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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 Cupid 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 VALENTINE 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

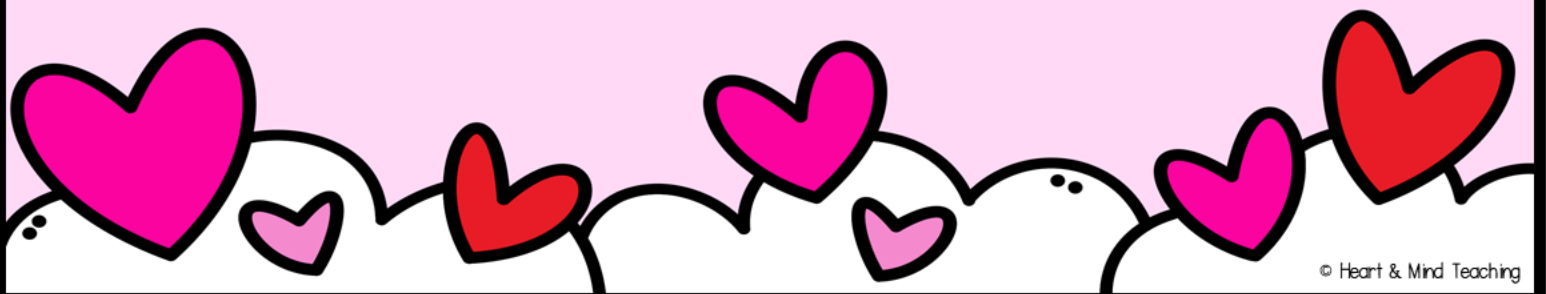
Ask questions and show interest in what they are talking about. Do not interrupt or show signs of disinterest.







WALK IN MY VALENTINE SHOES



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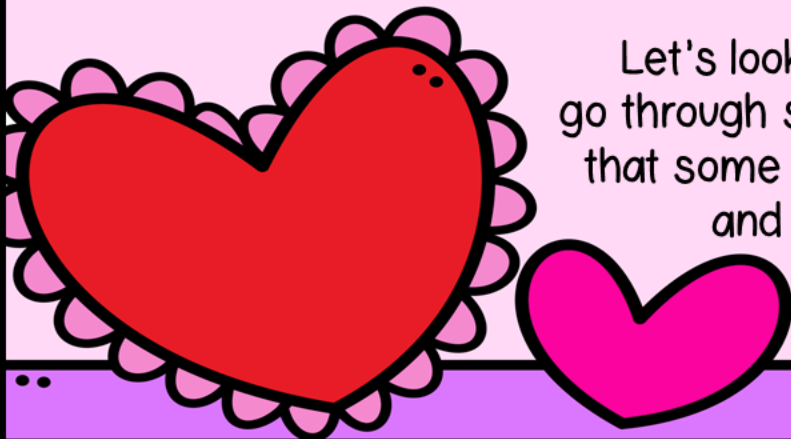
WALK IN MY
VALENTINE SHOES

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.



