

WALK IN MY HOLIDAY SHOES



WALK IN MY HOLIDAY 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 handouts, read each example and ask students the questions to have them practice perspective taking and empathy. You can also make the workbook for students to write in their responses. Make it a bulletin board by having students pick a holiday character and write how they will show empathy.

*"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

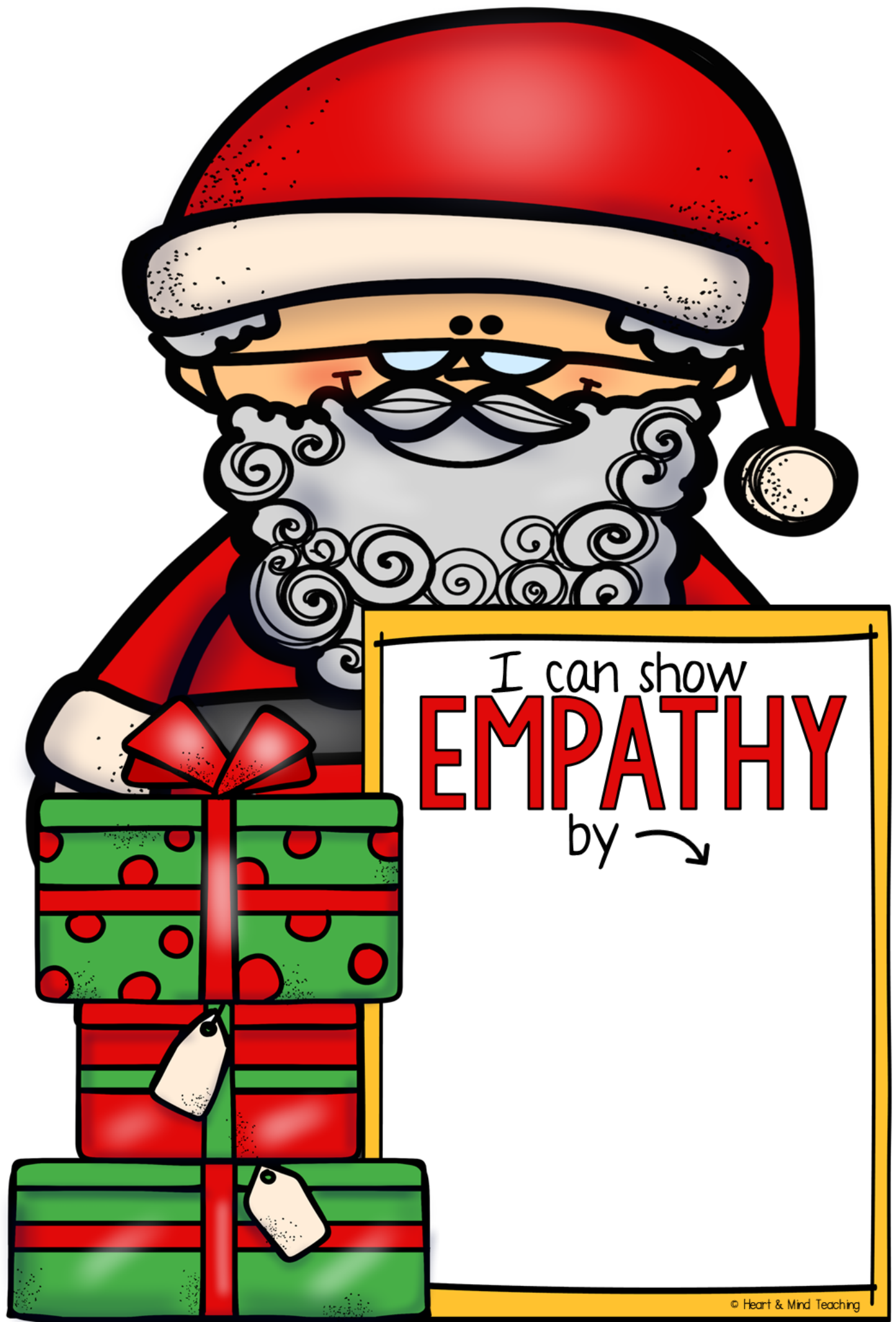
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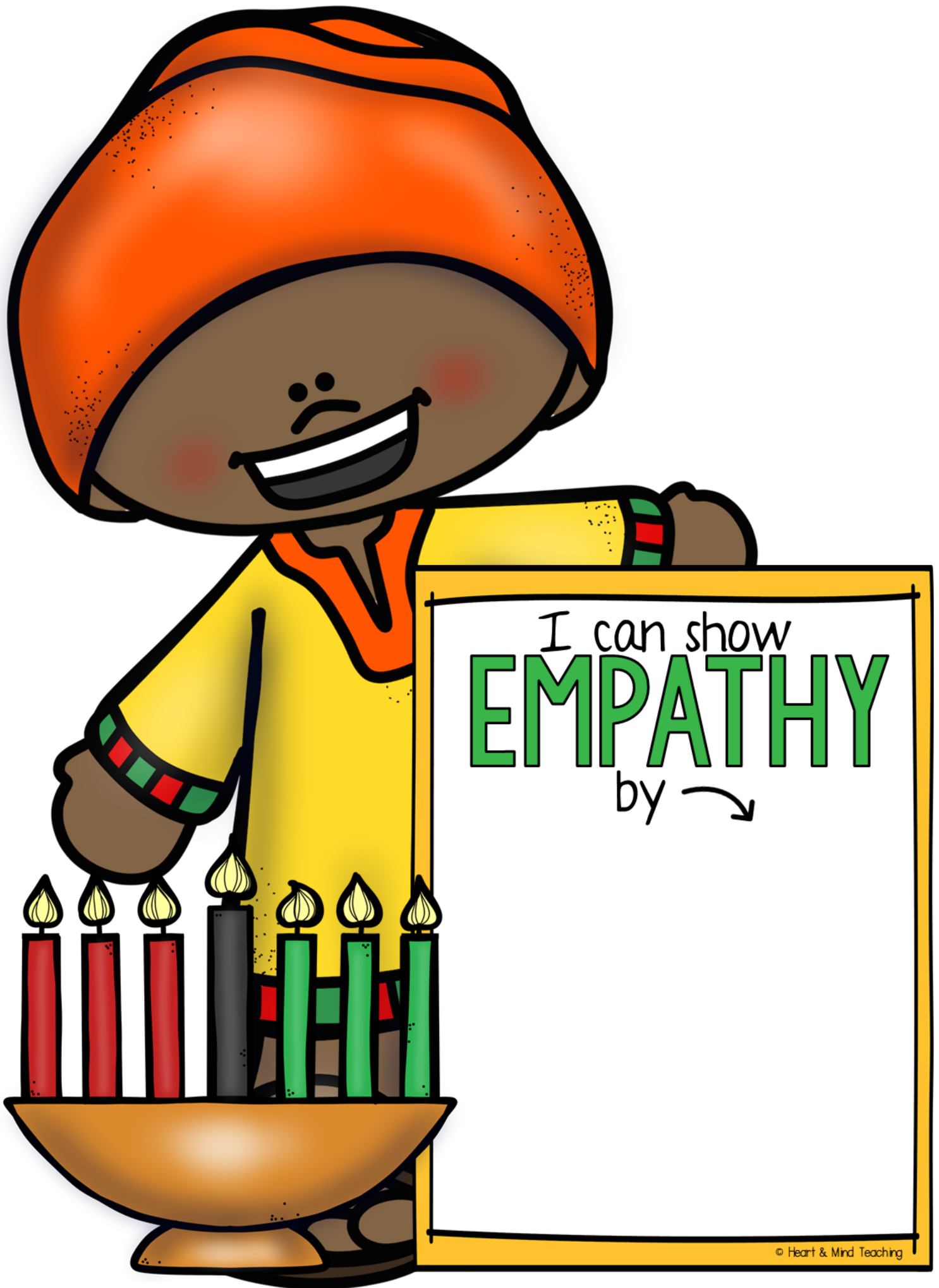
DON'T JUDGE

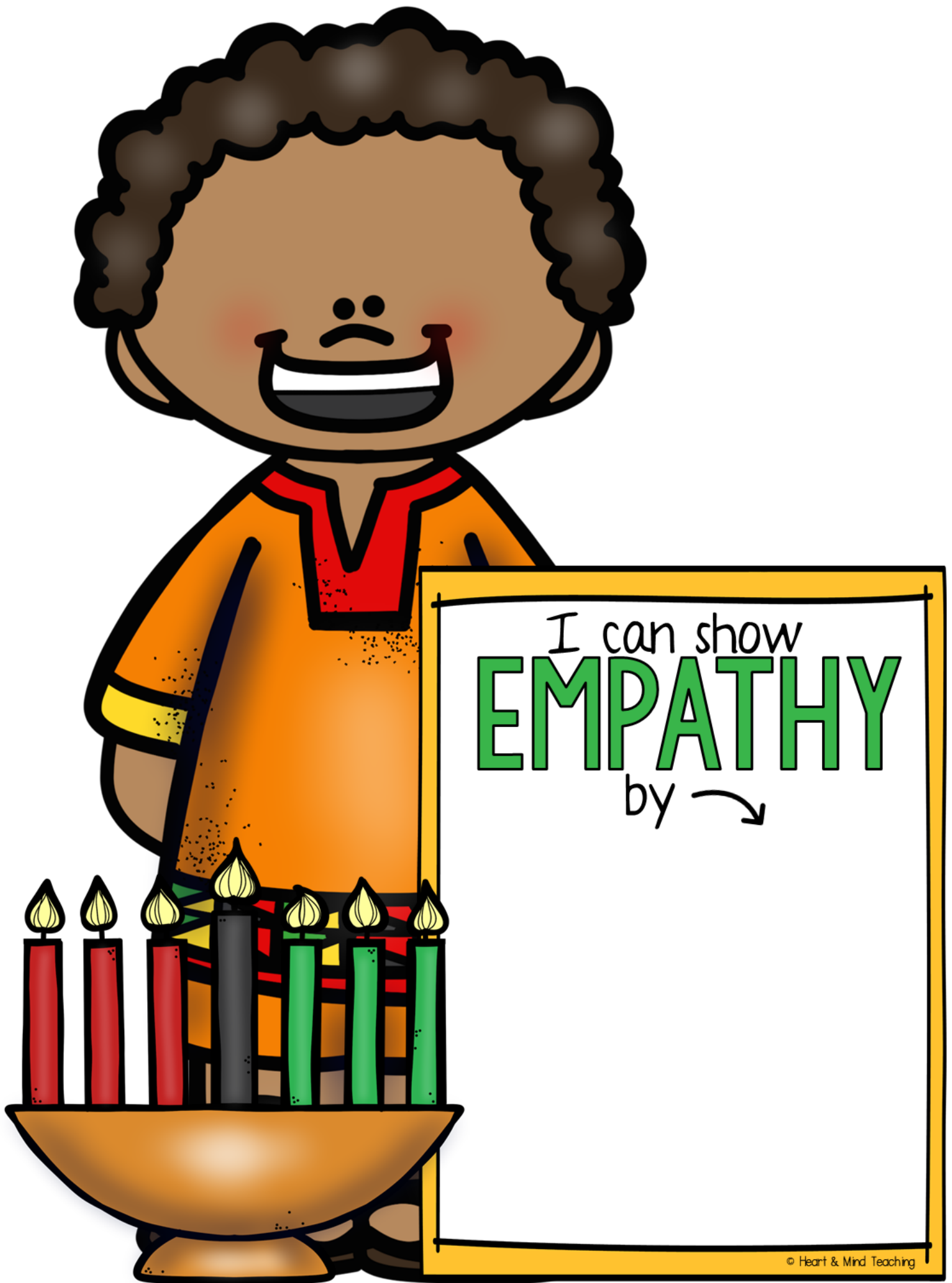
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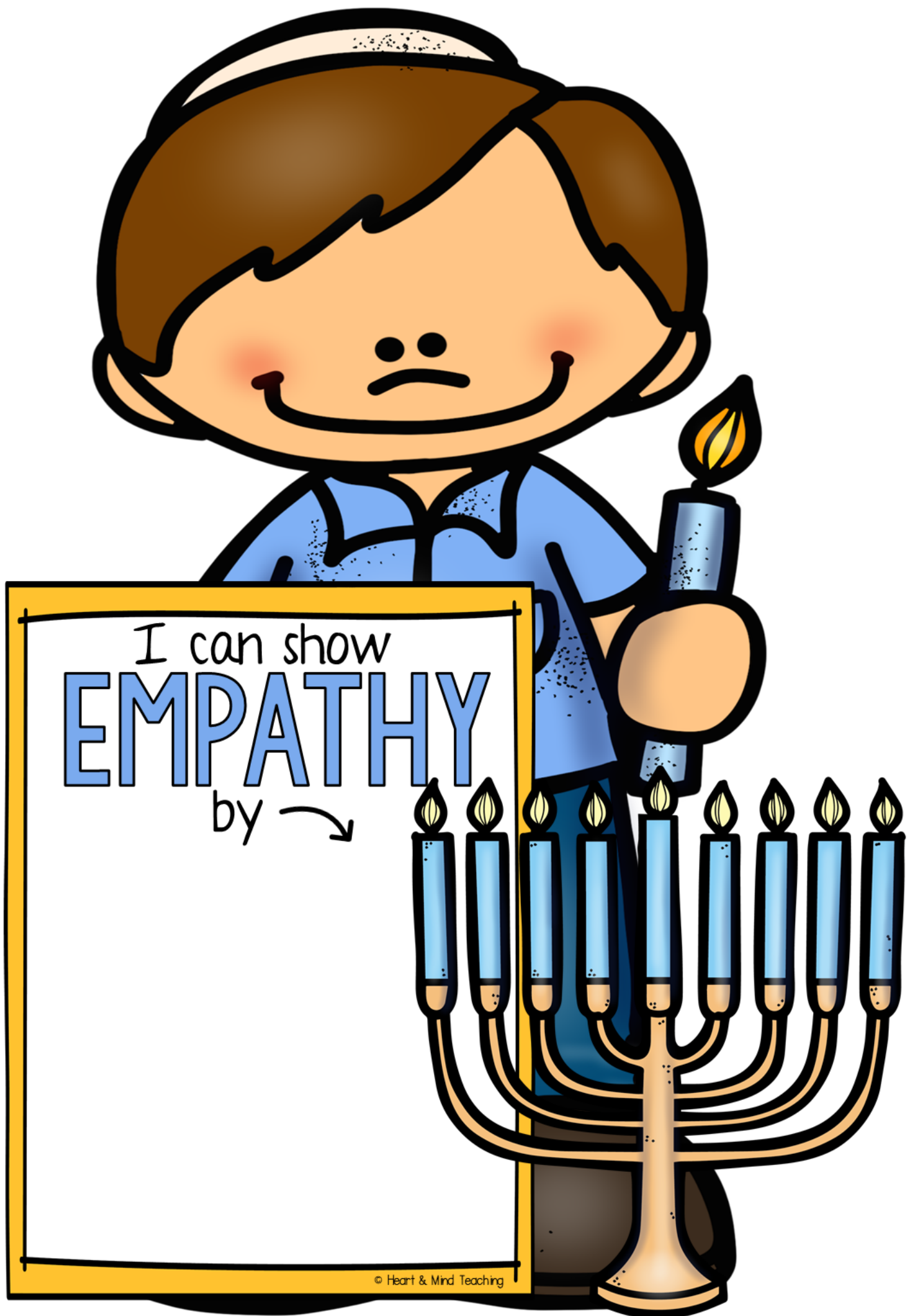
SHOW YOU CARE

