

WALK IN MY WINTER SHOES



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Someone makes fun of Moose because of his large size. How does this make him feel? What could he do?

Kenzo's driveway is covered with snow, in order to leave he has to help shovel out the snow. How might this make him feel?

Luis has never been ice skating before and is trying it for the

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Alexandra is scared of heights and just went up in the ski chair lift. How might she be feeling? What could she do?

Viola is playing at her hockey game and her team loses the game. How might she be feeling?

Tenisha is building an ice fort and her brother comes by and knocks it all over. How does she feel? How would you feel? What would you do?

Tommy's
How might he be
feeling?

Polar bear sees that the ice
lives is melting and he has
How might he be feeling?

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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

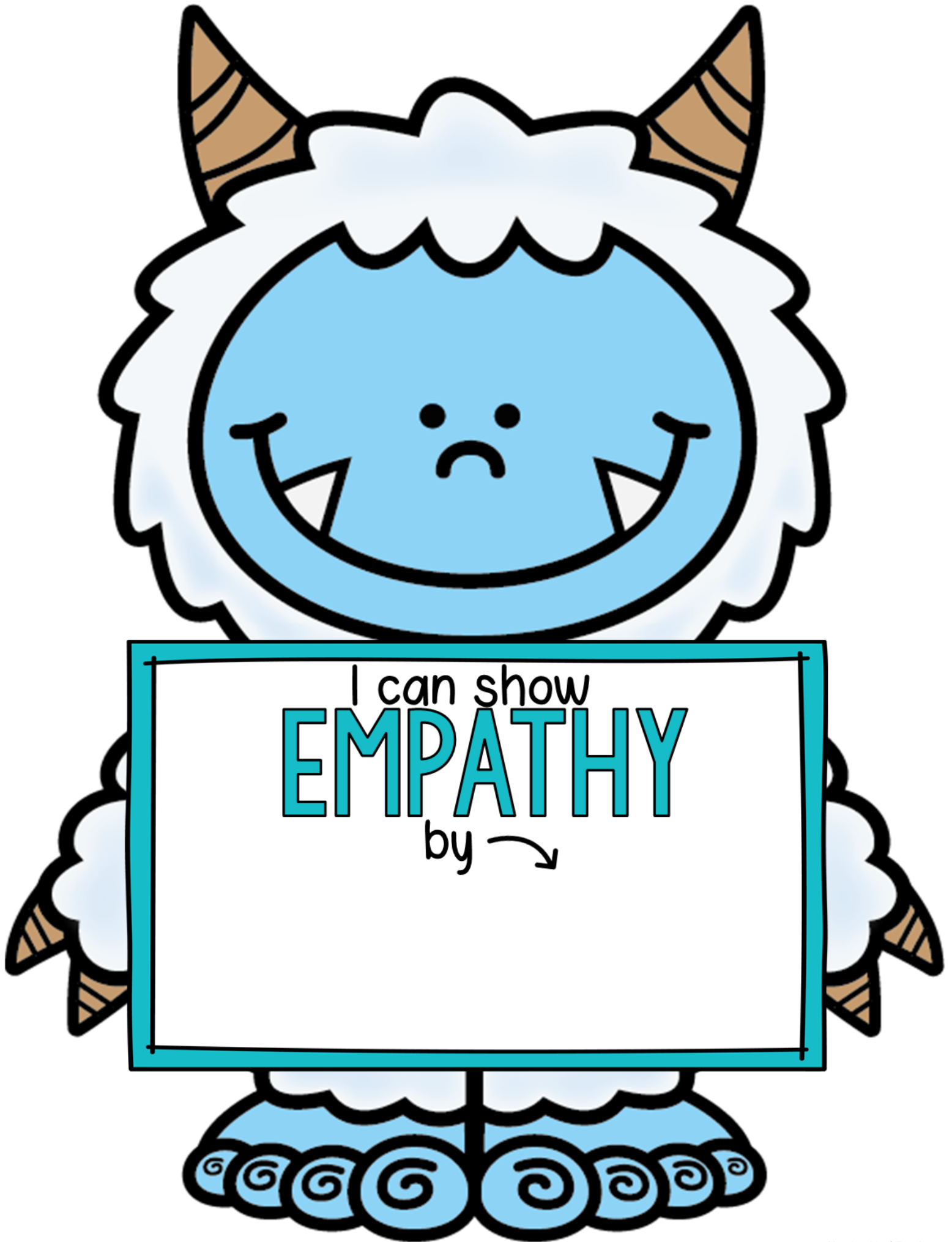
Think about how the person must be feeling and state that, for example "It's sounds like that really hurt your feelings and made you sad."