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WALK IN MY
VALENTINE SHOES

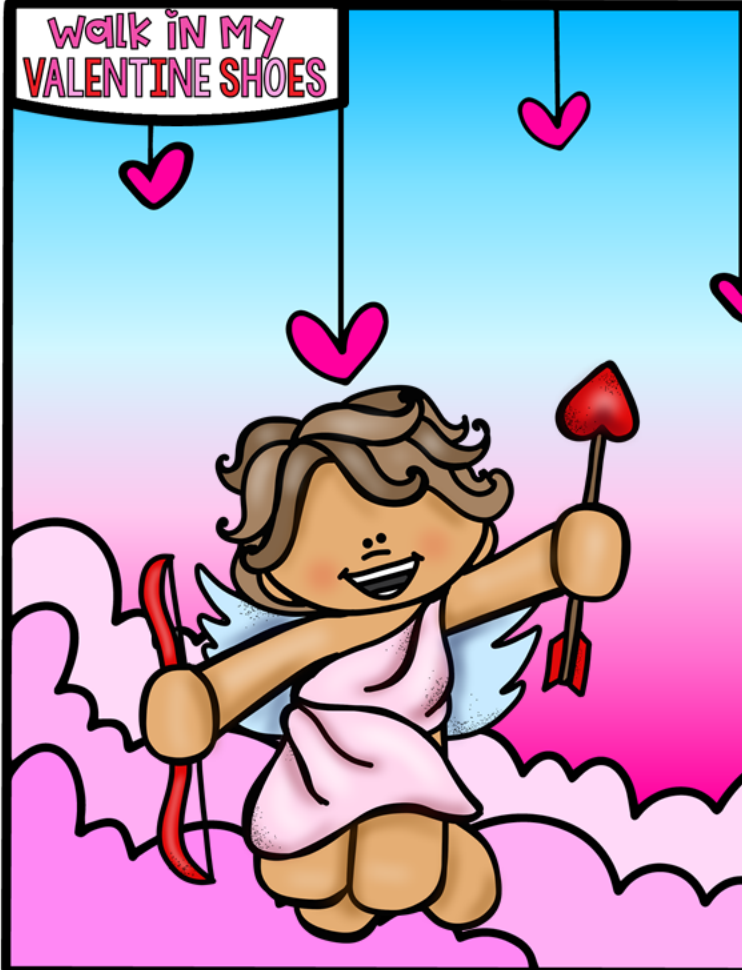
Cupid does not want to do her job anymore. She wants to be something different. How is she feeling? What would you say to her?



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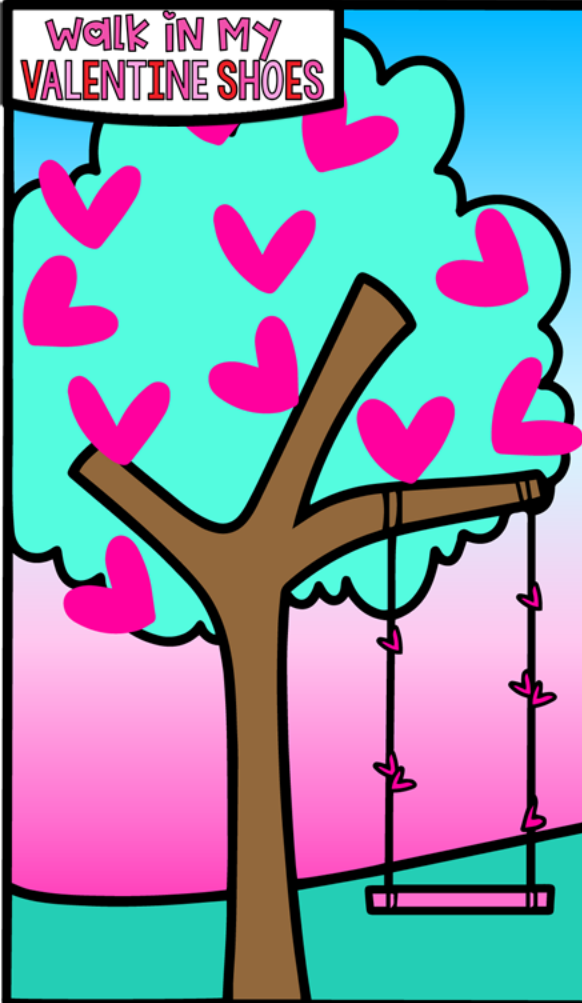
WALK IN MY
VALENTINE SHOES

Cupid interrupts when the head of the Cupid Training Program is speaking. How might they be feeling? How does this make Cupid look?



© Heart & Mind Teaching

WALK IN MY
VALENTINE SHOES



Cupid flies into a tree right in front of everyone. How does he feel? How would you feel? What would you do?

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WALK IN MY
VALENTINE SHOES

Cupid keeps trying to make friends at the Cupid Training Program but so far, she has not connected with anyone. How might she be feeling?



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WALK IN MY
VALENTINE SHOES



Cupid throws her bow and arrow down in frustration, everyone looks up at her. What is everyone thinking? How is Cupid feeling before and after?

© Heart & Mind Teaching

WALK IN MY
VALENTINE SHOES



Cupid dresses different than others and stands out in a crowd. How does he look to others? How might this make him feel?