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



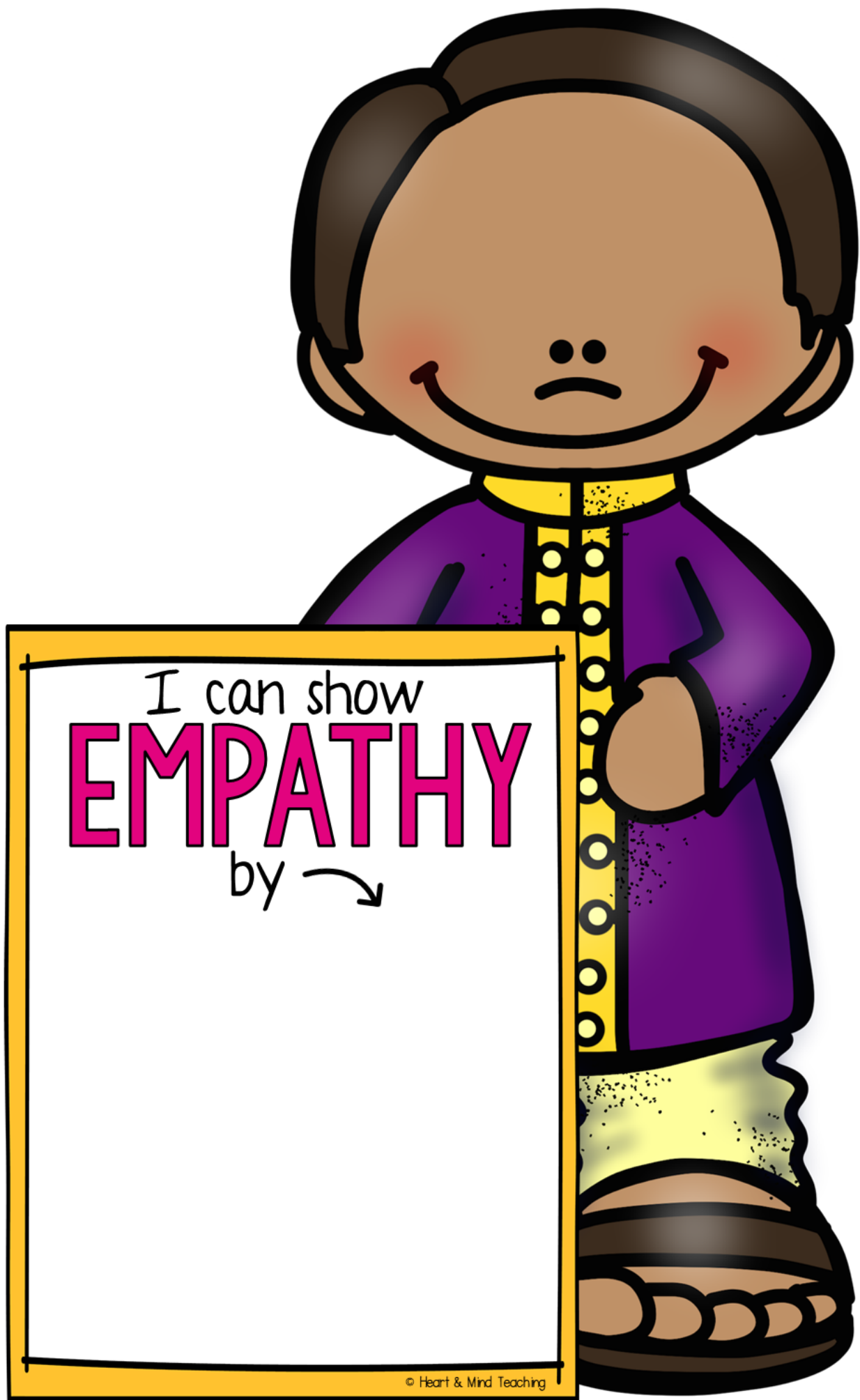


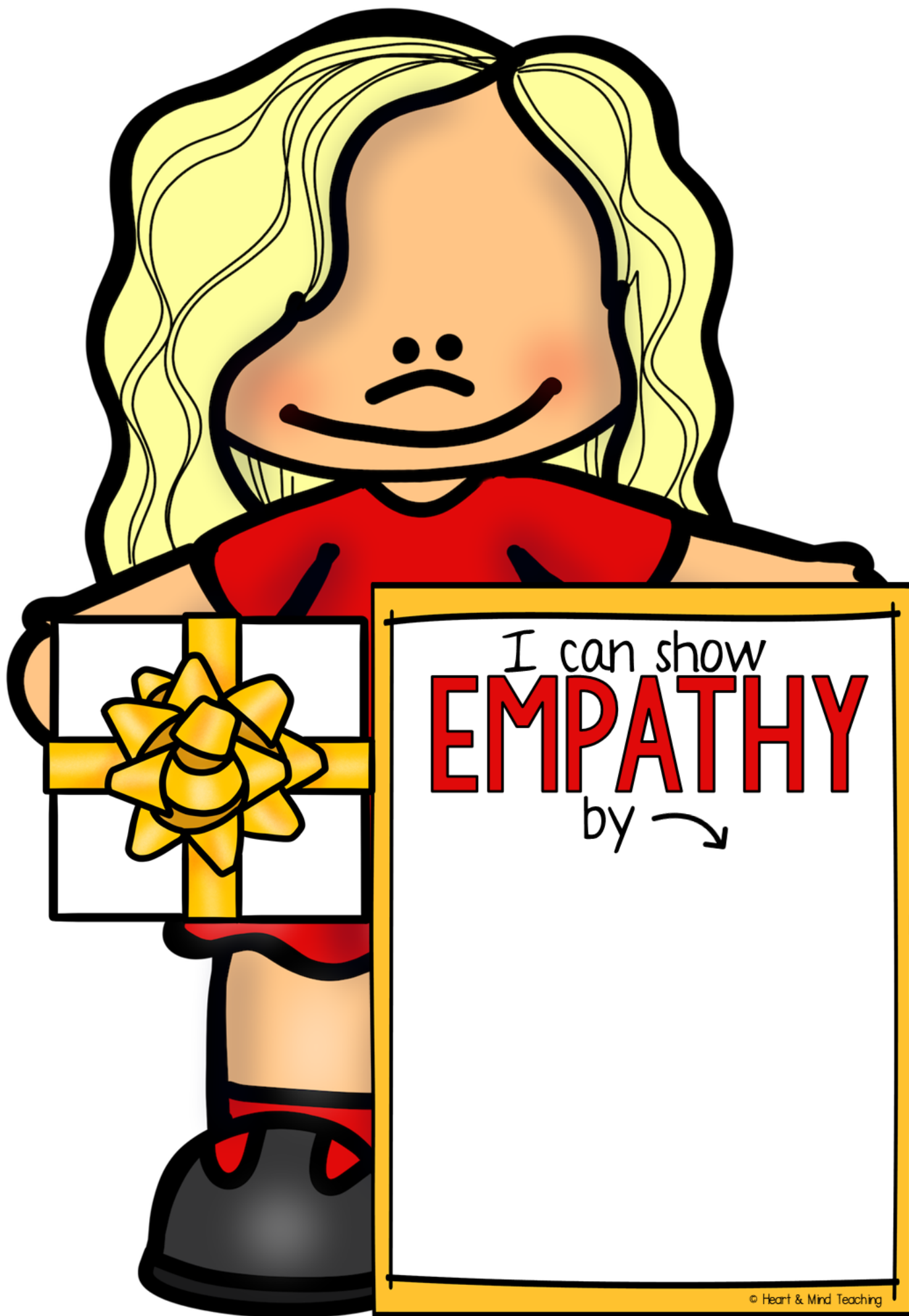






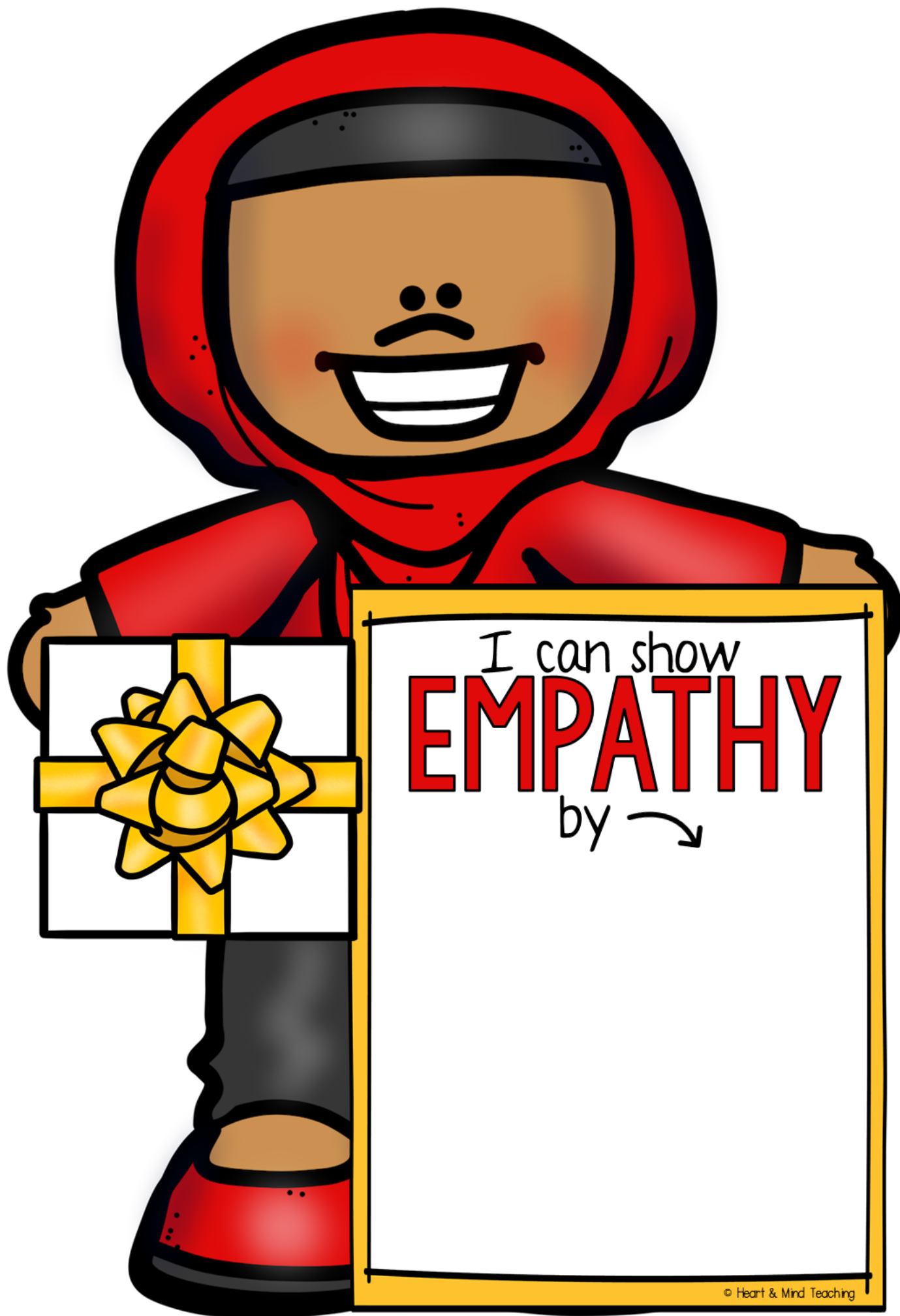




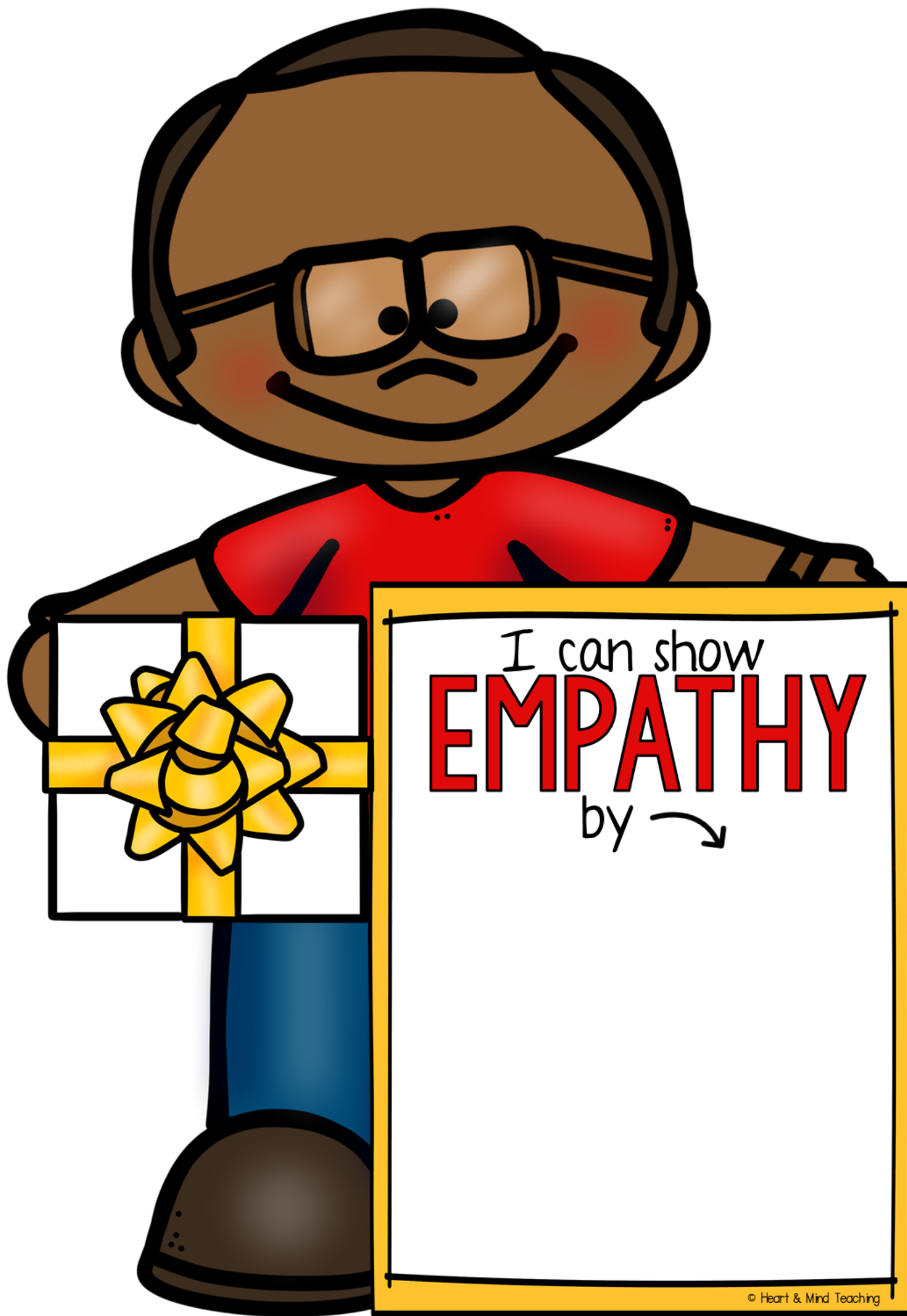




I can show
EMPATHY
by →



I can show
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Walk in My HOLIDAY SHOES

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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 fall characters have dealt with and respond with how we think they might be feeling.