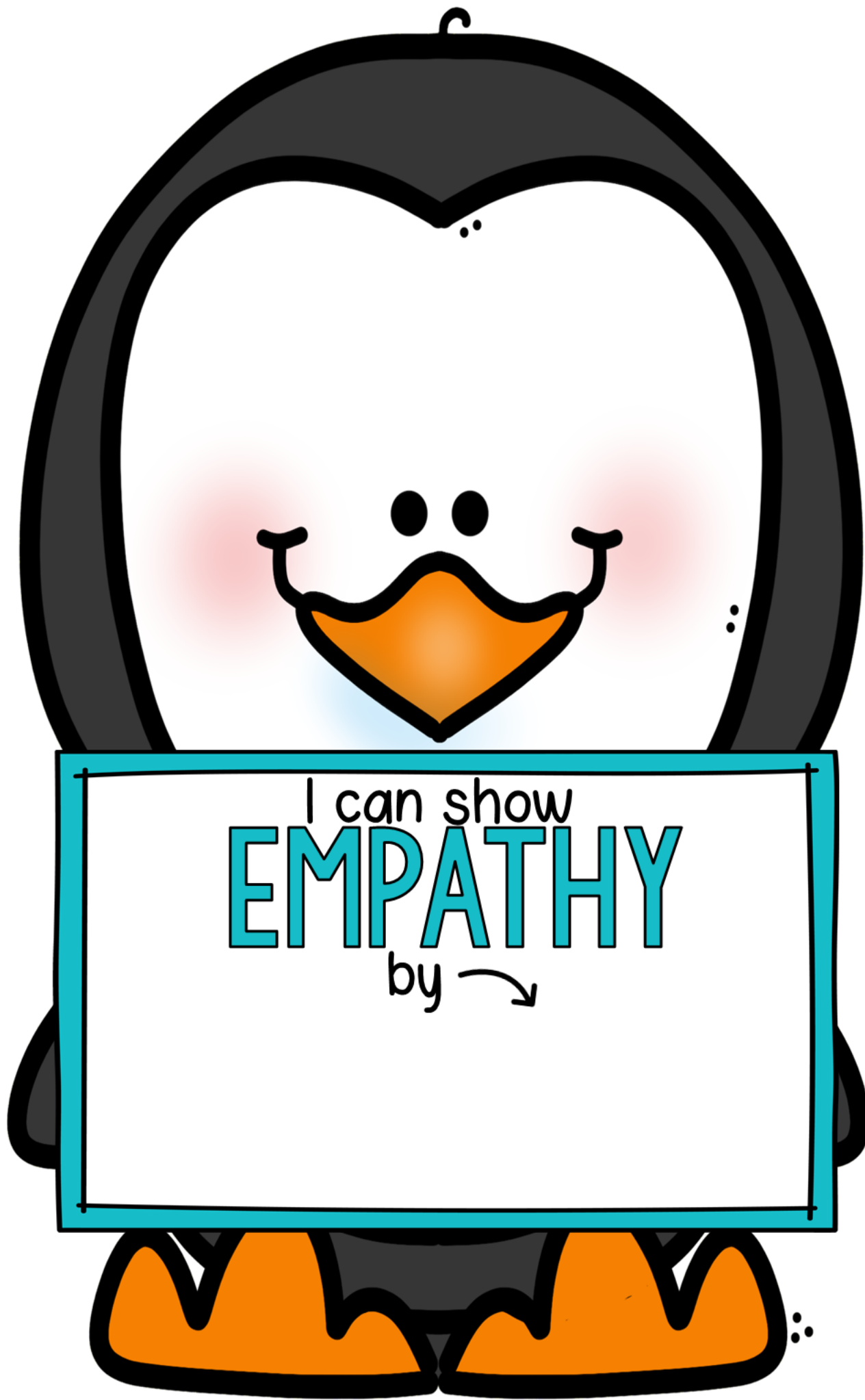
DON'T JUDGE

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.







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

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Penguin gets made fun of because of the way he wobbles, how might this make him feel? How would you feel?

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Polar bear sees that the ice where he lives is melting and he has nowhere to go. How might he be feeling?

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James worked hard to build a snowman, and looks outside to see that it is melting. How might he feel?

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Yeti tries to make friends, but others seem to be scared of him. How might he be feeling? What would you feel?

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Tenisha is building an ice fort and her brother comes by and knocks it all over. How does she feel? How would you feel? What would you do?

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Raccoon is trying to sleep but Snowy Owl is making a lot of noise and keeping him awake. How might he feel? What could he do?

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Taylor lost her mittens and can't find them anywhere. How might she be feeling?



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John uses a wheelchair to get around, but he is having a hard time using it in the snow. How might this make him feel?

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Carl slips on some ice and falls in front of everyone. How does he feel? What could he do?



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Ignacio is snowed in and is going to miss an event he had planned. How does he feel? How would you feel?



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Someone kicks Tommy's snowman over. How might he be feeling? What would you feel?



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Carina has a cold and coughs. She does not cover her mouth. How do you think the people around her feel? Why?



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Zara skies down a slope and does an awesome trick. Everyone claps. How might she be feeling? How would you feel?



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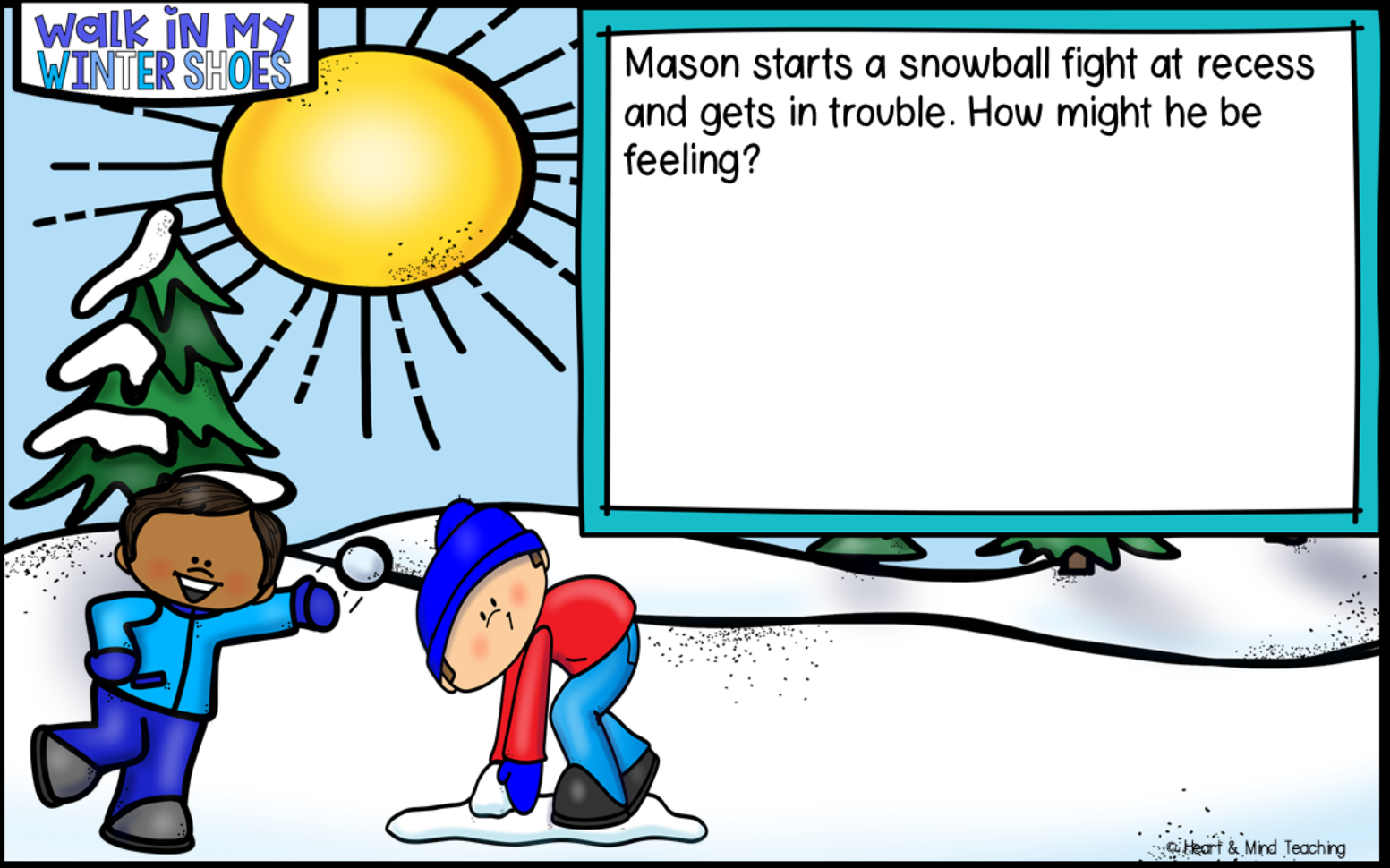
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Mason starts a snowball fight at recess and gets in trouble. How might he be feeling?



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Christian's mom wants him to wear his winter jacket outside, but he does not want to wear a jacket. How does Christian feel? How does his mom feel? What would you do?

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Gabe has been ice fishing all day and has not caught anything. How might he be feeling?



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Isabelle is using the sled and her little brother wants to use it too. How might she feel? How might her brother feel?



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Jameson falls while skiing and someone posts a video of it online. How might he be feeling? What would you feel?