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WALK IN MY
VALENTINE SHOES



Cupid is behind on her Valentine's day work. She is not sure how she is going to finish on time. How is she feeling? What would you do?

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WALK IN MY
VALENTINE SHOES



Cupid lost his new bow and arrow. It was his favorite one. How is he feeling? If you were him what would you do?

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Walk in My
Valentine Shoes



Chris really tries to make a special Valentine's day craft, but it does not come out very good. He stomps his feet. How does he feel? What might others that are around think?

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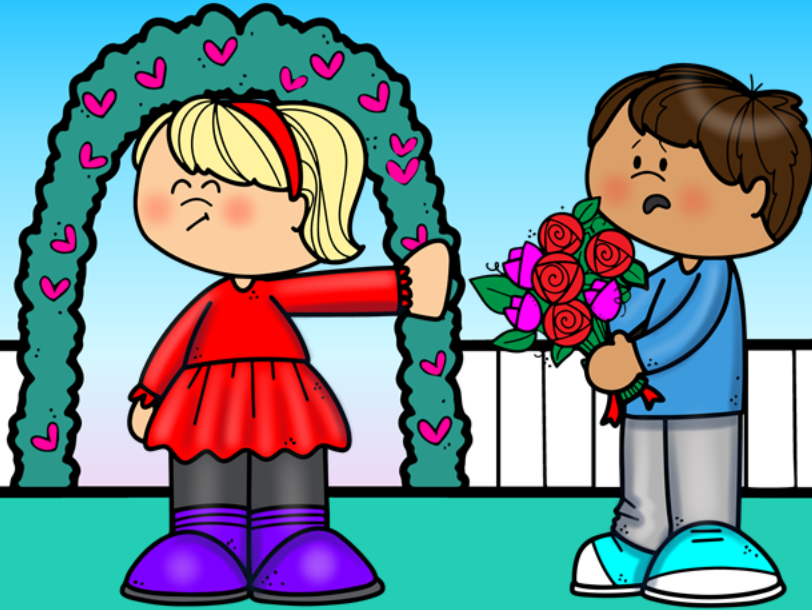
Walk in My
Valentine Shoes



Tessa gets a Valentine from someone she likes, how is she feeling? What should she do?

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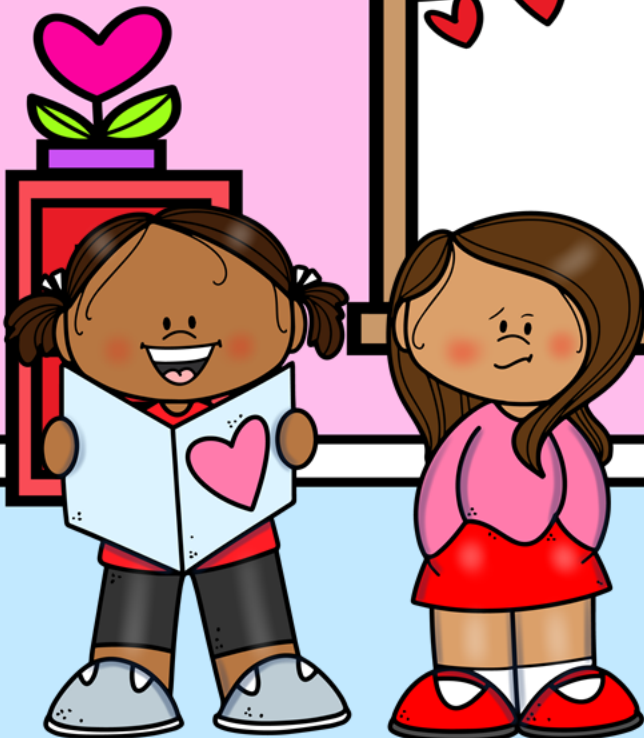
Walk in My Valentine Shoes



Julie gets a Valentine from someone that she does not like. How does she feel? What should she do?