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Walk in My HOLIDAY SHOES



Brian gives his sister the gift she was hoping to get for Christmas. How might his sister be feeling? How might Brian feel?

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Rachel is supposed to light the menorah tonight with her family but, she was invited to a friend's house and wants to go. How might she be feeling?

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Elijah's family gathers for their Kwanzaa Feast (Karamu). Everyone brings something to contribute, but Elijah forgot to bring anything. How might he be feeling? What can he do?

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Santa is ready to head out to deliver Christmas presents, but he can't find his reindeer. How might he be feeling?



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While playing a game of Dreidel, David notices his sister has more gelt (chocolate gold coins) than he does. How might he be feeling?

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Alexander waited up most of the night to try to catch Santa delivering gifts, but he fell asleep and missed him. How might this make him feel?



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Rudolph gets teased by the other reindeer because of his red nose. They never include him in any reindeer games. How might this make him feel?



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Jacob's parents just burned the Hanukkah dinner and the guests have just arrived. How might his parents be feeling?



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Riley is eating Holiday dinner with his family, and a few family members start arguing. How might this feel? How would you feel?



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Kristine wakes up and realizes it is Christmas morning. She sees gifts under the tree and knows her relatives will be here soon. What might she be feeling?

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Dean's family goes to pick out their Christmas tree, but there aren't any good trees left. How does he feel? How would you feel? What would you do?

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Sarah promised her mom she would pick up the sufganiyot (jelly-filled donut) from the bakery, but she waited too long to get it. Now there are only a few left, and it's not enough for her whole family. How might her mom feel? How might Sarah feel?



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Tiana and her friend are making a gingerbread house. They have been working on it for hours and are about to finish when her dog jumps and breaks it. How might they be feeling?



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Deon sees that his cousin looks sad at the family's Kwanzaa gathering. He comforts him and tries to cheer him up. How might this make Tomas feel? How might his cousin feel?



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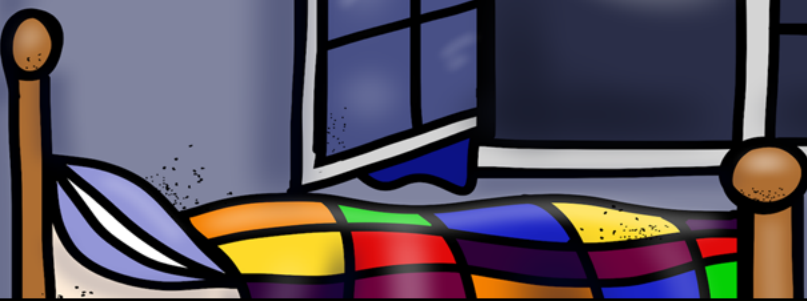


Marcus' mom cannot afford to buy much this year for Christmas. How might this make her feel? How would Marcus feel? How would you feel?



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Jameson donates toys for the holiday toy drive at school. How might this make him feel? How would the child receiving the gift feel?



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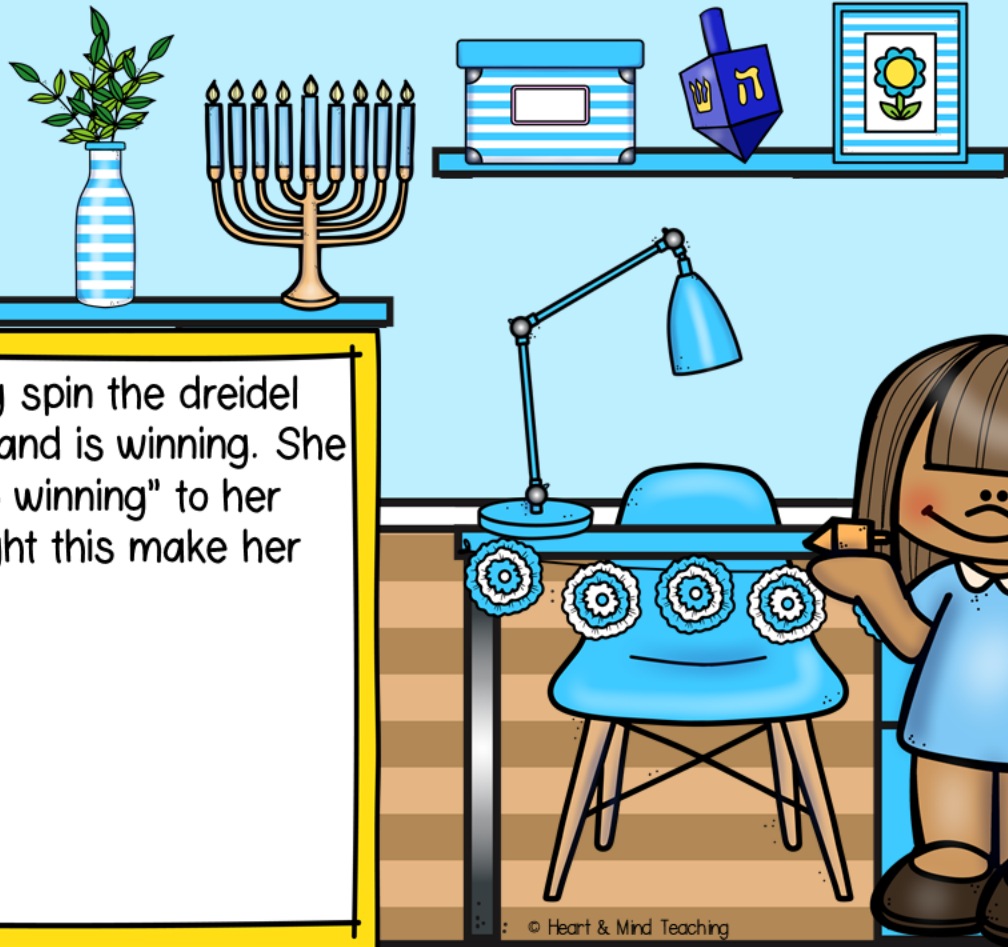
Tomas' cat knocks the Christmas Tree over, and all the ornaments fall on him. How might Tomas feel?



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Hannah is playing spin the dreidel with her cousins and is winning. She says, "HA HA I'm winning" to her cousins. How might this make her cousins feel?



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Don's family gathers to all drink from the Unity Cup for Kwanzaa, and he accidentally spills some on his shirt. How does he feel? How would you feel?

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Tabitha is a delivery driver and has been working long hours to make holiday deliveries. One of her customers gives her some treats and thanks her. How might this make her feel?

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Joshua is unwrapping his gift and sees that his parents did not get him the gift he wanted for Christmas. How would this make him feel? How would you feel? What should you do?



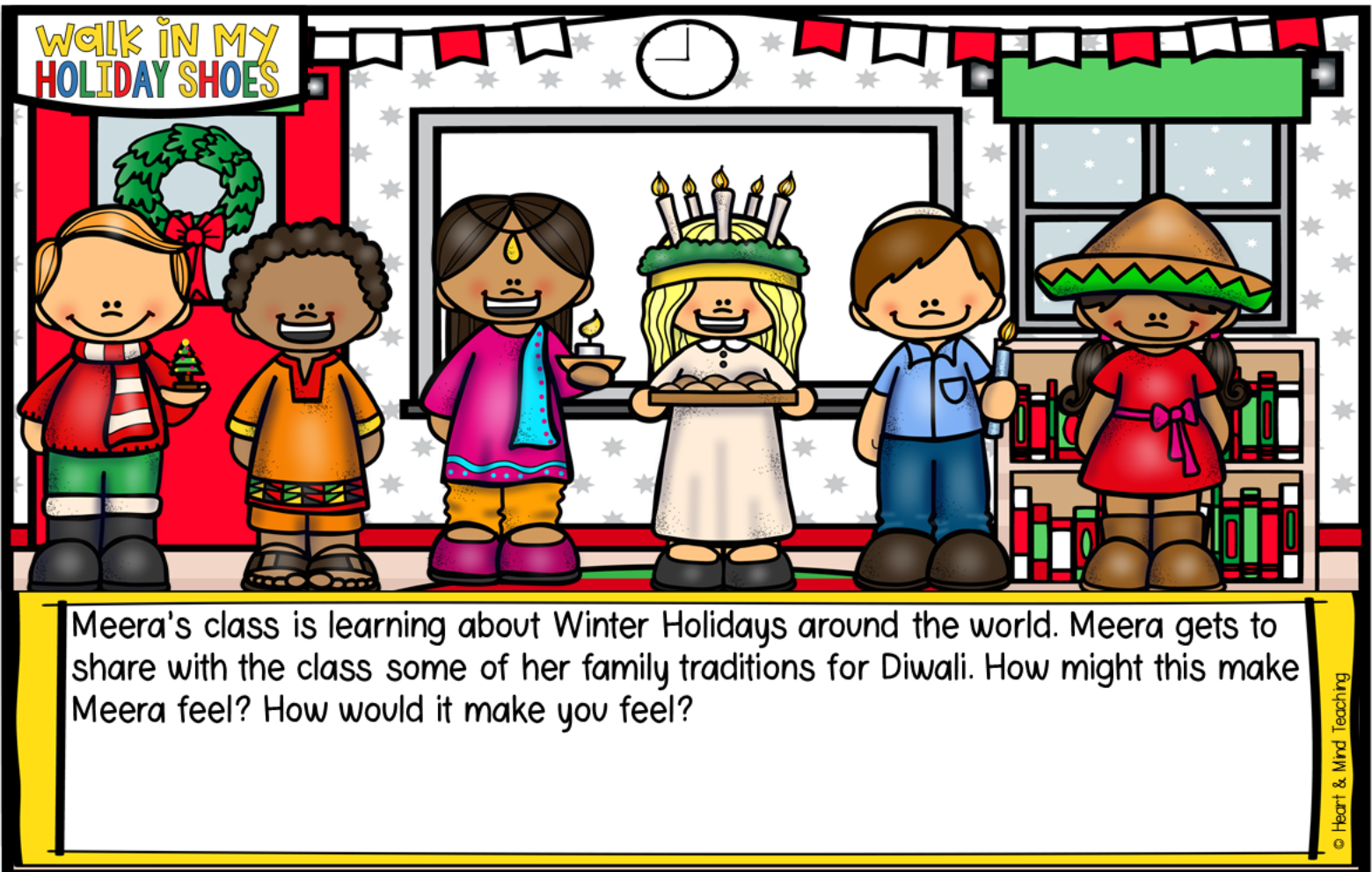
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Walk in My HOLIDAY SHOES

Leah has not seen her grandmother in two years, and she has arrived to celebrate Hanukkah with them. How might Leah be feeling? How might her grandmother be feeling?



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Brian gives his sister the gift she was hoping to get for Christmas. How might his sister be feeling? How might Brian feel?



Rachel is supposed to light the menorah tonight with her family, but she was invited to a friend's house and wants to go. How might she be feeling?



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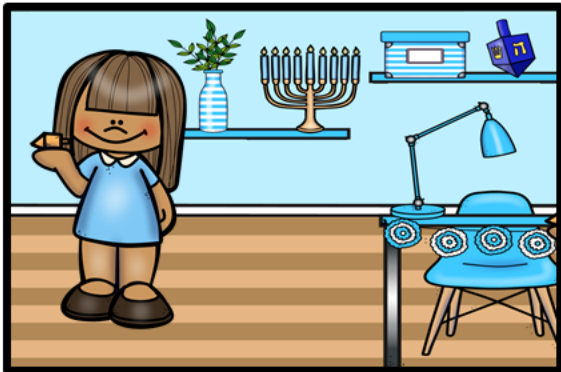


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Diego is shopping for holiday gifts at the mall. It is very crowded, and the lines are long. On his way out, his shopping bag breaks open. How might he feel?



Meera's class is learning about Winter Holidays around the world. Meera gets to share with the class some of her family traditions for Diwali. How might this make Meera feel? How would it make you feel?