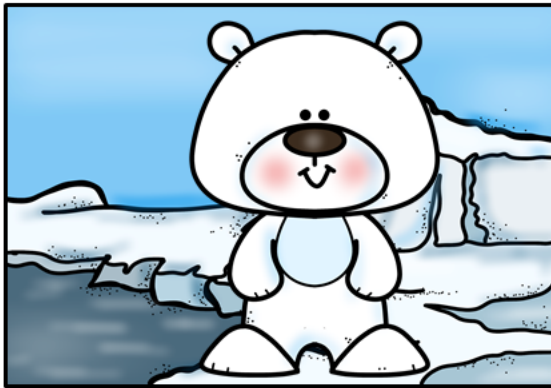


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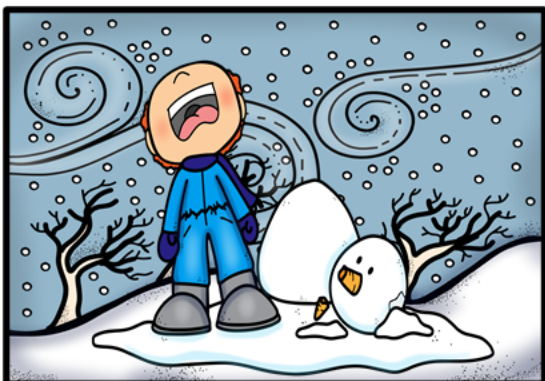
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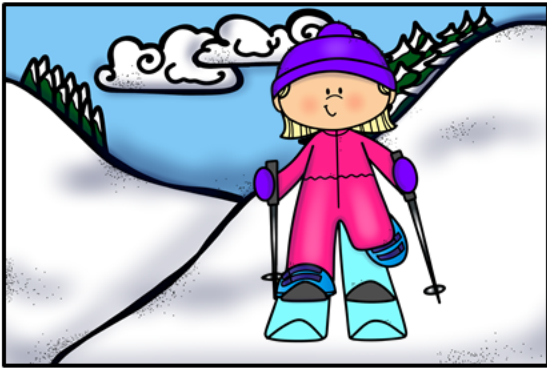


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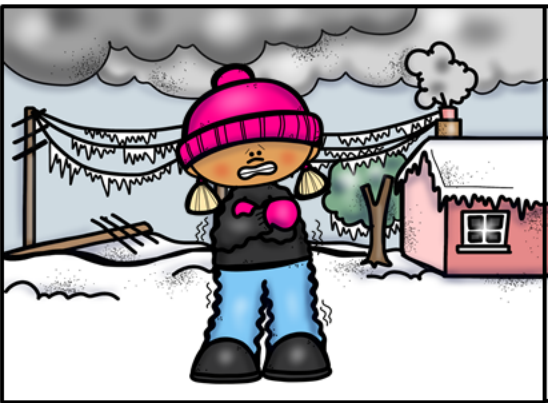
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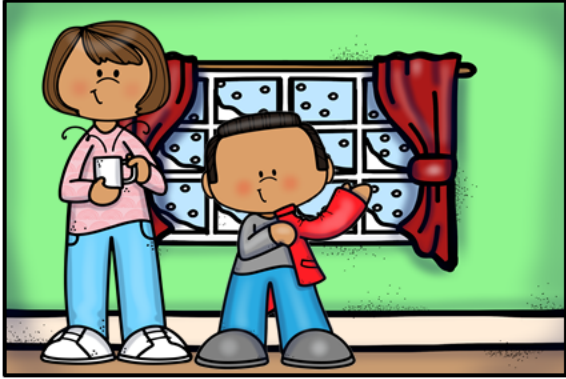