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Walk in My Valentine Shoes

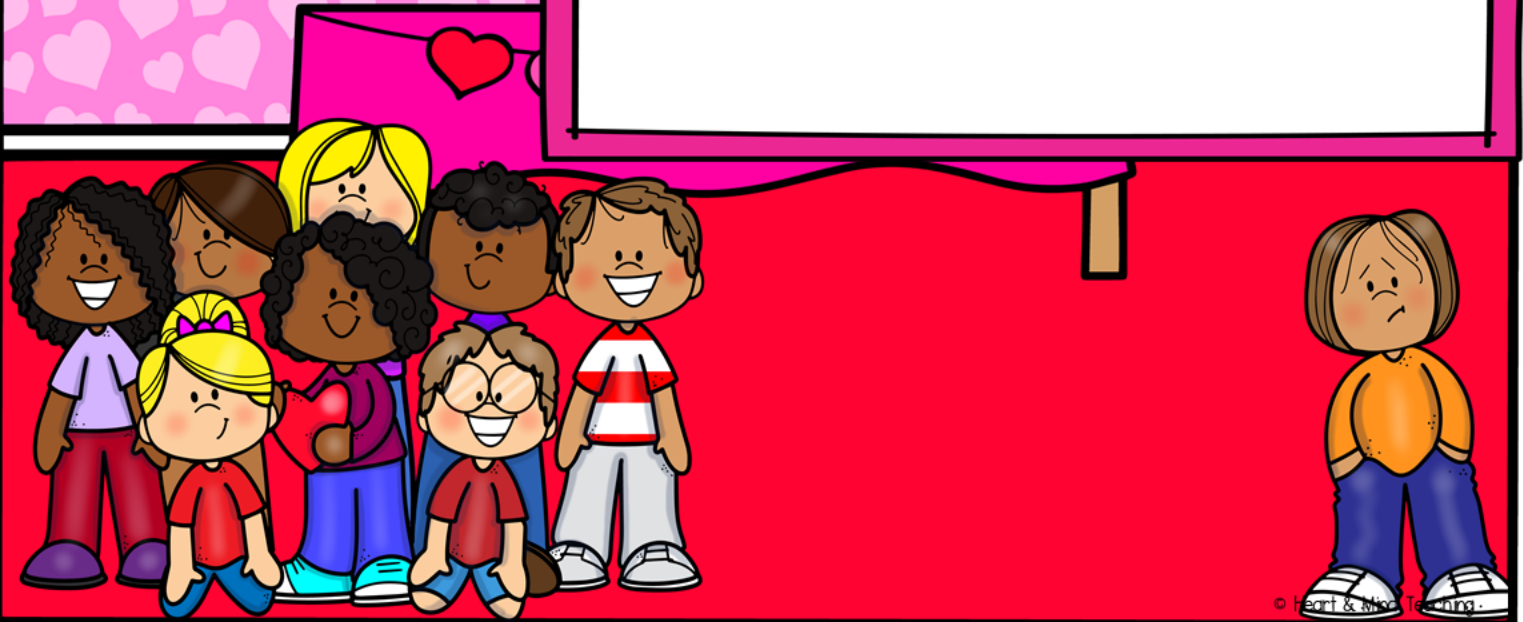


Kelly sees that one person does not get a Valentine from anyone. How might that person feel? What can she do?

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WALK IN MY VALENTINE SHOES

Georgiana is throwing a Valentine's day party and does not want to invite this one person, but she knows this person never gets invited to parties. How is she feeling? How is the uninvited person feeling? What would you do?