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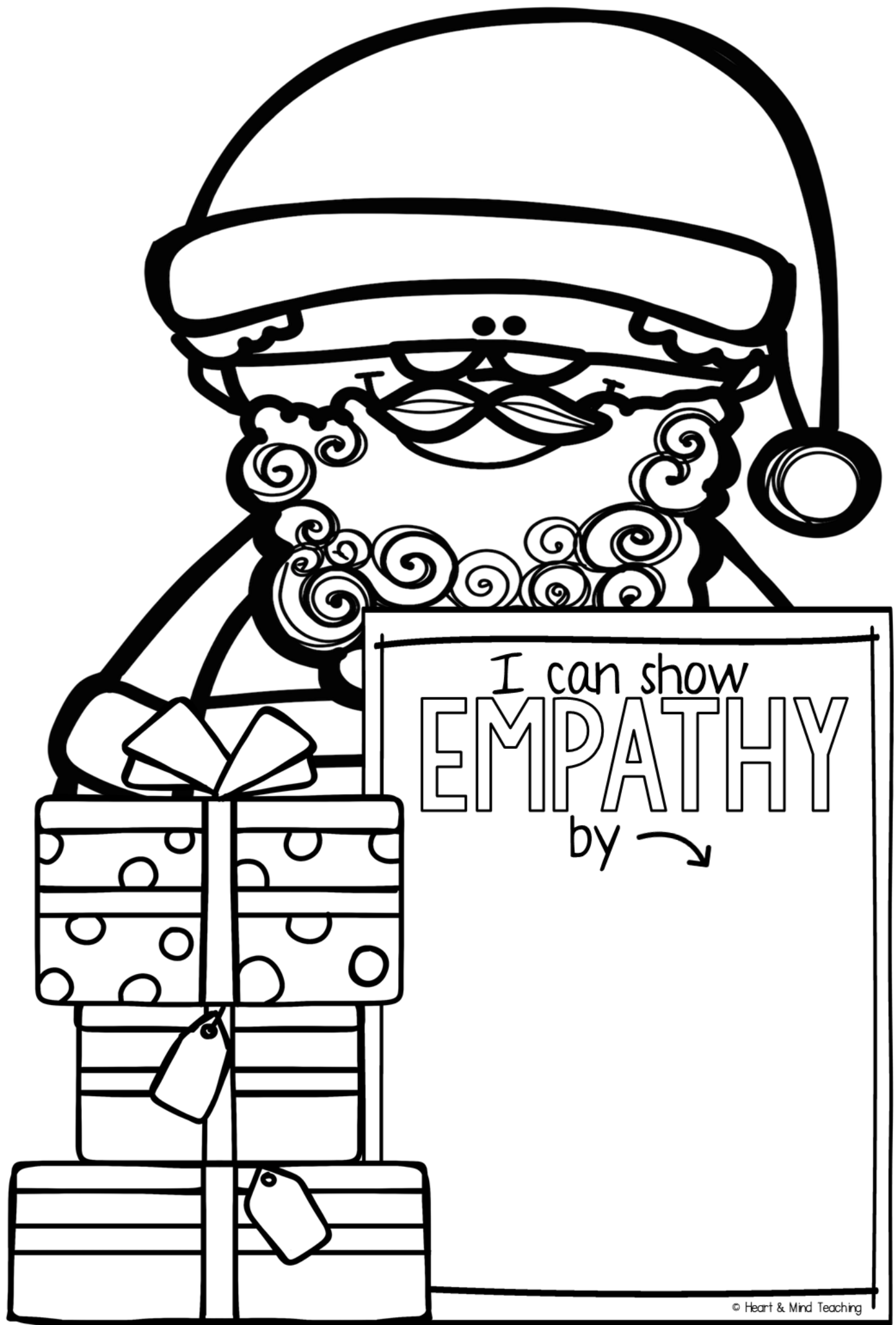
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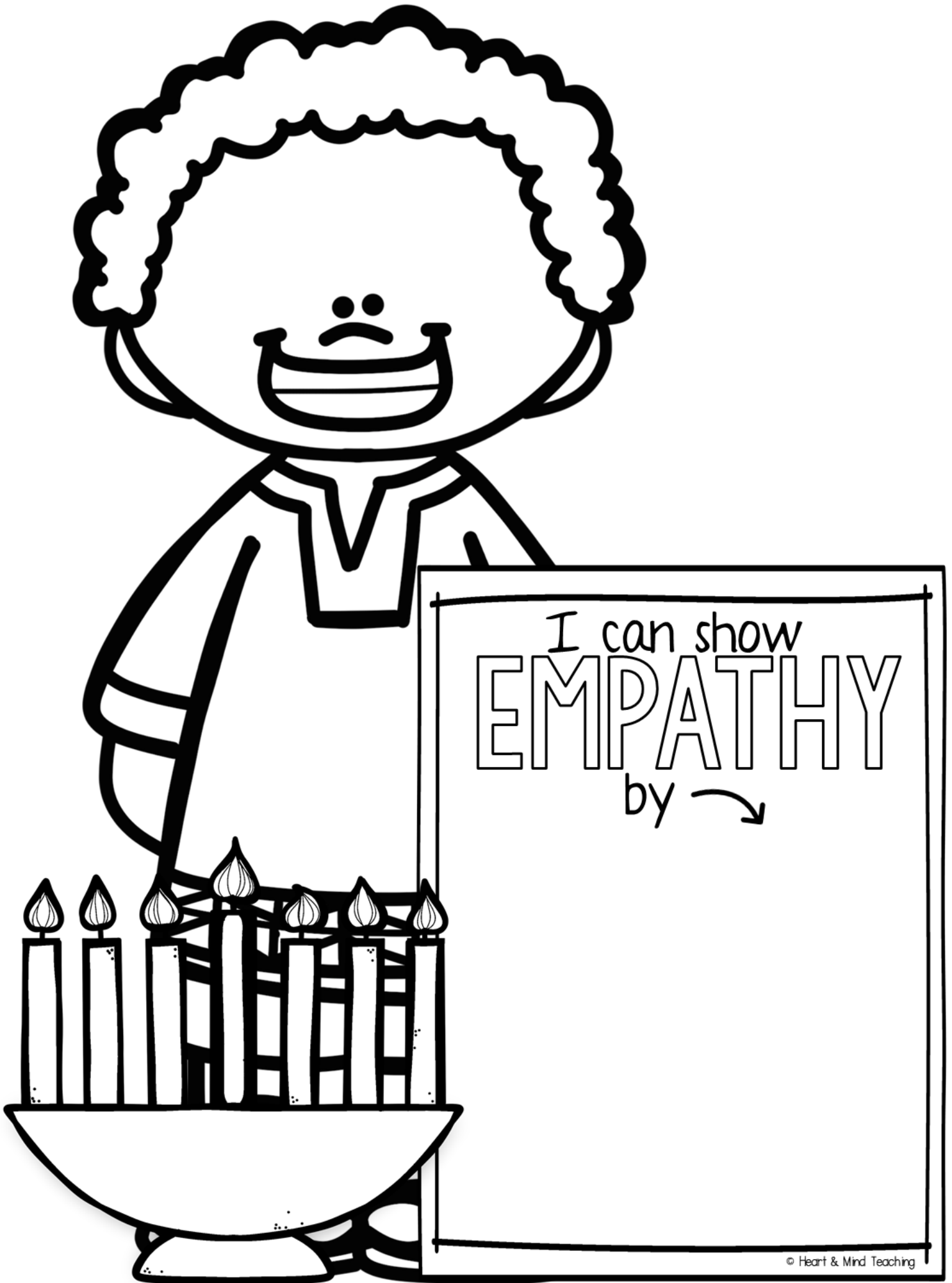
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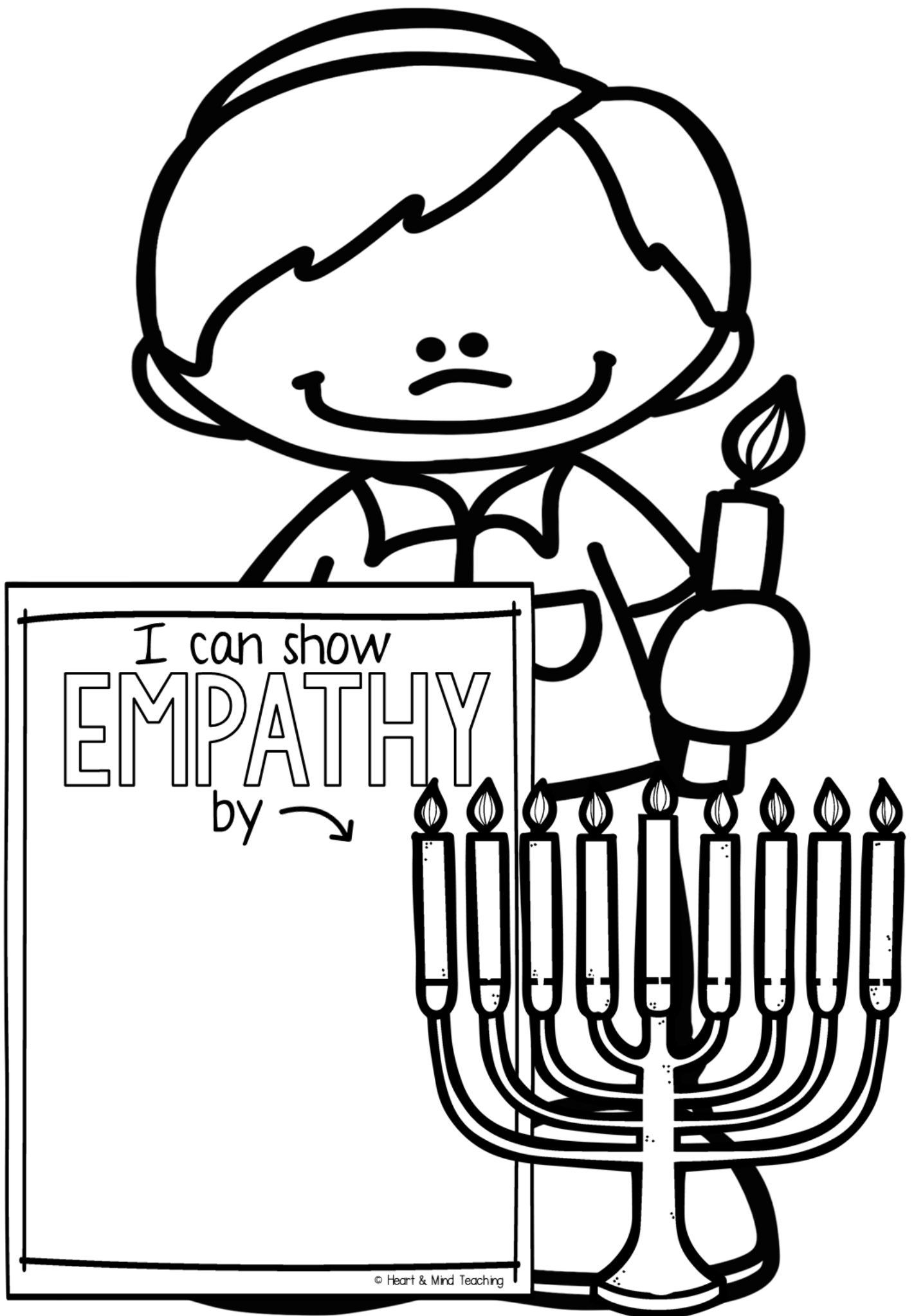
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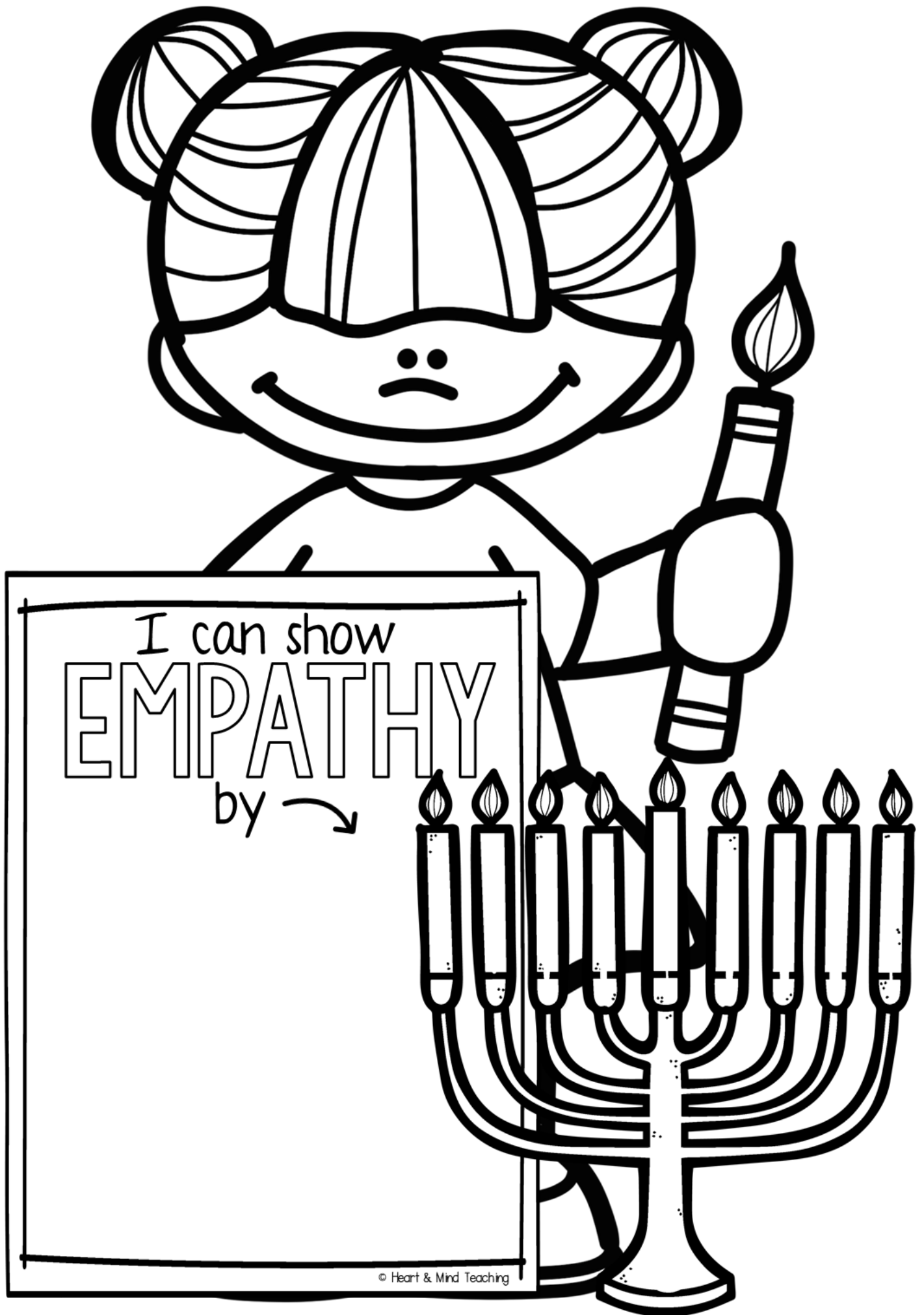