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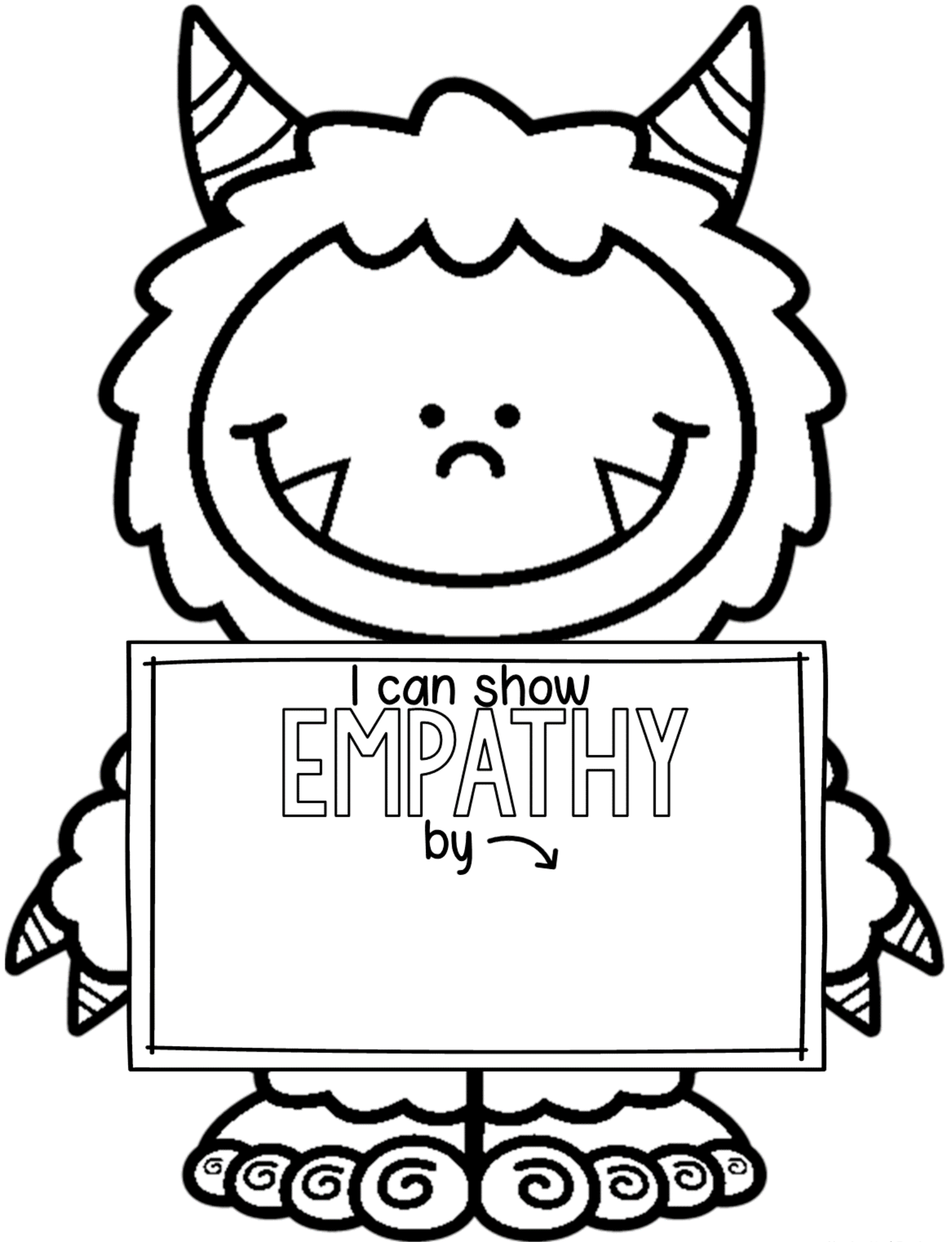
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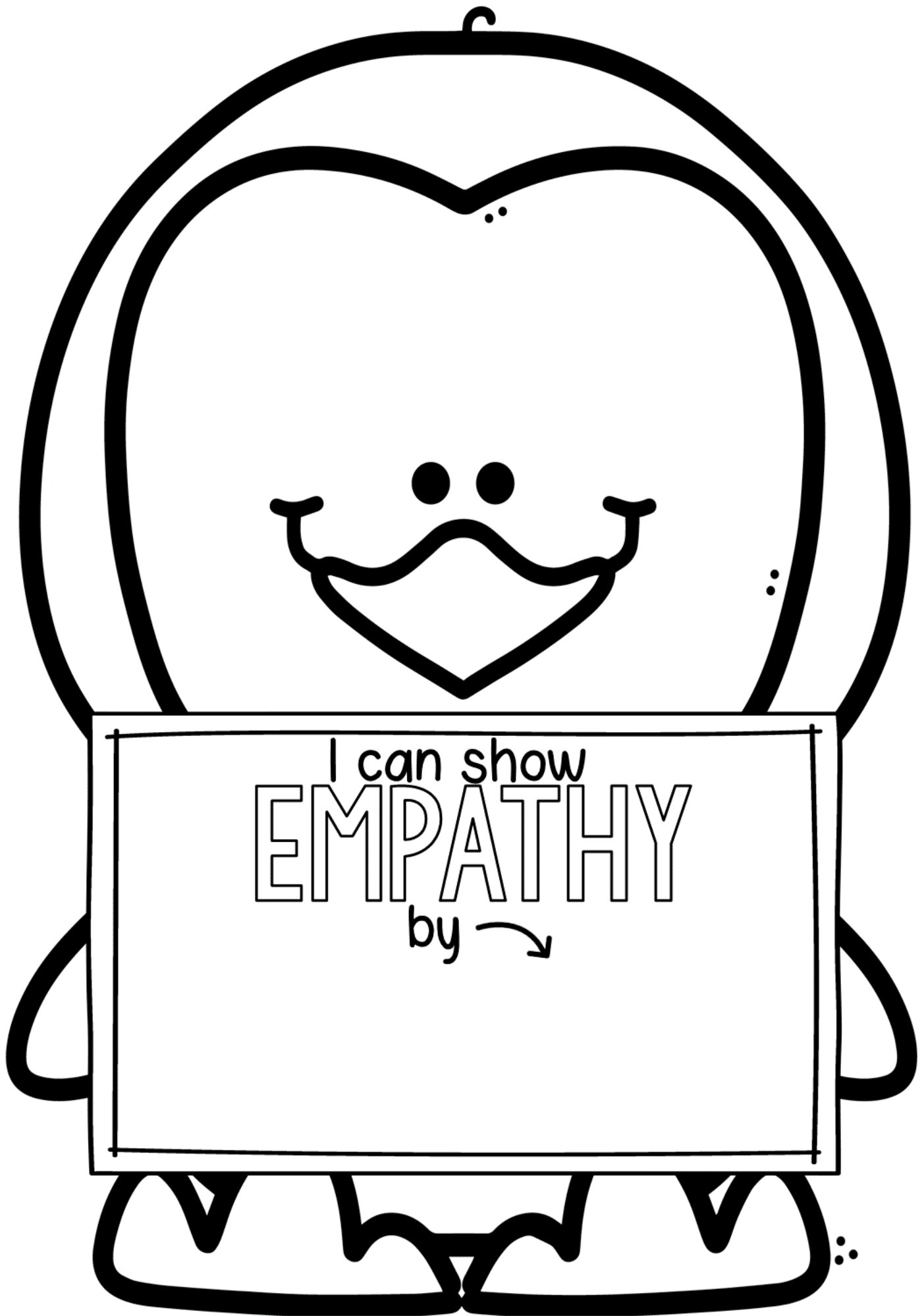
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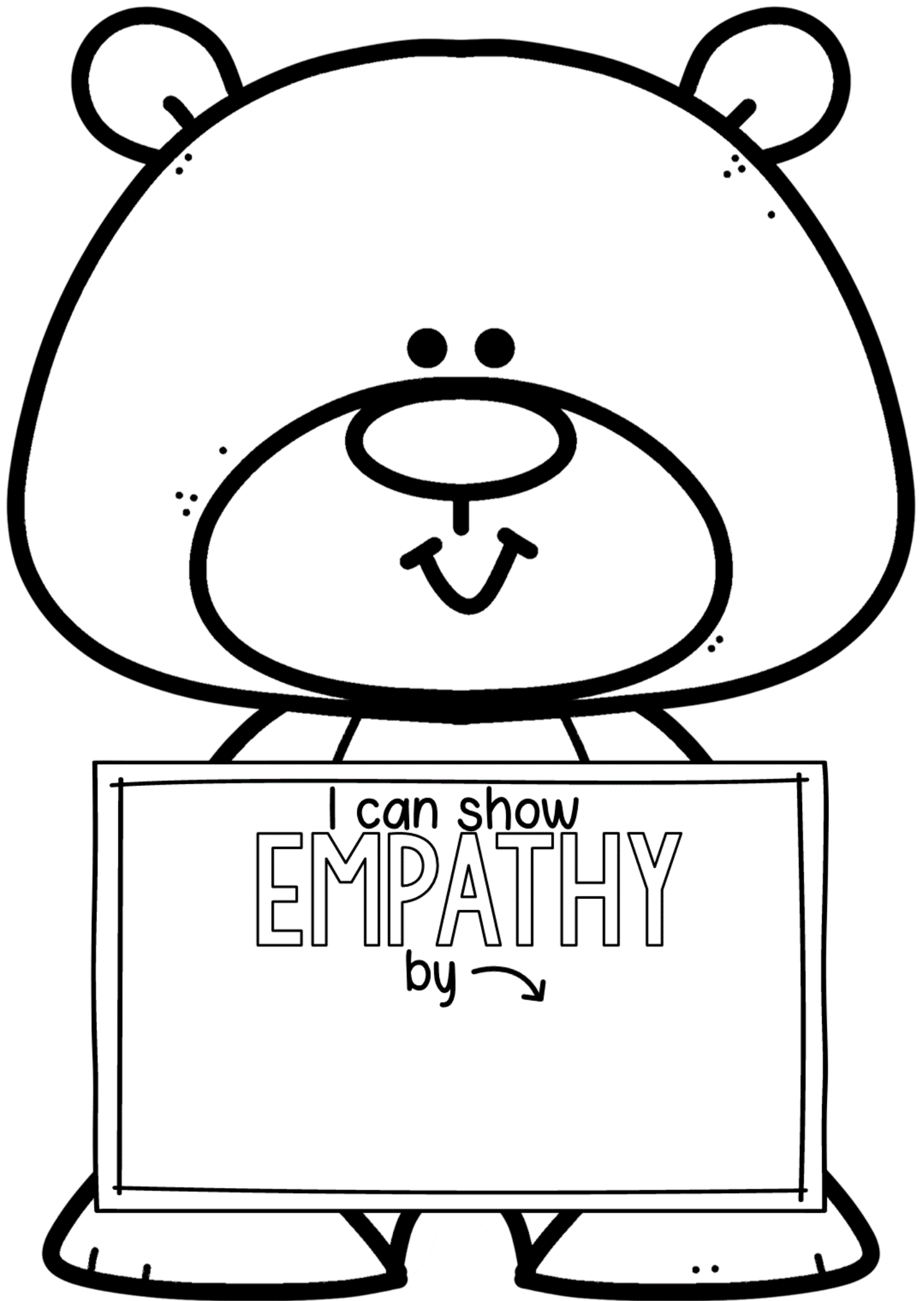
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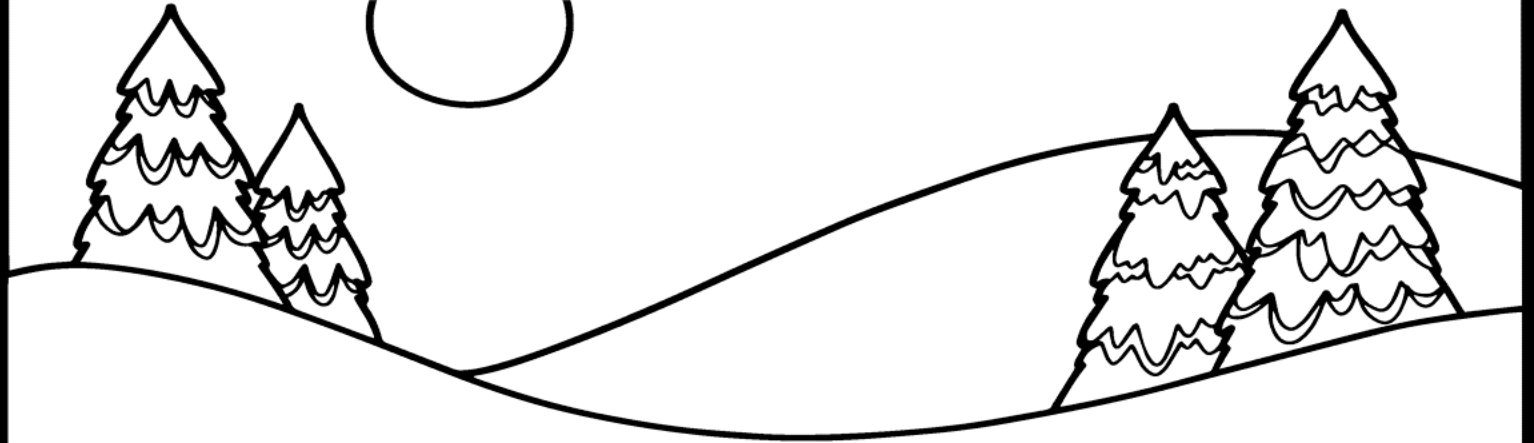
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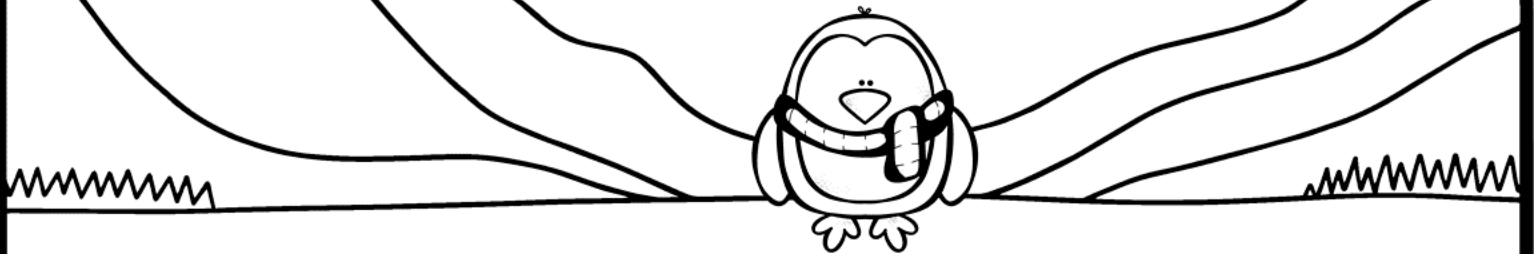
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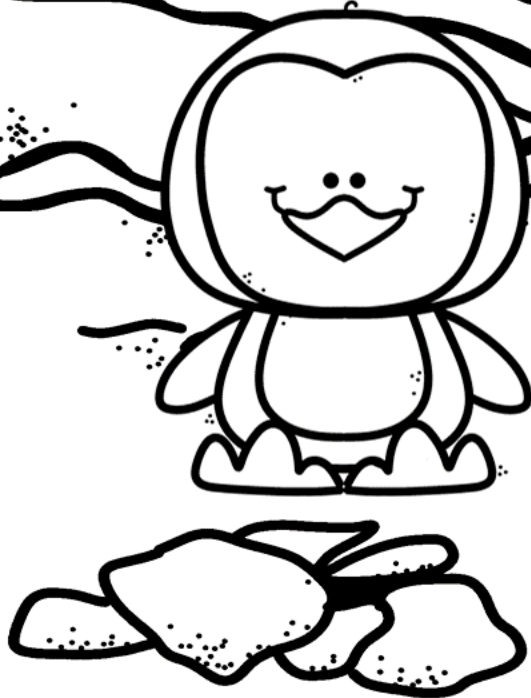
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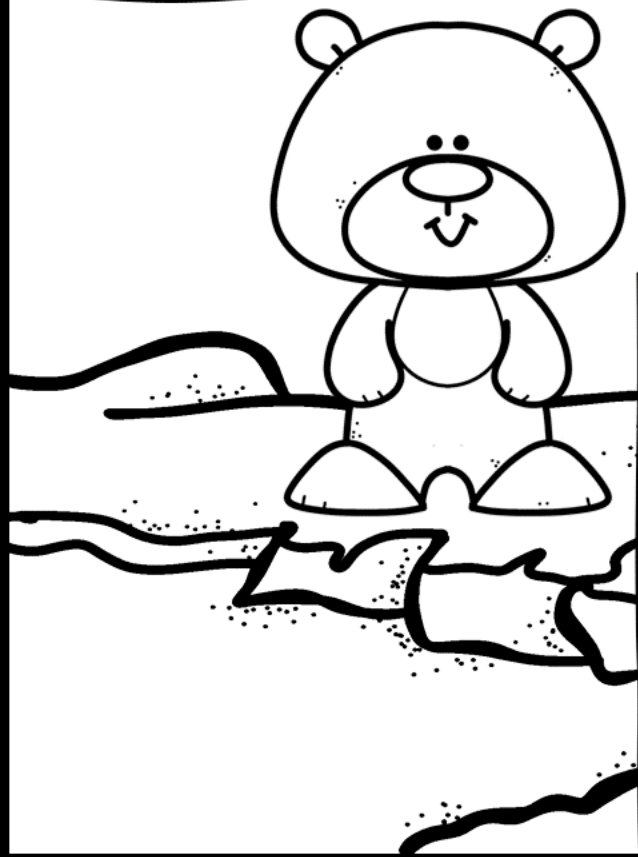
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Polar bear sees that the ice where he lives is melting and he has nowhere to go. How might he be feeling?