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WALK IN MY VALENTINE SHOES

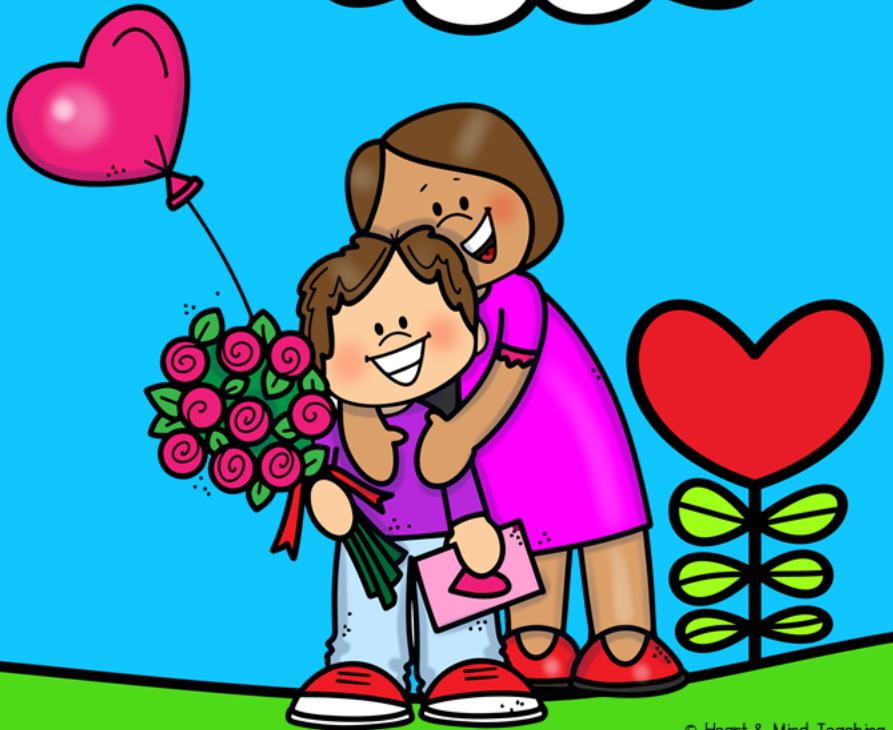
Lucas tells a joke and no one else laughs. How is he feeling? How would it make you feel?



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Walk in My
Valentine Shoes

Frankie gives his mom a Valentine's Day gift. How do you think this makes him feel? How does his mom feel?

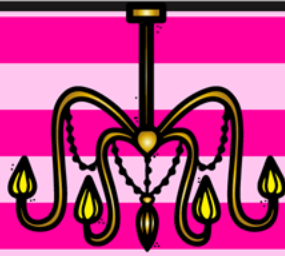
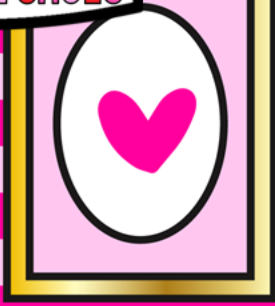


Walk in My
Valentine Shoes

Jace's friend is upset with him and says he does not want to be his friend anymore. How is he feeling? How is his friend feeling? What would you do?



WALK IN MY VALENTINE SHOES

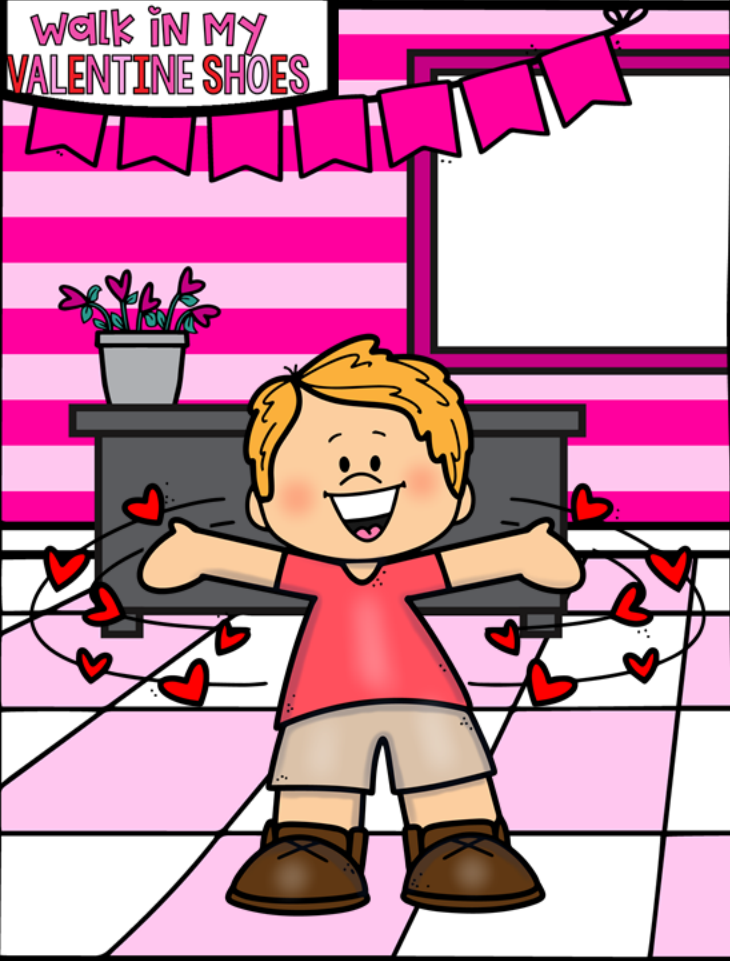


Kayla's dog eats all her valentine's day candy. How might she be feeling? What do you think she should do?