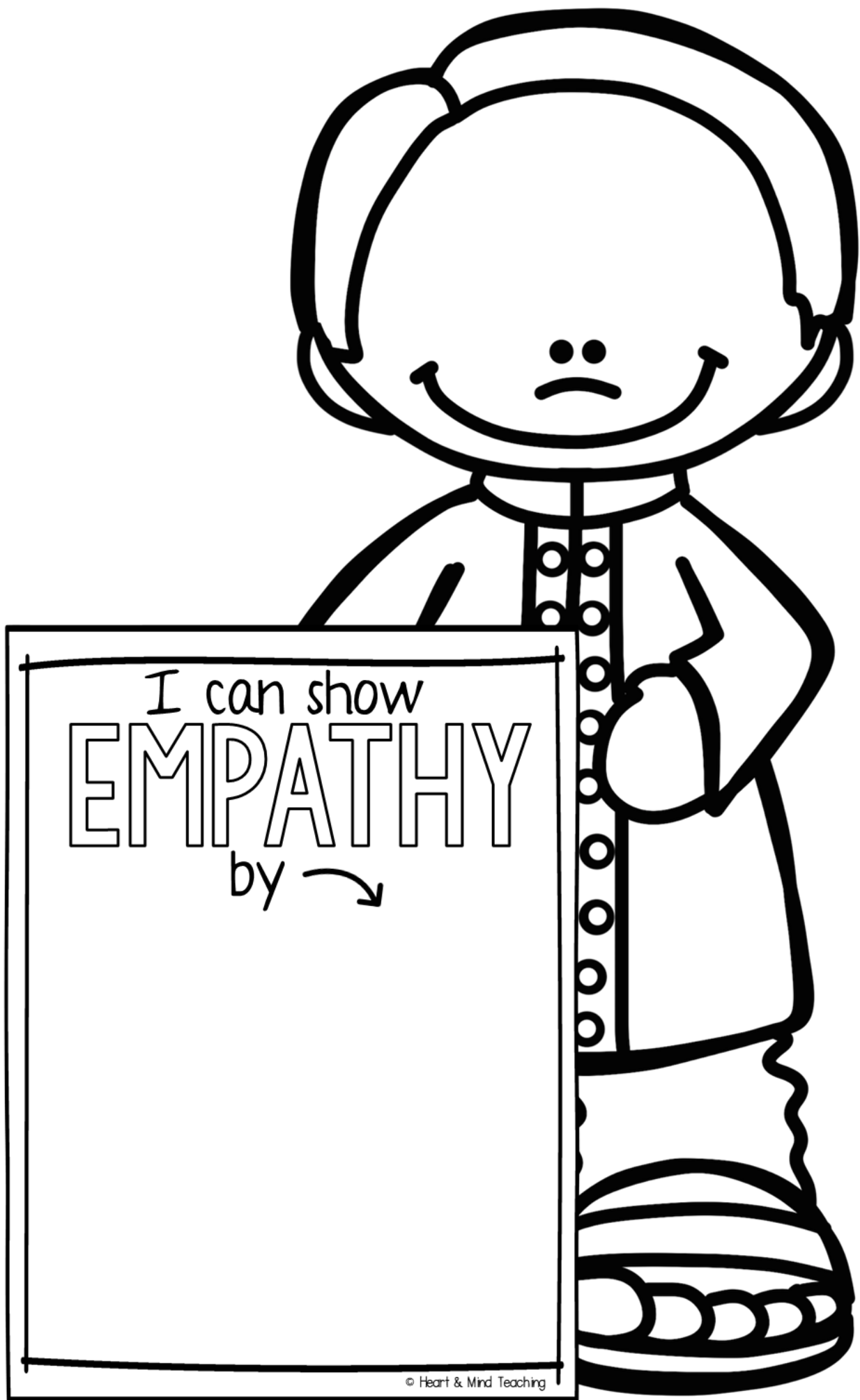
I can show
EMPATHY
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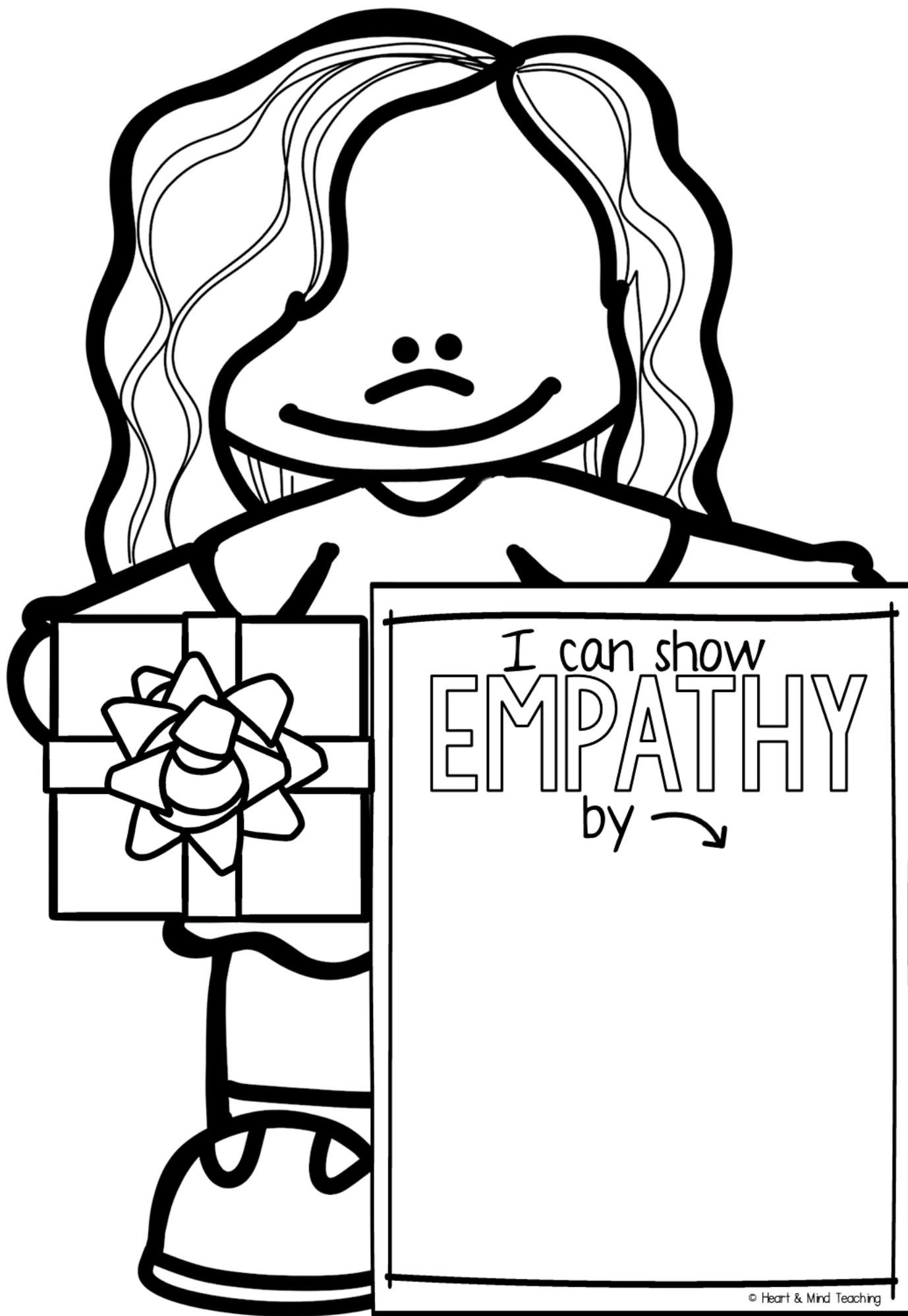