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James worked hard to build a snowman, and looks outside to see that it is melting. How might he feel?

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Yeti tries to make friends, but others seem to be scared of him. How might he be feeling? What would you feel?

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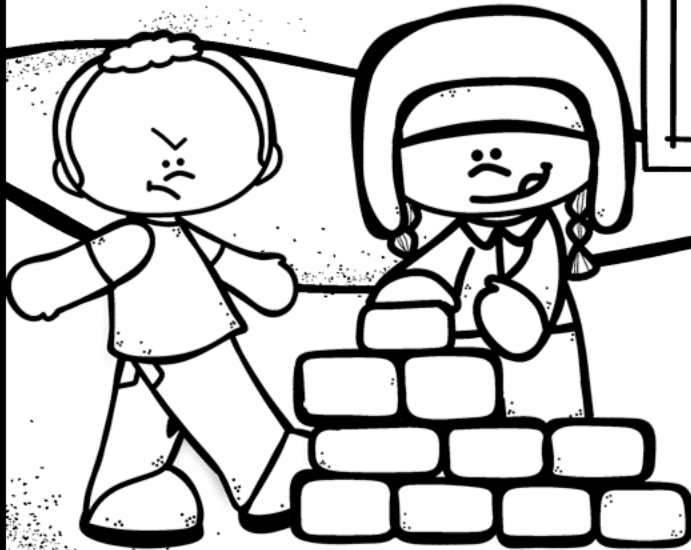
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Viola is playing at her hockey game and her team loses the game. How might she be feeling?