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WALK IN MY VALENTINE SHOES



Caleb is really excited for the Valentine's Day party at school. He can barely contain his excitement, and is running around and giggling loudly. What might others around him think?

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Walk in My
Valentine Shoes

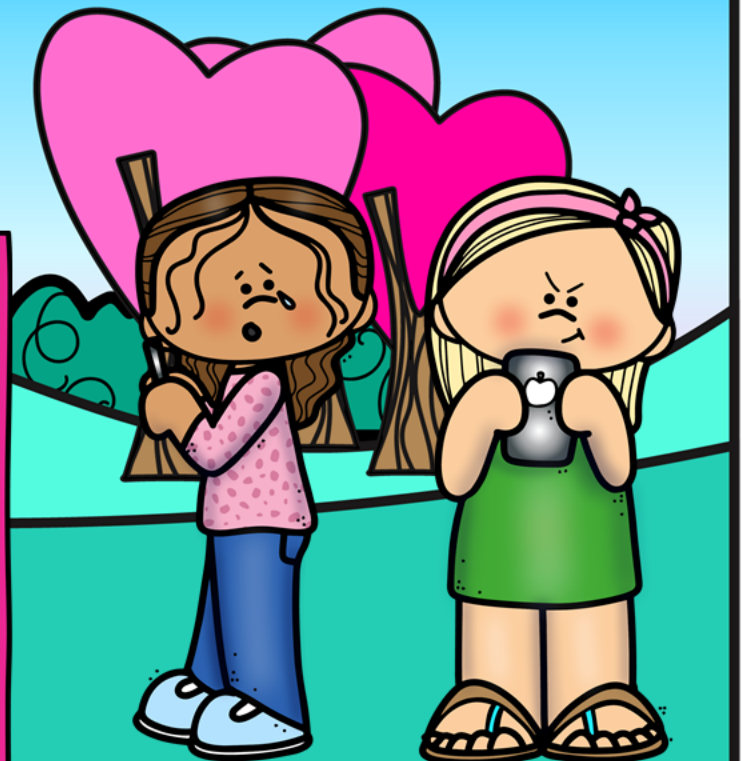
Someone spreads a rumor about Rowan that he cheats on his tests. What will others think? How will it make him feel?