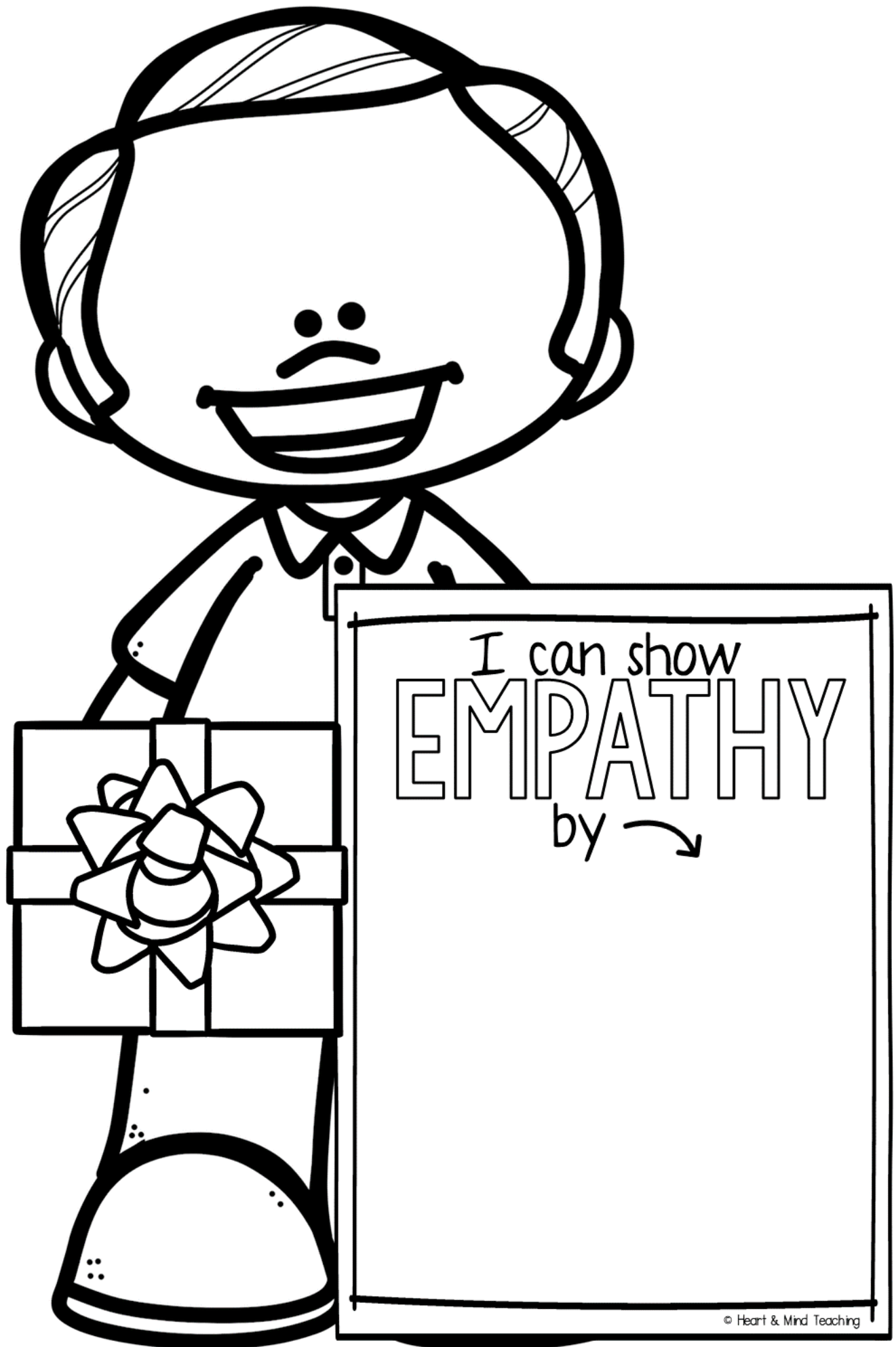


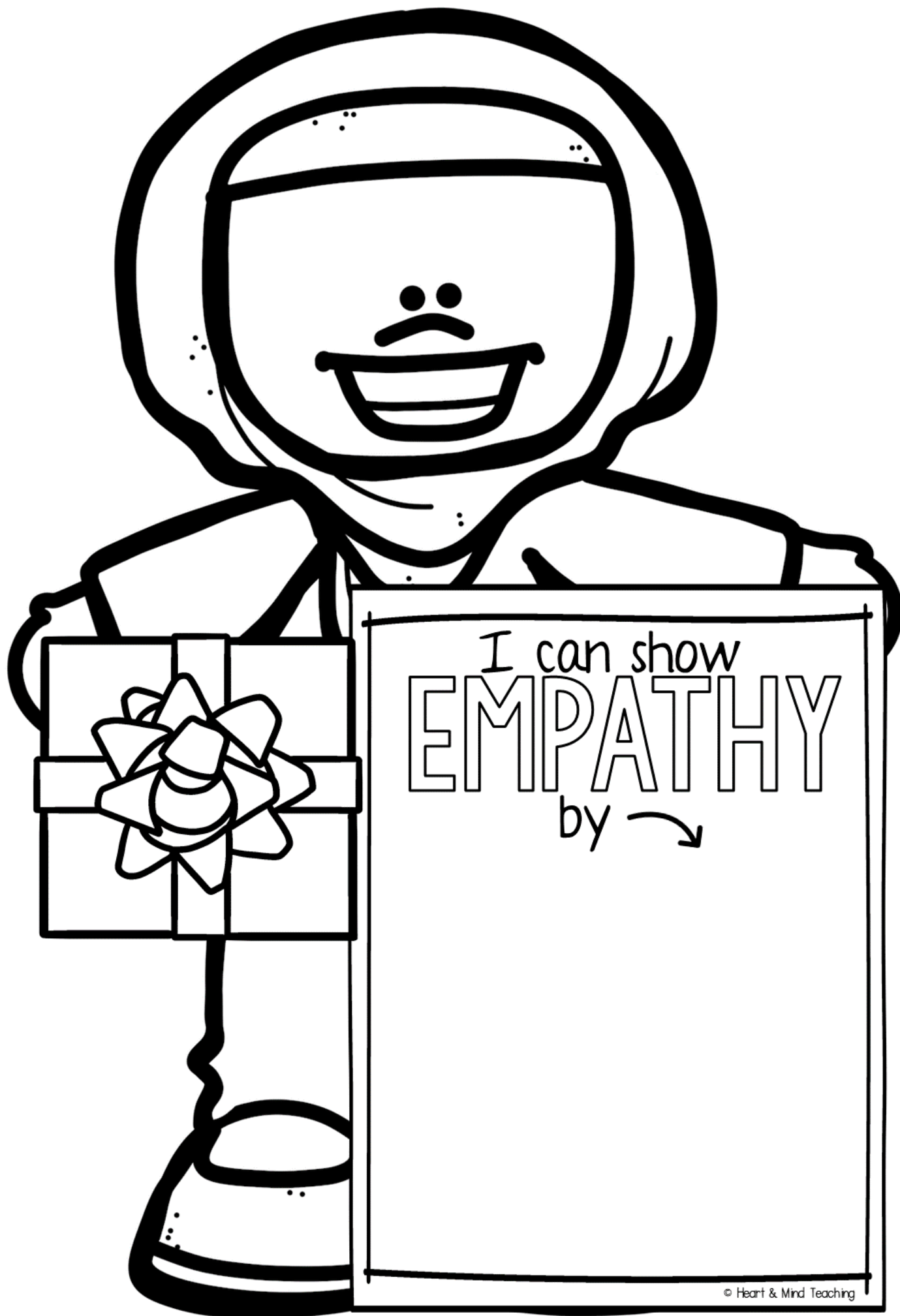


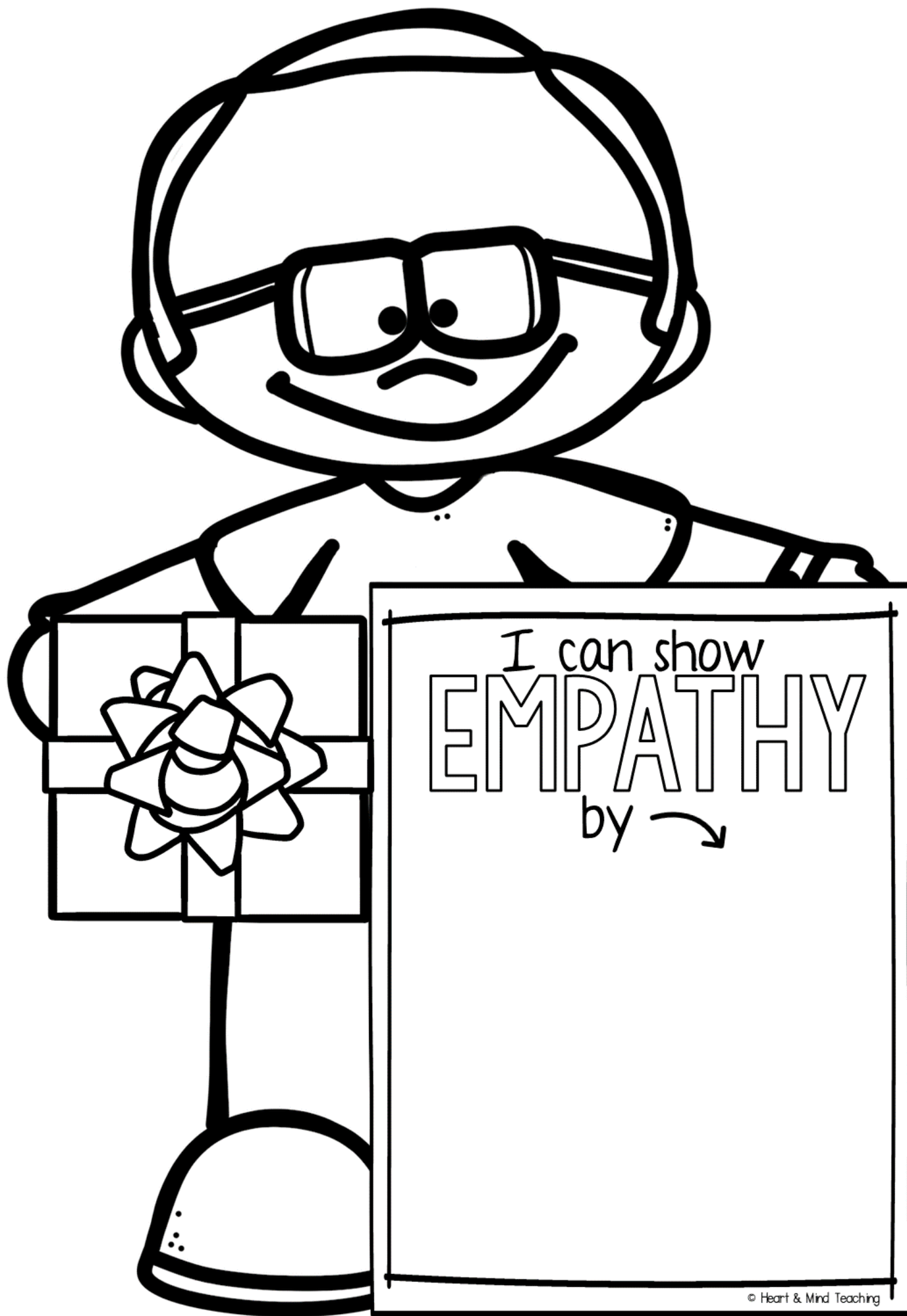












A string of holiday lights with circular bulbs, some of which are decorated with hearts, framing the title.

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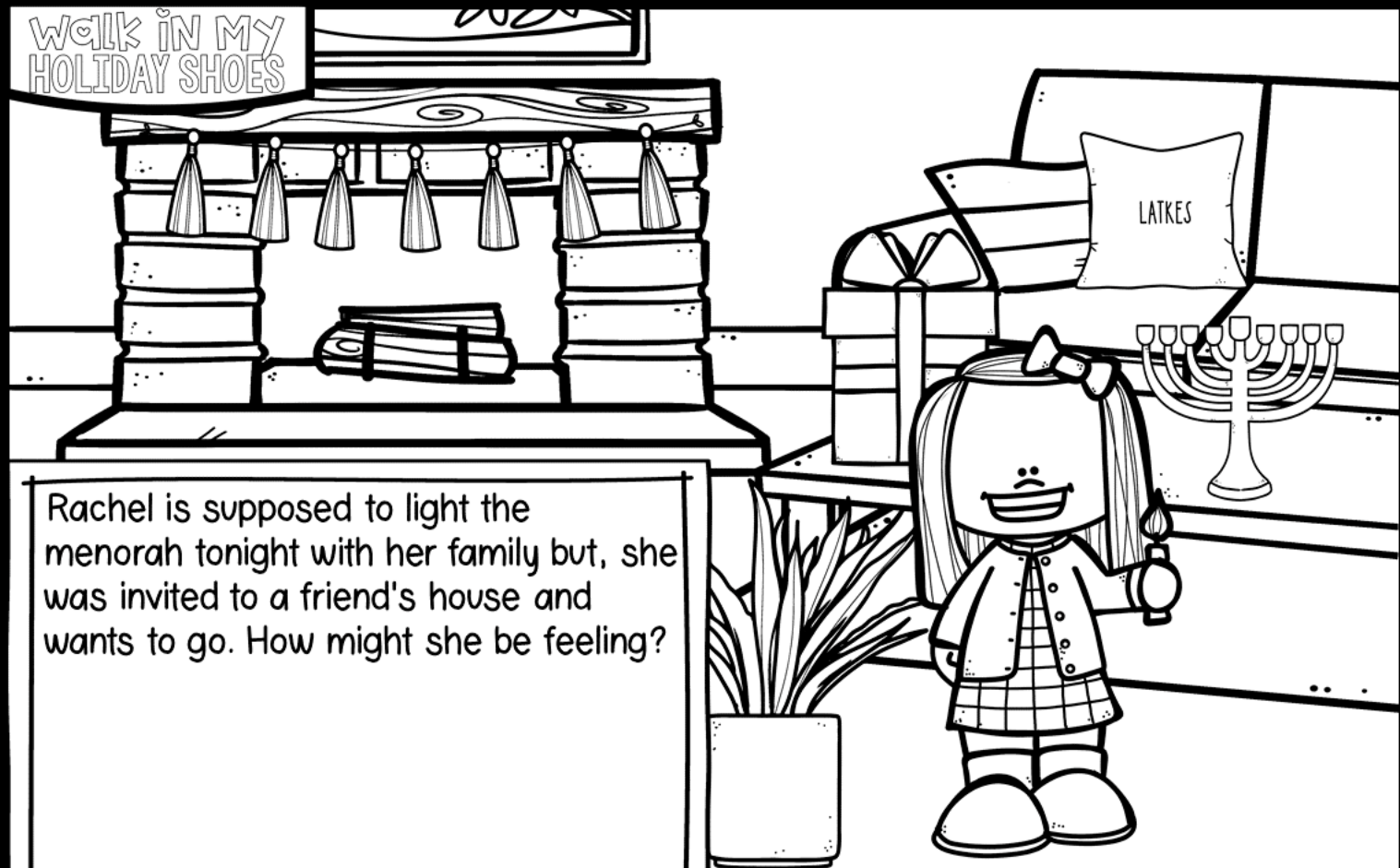
WALK IN MY HOLIDAY SHOES



Brian gives his sister the gift she was hoping to get for Christmas. How might his sister be feeling? How might Brian feel?

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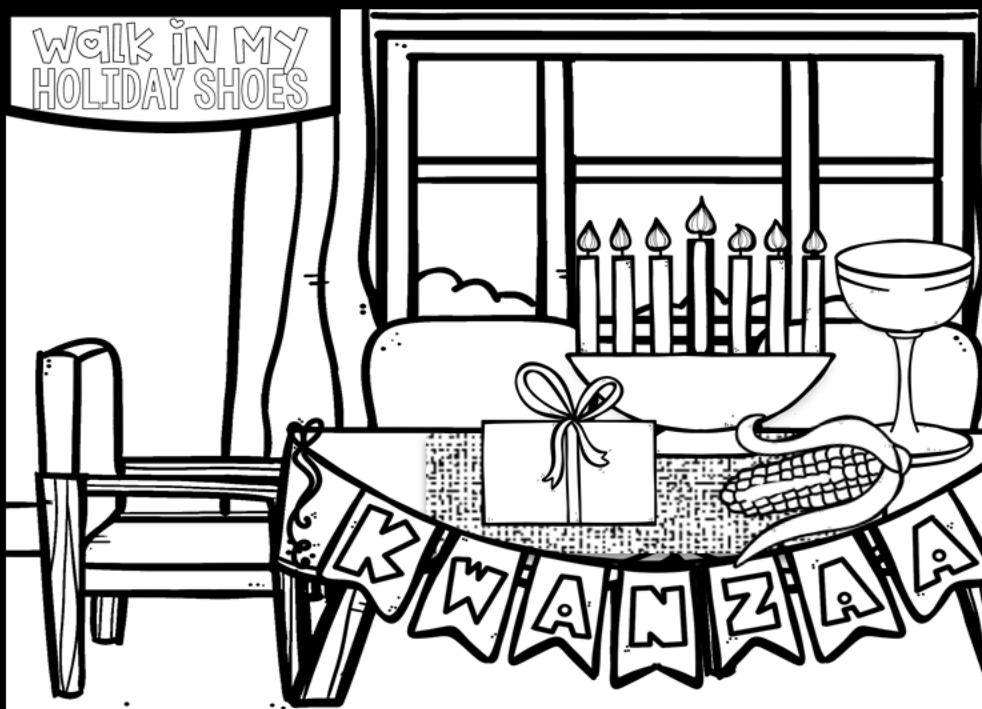
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Rachel is supposed to light the menorah tonight with her family but, she was invited to a friend's house and wants to go. How might she be feeling?

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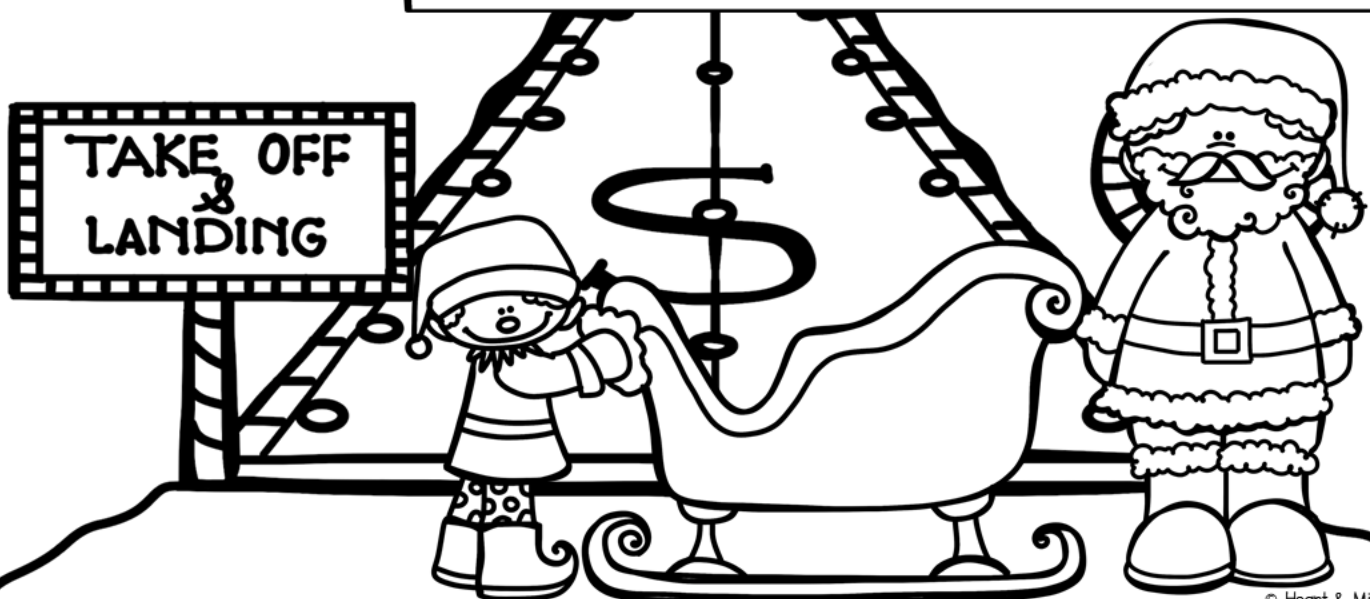


Elijah's family gathers for their Kwanzaa Feast (Karamu). Everyone brings something to contribute, but Elijah forgot to bring anything. How might he be feeling? What can he do?

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Santa is ready to head out to deliver Christmas presents, but he can't find his reindeer. How might he be feeling?



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While playing a game of Dreidel, David notices his sister has more gelt (chocolate gold coins) than he does. How might he be feeling?

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Alexander waited up most of the night to try to catch Santa delivering gifts, but he fell asleep and missed him. How might this make him feel?



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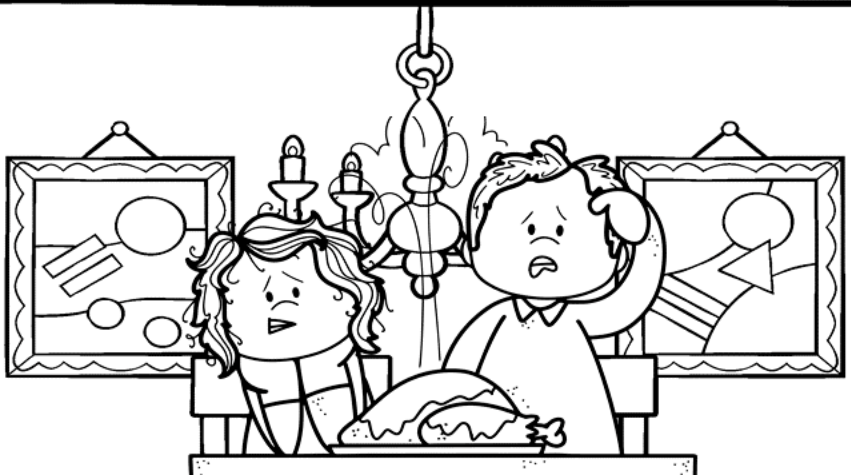


Rudolph gets teased by the other reindeer because of his red nose. They never include him in any reindeer games. How might this make him feel?



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Jacob's parents just burned the Hanukkah dinner and the guests have just arrived. How might his parents be feeling?