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Tenisha is building an ice fort and her brother comes by and knocks it all over. How does she feel? How would you feel? What would you do?

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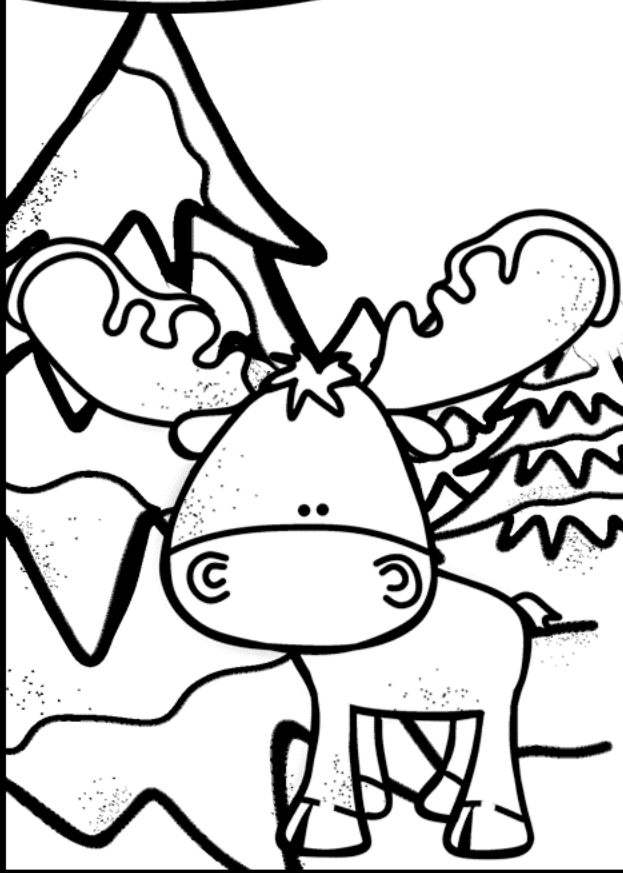


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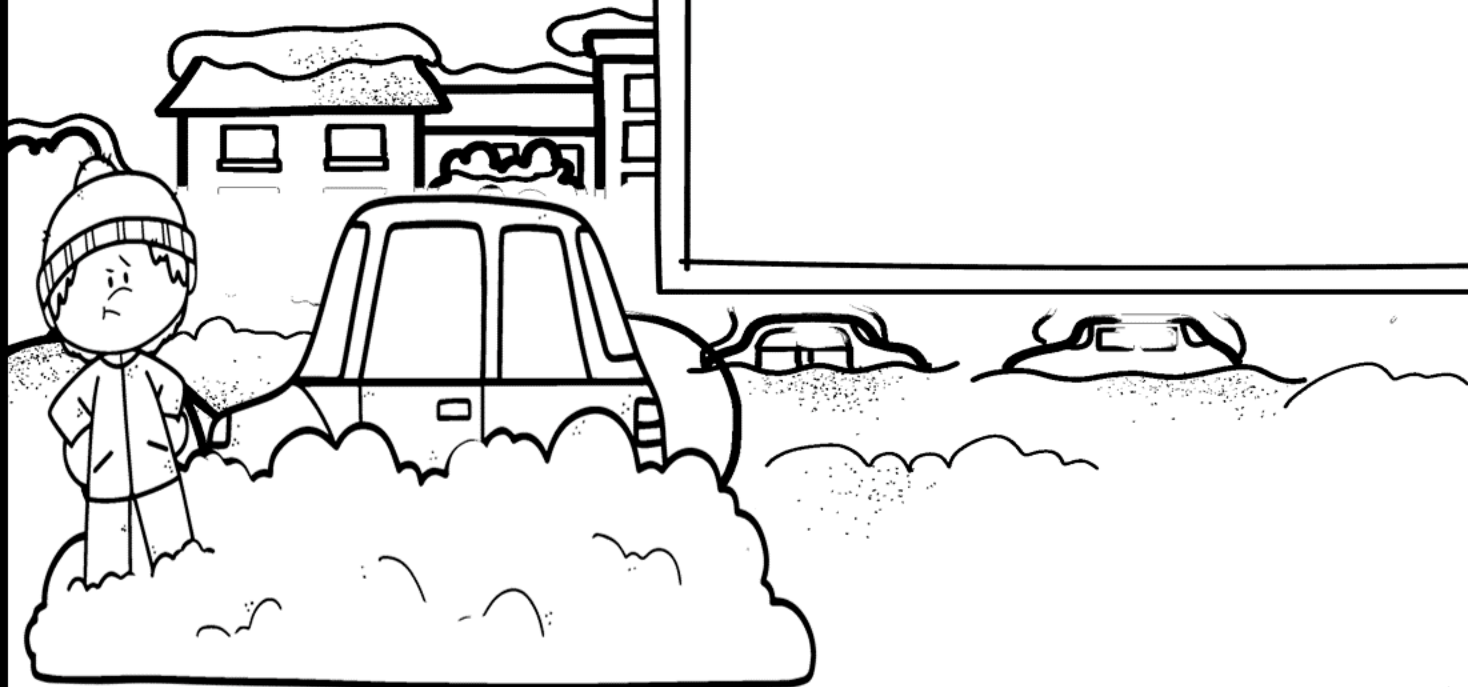
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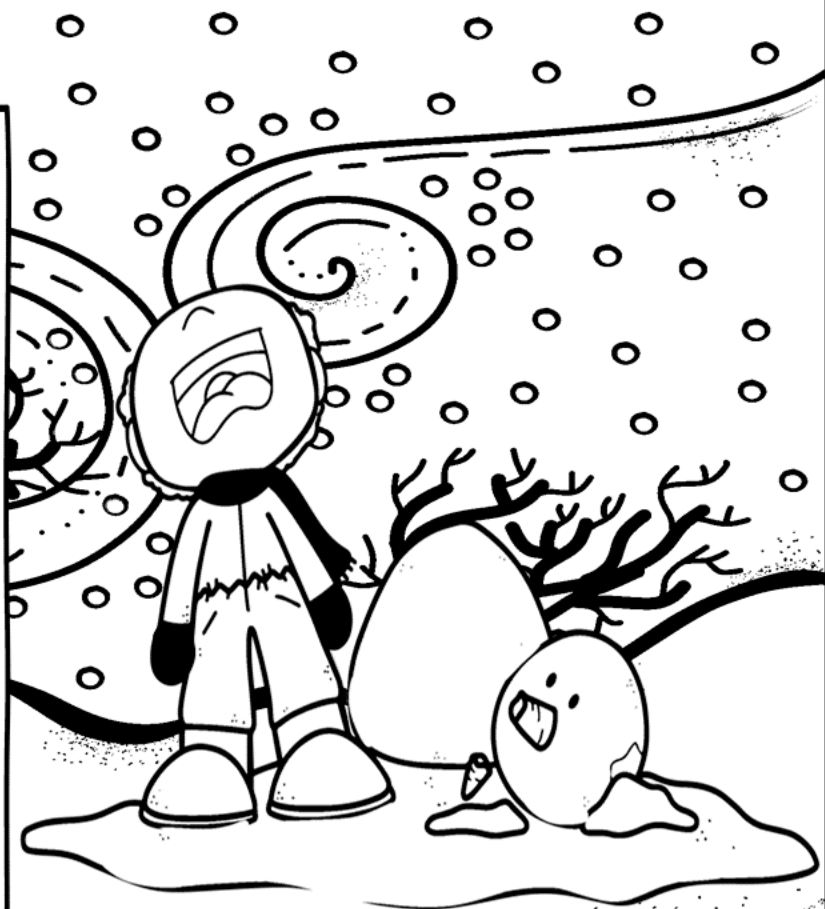
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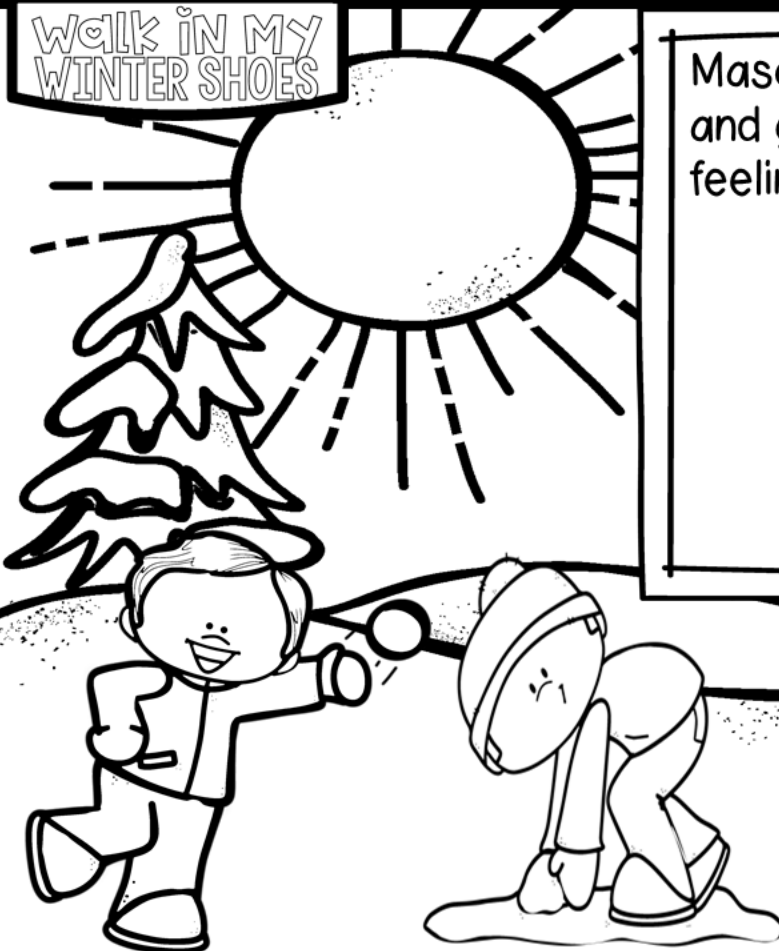
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Christian's mom wants him to wear his winter jacket outside, but he does not want to wear a jacket. How does Christian feel? How does his mom feel? What would you do?

