling?

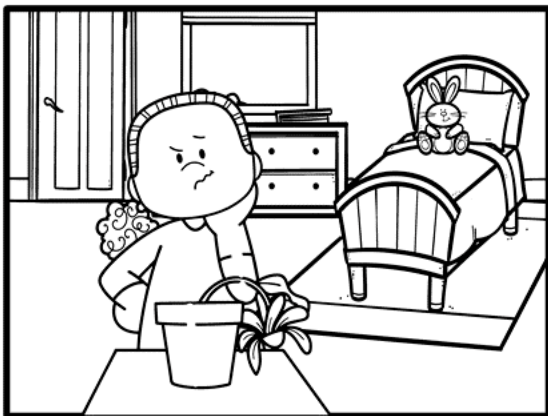
Walk in My Spring Shoes



Stephanie is feeding the birds in the park and runs out of feed, how might this make her feel?



A spring shower starts out of nowhere and Chris is stuck without an umbrella. How might he feel?



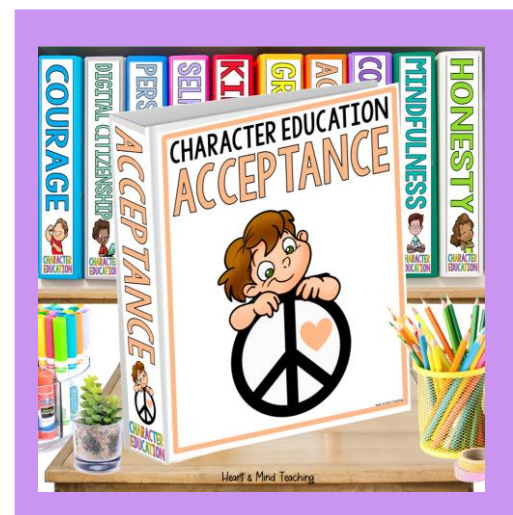
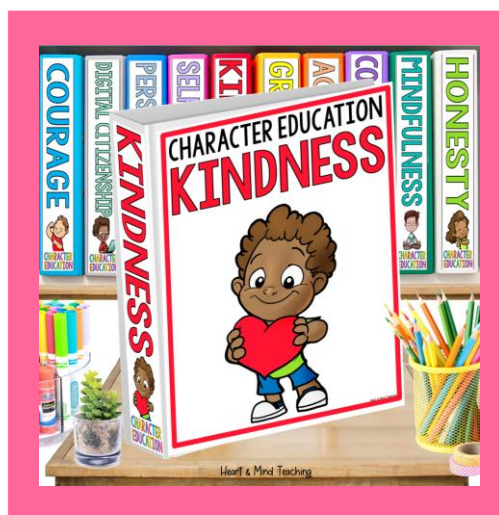
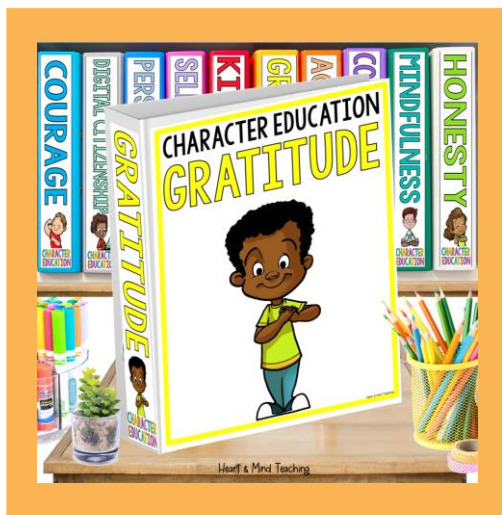
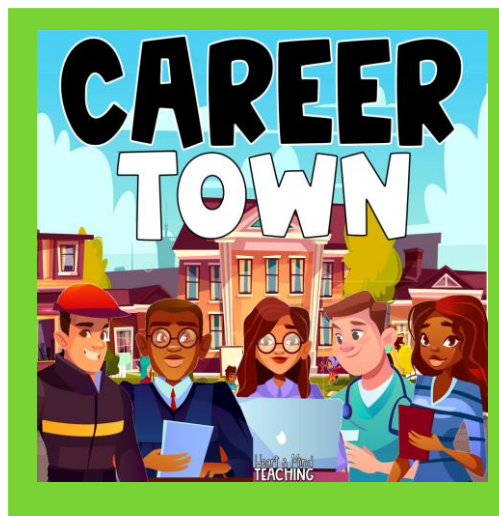
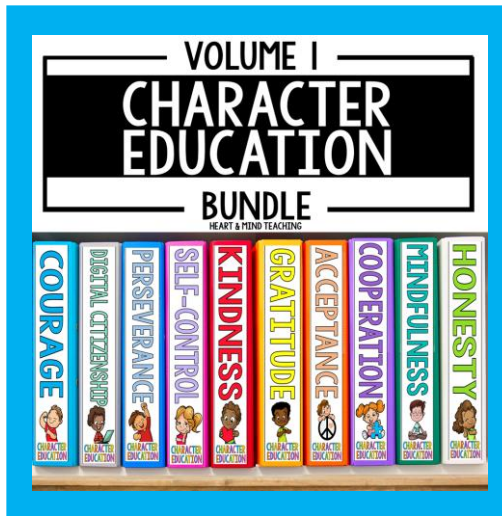
Latoya is trying hard but it seems like no matter what she does, her plant dies. How might this make her feel? How would you feel?



Daydra's mom told her to do some spring cleaning, and her room is a mess. She would rather do anything else. How might she be feeling?

CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



COUNSELOR
Collab
—with Laura & Ashley—



Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let Laura from [Music City Counselor](#) and Ashley from [Heart and Mind Teaching](#) do the work for you!

CLICK TO COLLAB

MEMBER Perks

- ♥ Data-driven resources by theme.
- ♥ \$35+ value of ready-to-use materials.
- ♥ Lessons, group curriculums, forms, & activities.
- ♥ Tier 1, 2, and 3 research-based resources.
- ♥ No contracts, cancel anytime.

HEART+MIND
TEACHING



THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

LET'S BE FRIENDS


Ashley

Access my
Freebie
Library



FOLLOW FOR EXCLUSIVE SAVINGS

New products are 50% off for 24hrs.

CLICK HERE

★ HOW CAN YOU EARN TPT CREDITS? When you leave feedback, TpT rewards you with credits that you can use toward future purchases.

ACCESS MY FREEBIE LIBRARY

Join my Newsletter to be informed of all future added freebies.

I WANT FREEBIES

TERMS OF USE

© Heart and Mind Teaching, 2023. All rights reserved. Purchase of this item entitles the purchaser the right to reproduce for classroom, personal, and google classroom use only. Use in multiple classrooms, requires the purchase of additional licenses. Redistribution or duplication of this product is strictly forbidden without the written permission of the publisher. Copying any part of this product and placing it on a publicly accessible website is strictly forbidden and is a violation of the Digital Millennium Copyright Act (DMCA). You may post this for single-classroom use on a password protected student site such as google classroom. **You may NOT post my products on any public, for-profit, or commercial websites or entities, such as Outschool.** Please do not sell or distribute any part of this as your own. Thank you for abiding by universally accepted codes of professional ethics while using this product.



If you have any questions or concerns please email me at:

heartandmindteaching@gmail.com

CREDITS

kimberly
geswein
fonts