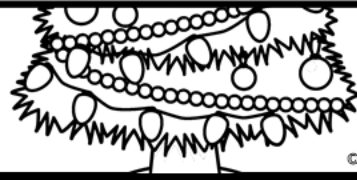


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Riley is eating Holiday dinner with his family, and a few family members start arguing. How might this feel? How would you feel?



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Kristine wakes up and realizes it is Christmas morning. She sees gifts under the tree and knows her relatives will be here soon. What might she be feeling?

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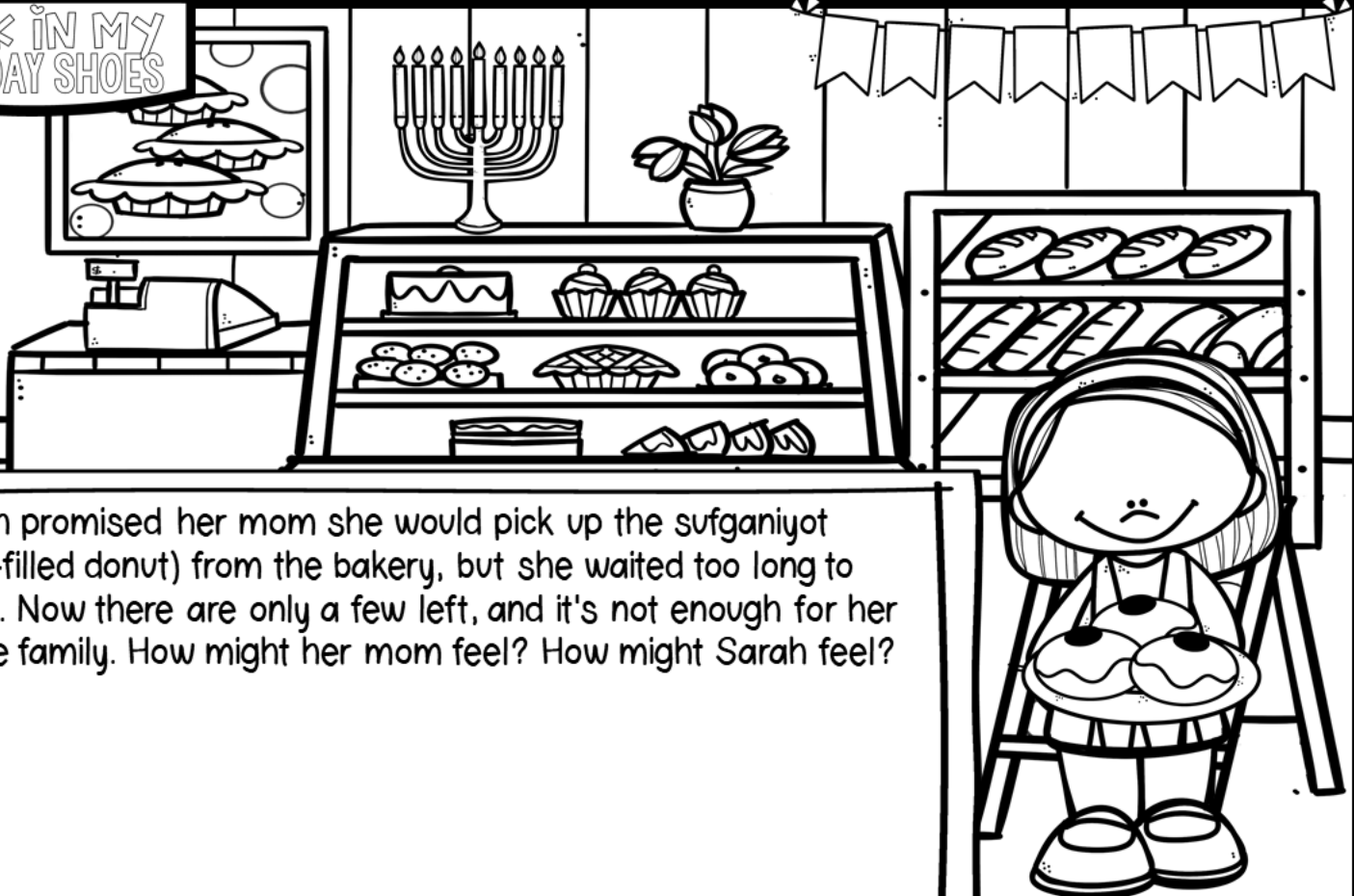
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Dean's family goes to pick out their Christmas tree, but there aren't any good trees left. How does he feel? How would you feel? What would you do?

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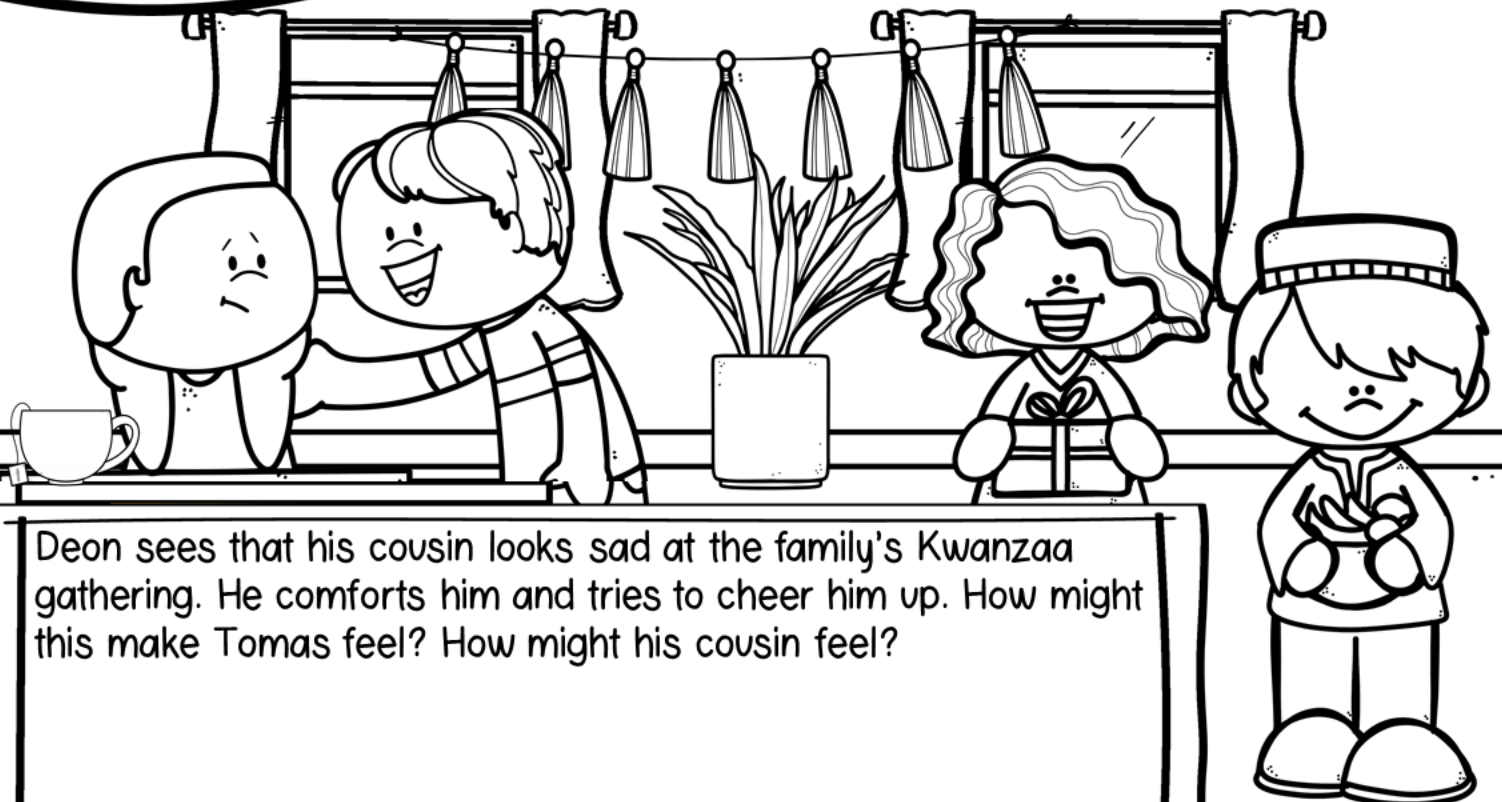
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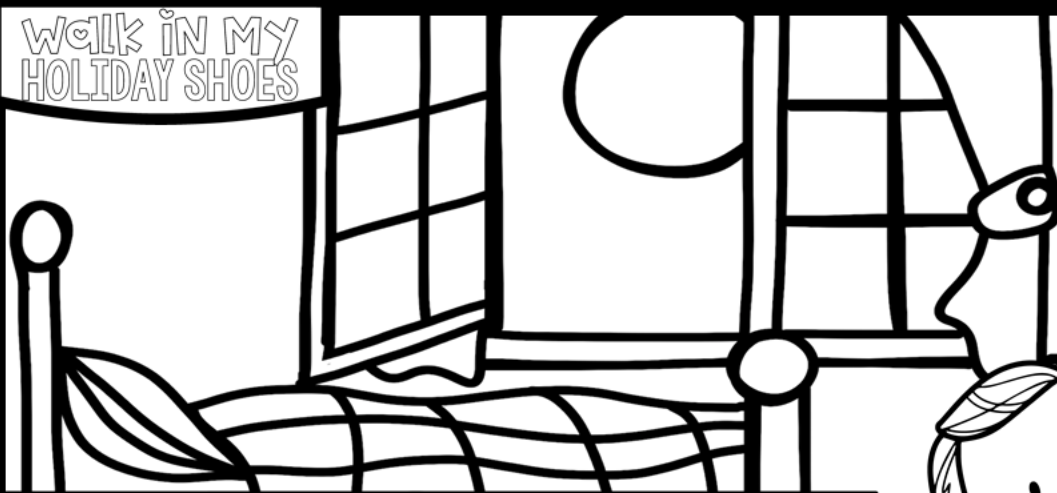


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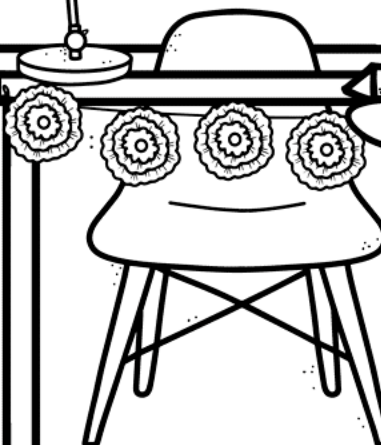
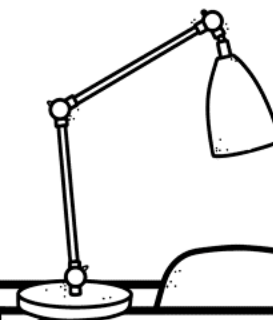
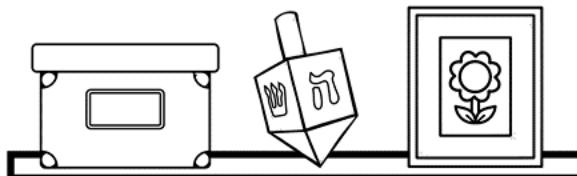
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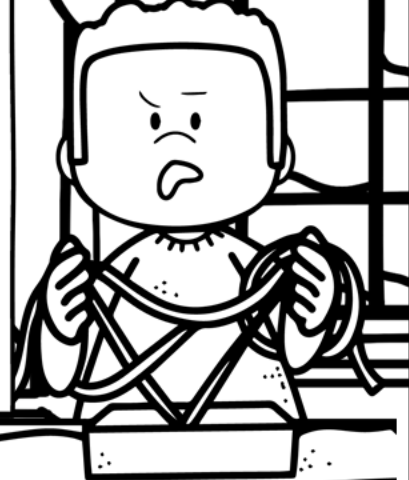


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Leah has not seen her grandmother in two years, and she has arrived to celebrate Hanukkah with them. How might Leah be feeling? How might her grandmother be feeling?



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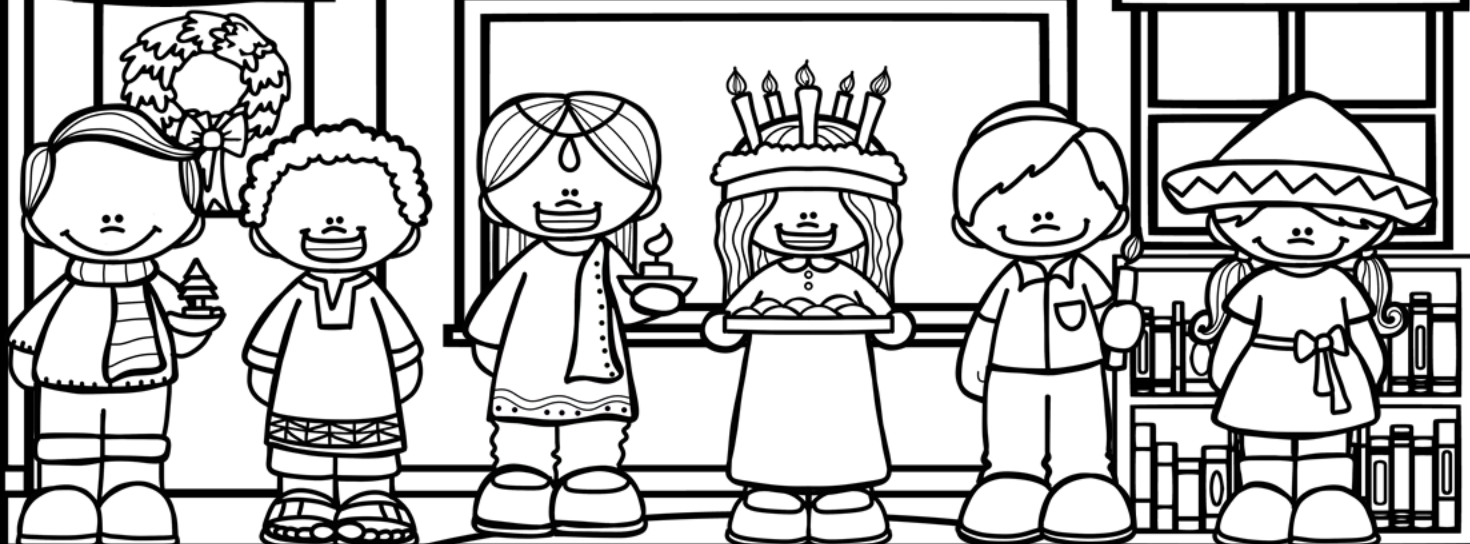
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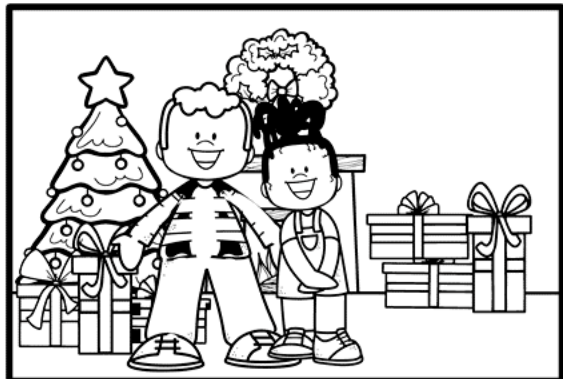
WALK IN MY HOLIDAY SHOES



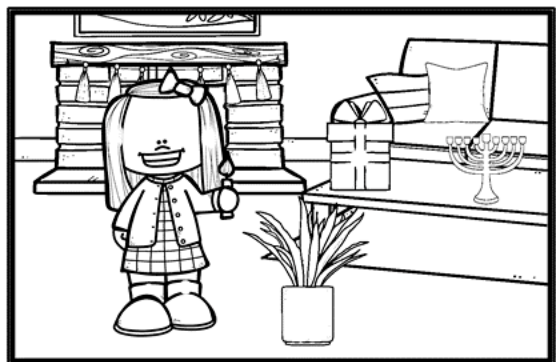
Meera's class is learning about Winter Holidays around the world. Meera gets to share with the class some of her family traditions for Diwali. How might this make Meera feel? How would it make you feel?