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Gabe has been ice fishing all day and has not caught anything. How might he be feeling?



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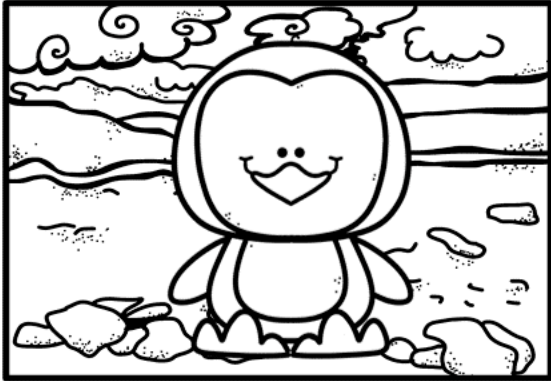
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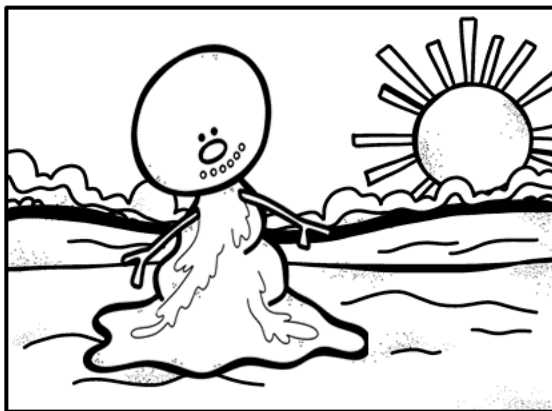
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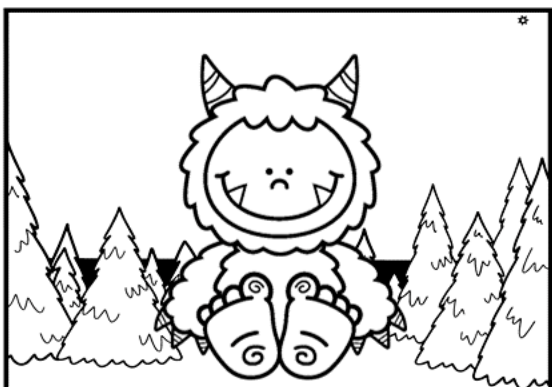
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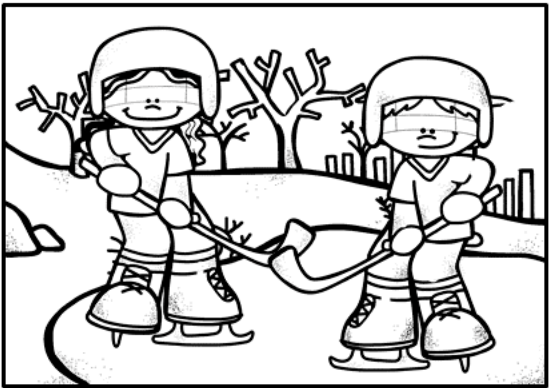


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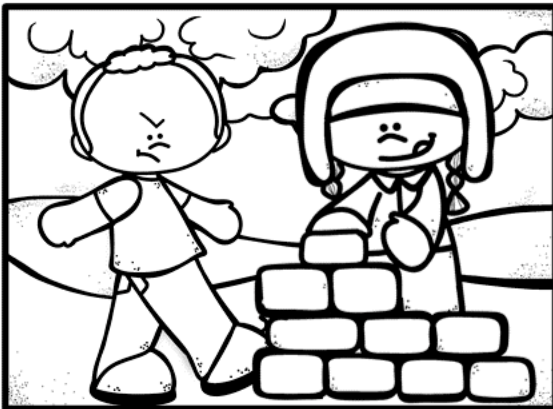
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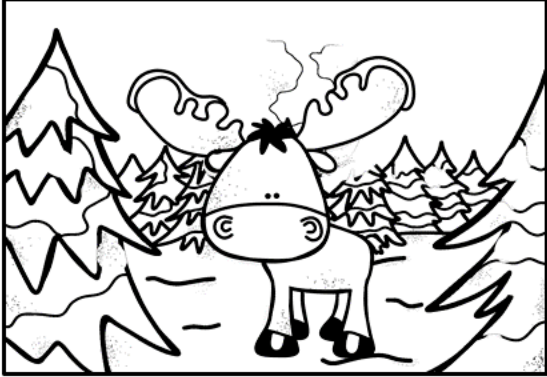


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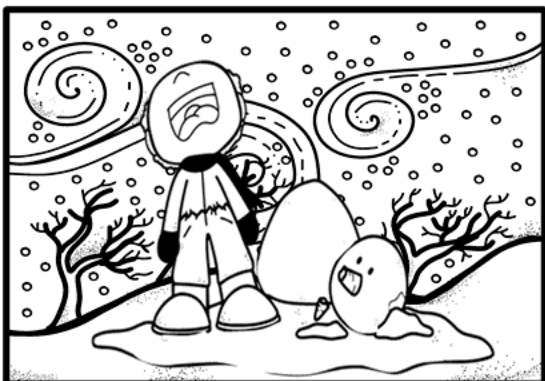
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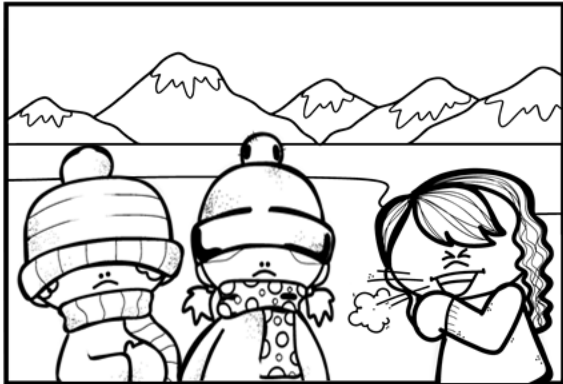


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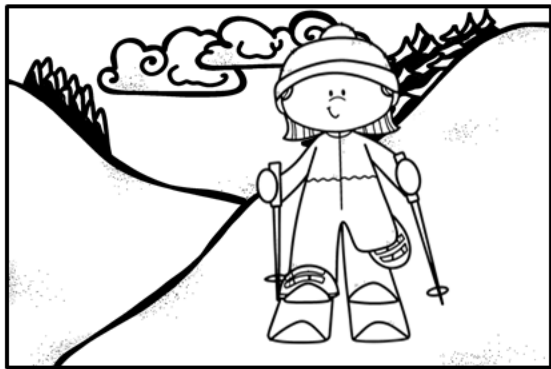


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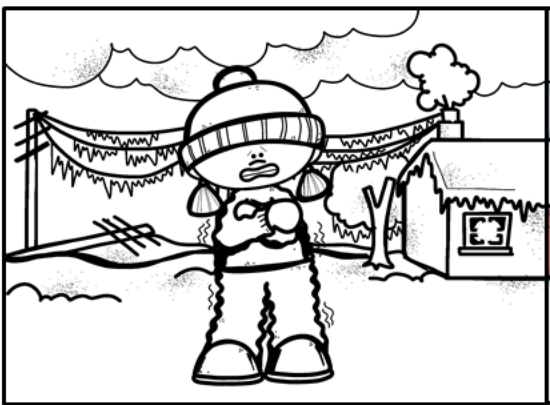
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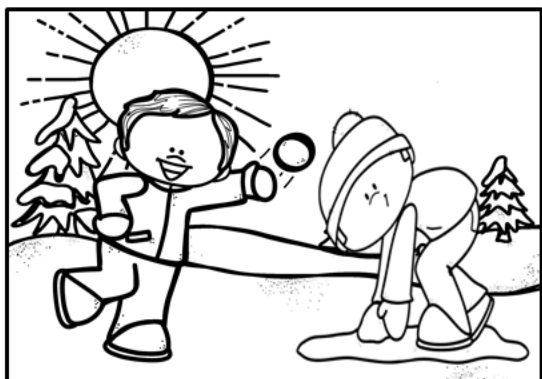
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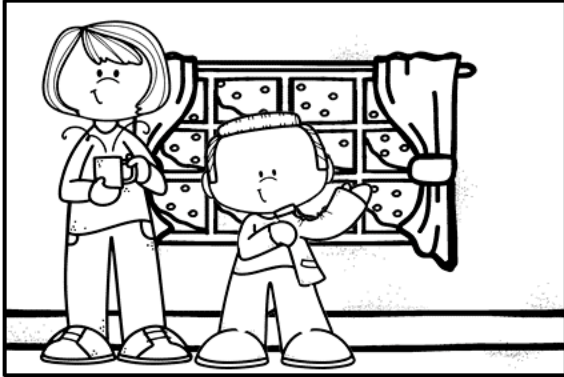


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GOOGLE SLIDES

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 Winter 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 \(youtube video\)](#)



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.

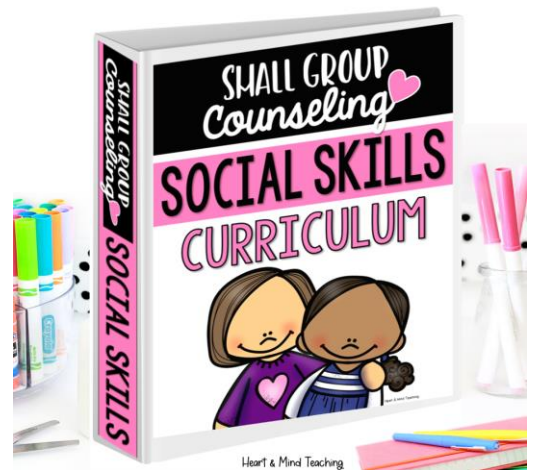
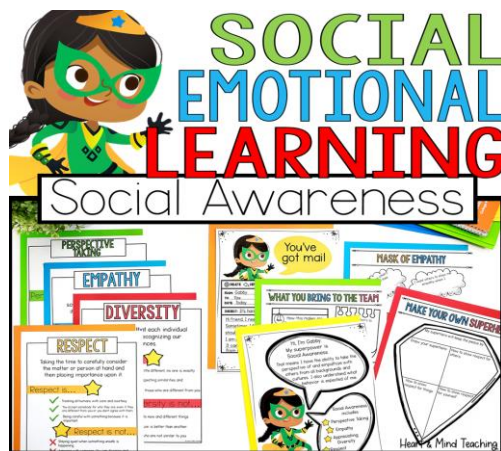
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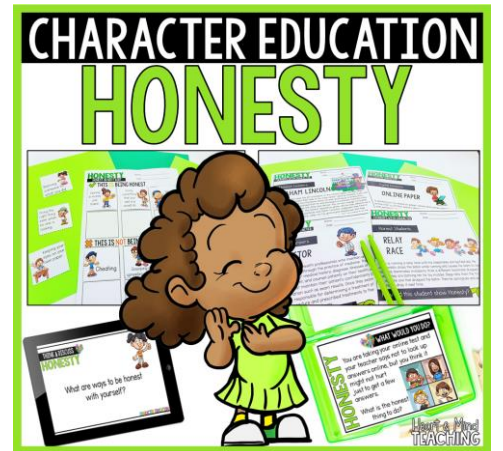
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Questions or Concerns? Please reach out to me at:
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Ashley

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!

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