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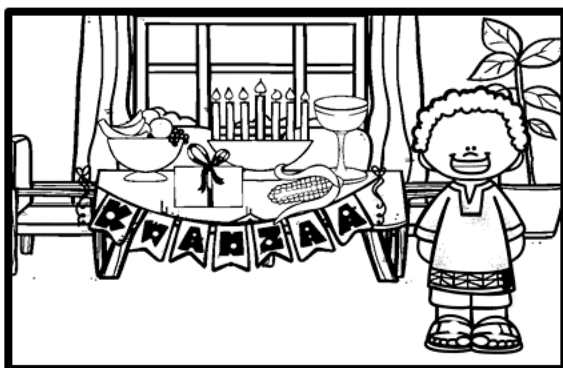
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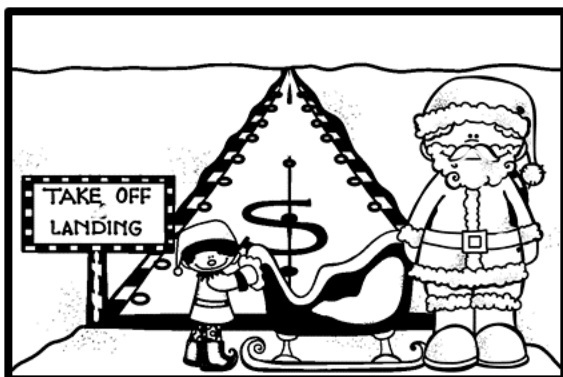
Brian gives his sister the gift she was hoping to get for Christmas. How might his sister be feeling? How might Brian feel?



Rachel is supposed to light the menorah tonight with her family, but she was invited to a friend's house and wants to go. How might she be feeling?

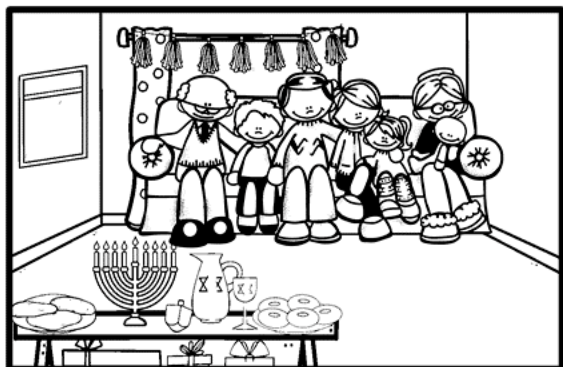


Elijah's family gathers for their Kwanzaa Feast (Karamu). Everyone brings something to contribute, but Elijah forgot to bring anything. How might he be feeling? What can he do?



Santa is ready to head out to deliver Christmas presents, but he can't find his reindeer. How might he be feeling?

Walk in My HOLIDAY SHOES



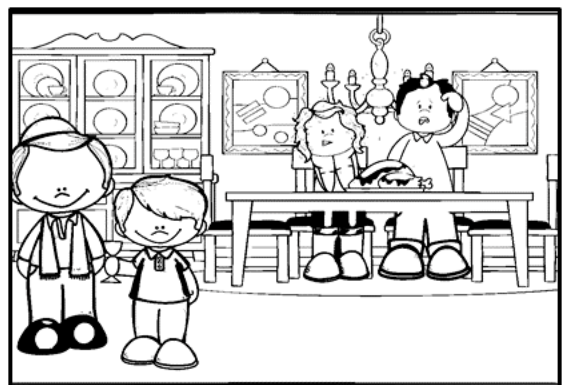
While playing a game of Dreidel, David notices his sister has more gelt (chocolate gold coins) than he does. How might he be feeling?



Alexander waited up most of the night to try to catch Santa delivering gifts, but he fell asleep and missed him. How might this make him feel?



Rudolph gets teased by the other reindeer because of his red nose. They never include him in any reindeer games. How might this make him feel?

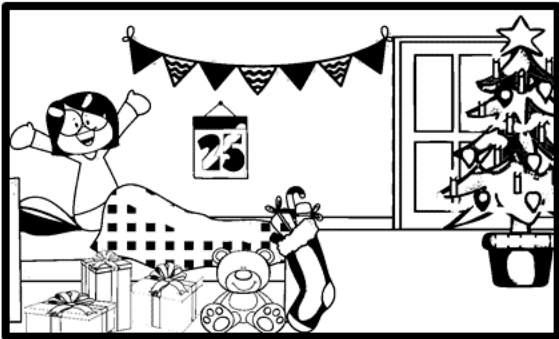


Jacob's parents just burned the Hanukkah dinner and the guests have just arrived. How might his parents be feeling?

Walk in My HOLIDAY SHOES



Riley is eating Holiday dinner with his family, and a few family members start arguing. How might this feel? How would you feel?



Kristine wakes up and realizes it is Christmas morning. She sees gifts under the tree and knows her relatives will be here soon. What might she be feeling?



Dean's family goes to pick out their Christmas tree, but there aren't any good trees left. How does he feel? How would you feel? What would you do?

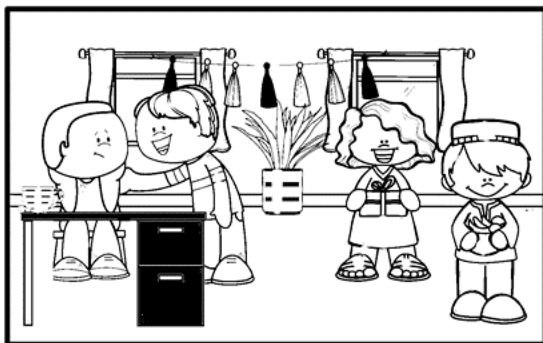


Sarah promised her mom she would pick up the sufganiyot (jelly-filled donut) from the bakery, but she waited too long to get it. Now there are only a few left, and it's not enough for her whole family. How might her mom feel? How might Sarah feel?

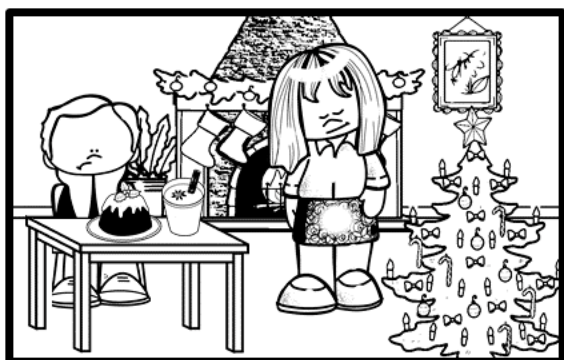
WALK IN MY HOLIDAY SHOES



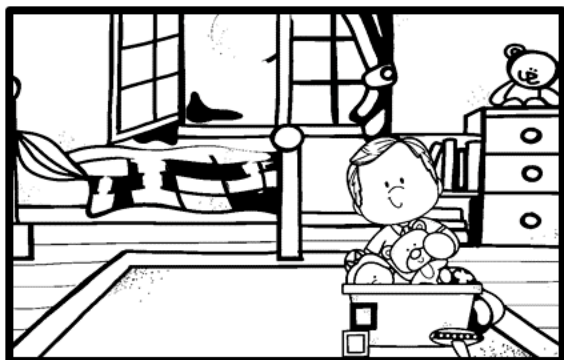
Tiana and her friend are making a gingerbread house. They have been working on it for hours and are about to finish when her dog jumps and breaks it. How might they be feeling?



Deon sees that his cousin looks sad at the family's Kwanzaa gathering. He comforts him and tries to cheer him up. How might this make Tomas feel? How might his cousin feel?

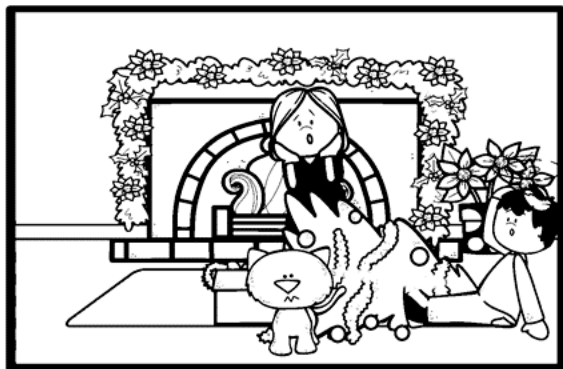


Marcus' mom cannot afford to buy much this year for Christmas. How might this make her feel? How would Marcus feel? How would you feel?



Jameson donates toys for the holiday toy drive at school. How might this make him feel? How would the child receiving the gift feel?

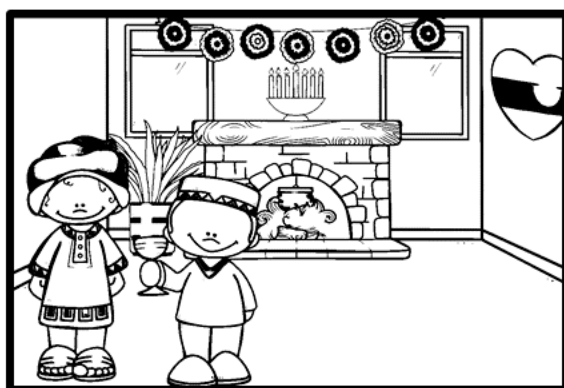
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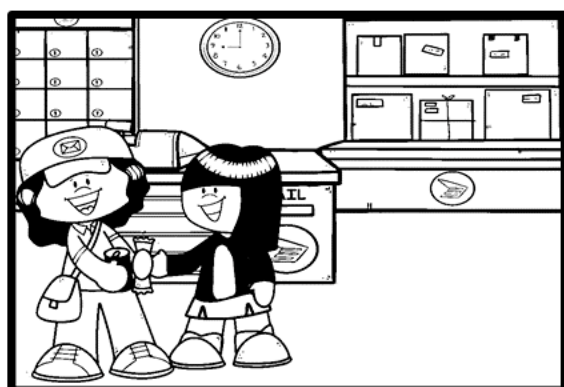
Tomas' cat knocks the Christmas Tree over, and all the ornaments fall on him. How might Tomas feel?



Hannah is playing spin the dreidel with her cousins and is winning. She says, "HA HA I'm winning" to her cousins. How might this make her cousins feel?

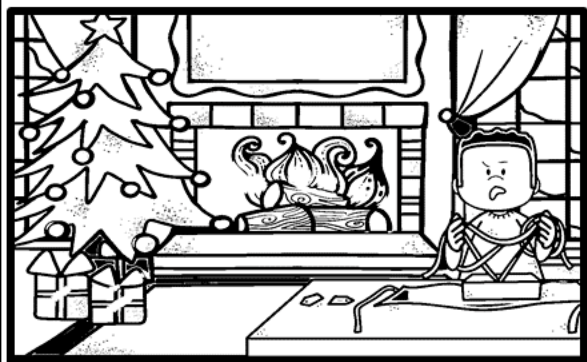


Don's family gathers to all drink from the Unity Cup for Kwanzaa, and he accidentally spills some on his shirt. How does he feel? How would you feel?



Tabitha is a delivery driver and has been working long hours to make holiday deliveries. One of her customers gives her some treats and thanks her. How might this make her feel?

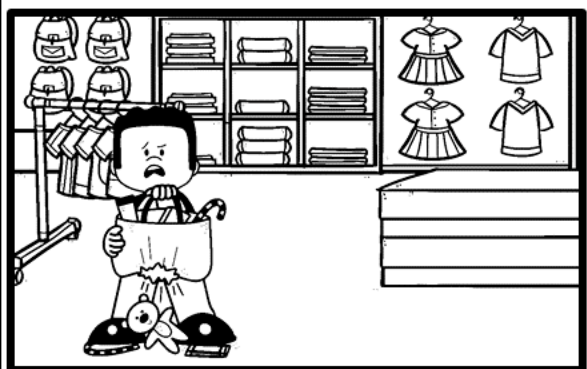
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Joshua is unwrapping his gift and sees that his parents did not get him the gift he wanted for Christmas. How would this make him feel? How would you feel? What should you do?



Leah has not seen her grandmother in two years, and she has arrived to celebrate Hanukkah with them. How might Leah be feeling? How might her grandmother be feeling?



Diego is shopping for holiday gifts at the mall. It is very crowded, and the lines are long. On his way out, his shopping bag breaks open. How might he feel?



Meera's class is learning about Winter Holidays around the world. Meera gets to share with the class some of her family traditions for Diwali. How might this make Meera feel? How would it make you feel?

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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.

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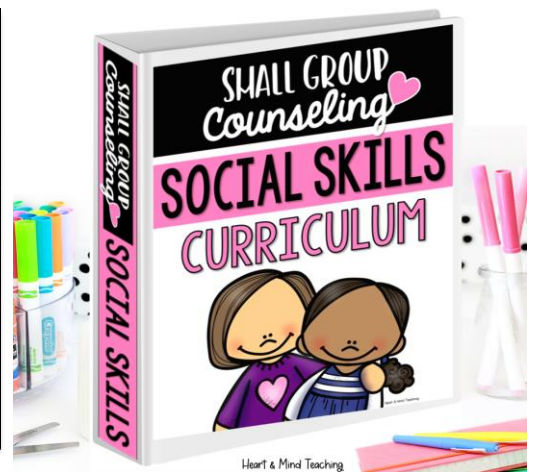
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Ashley

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