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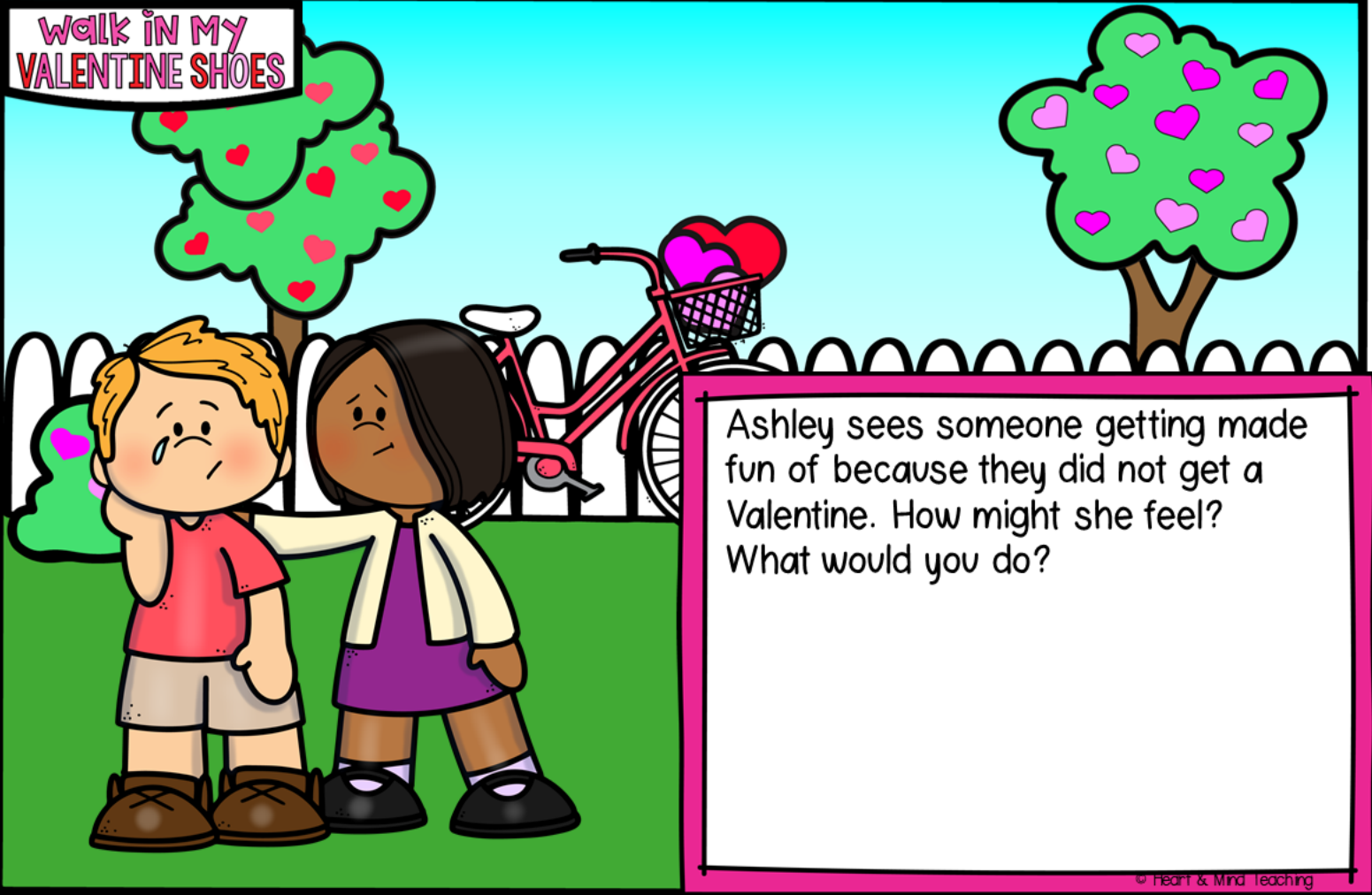
Walk in My
Valentine Shoes

Brianna sees an unfriendly message on one of her social media pictures. How might this make her feel? What should she do?



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WALK IN MY
VALENTINE SHOES



Ashley sees someone getting made fun of because they did not get a Valentine. How might she feel? What would you do?

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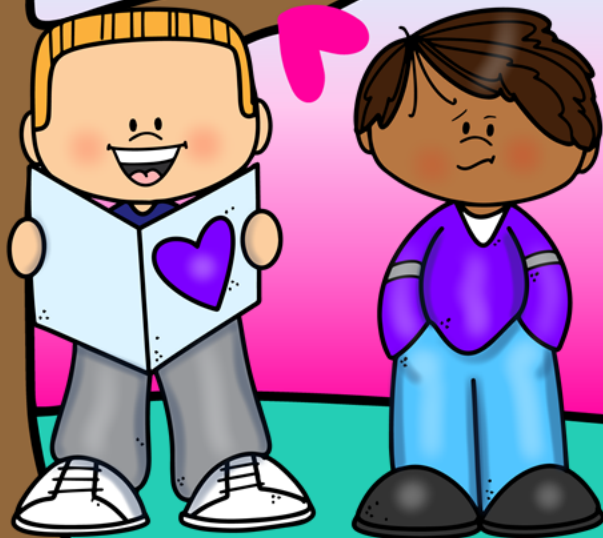
WALK IN MY
VALENTINE SHOES



Paulina meets a new girl joining the class, she does not know anyone so she goes to talk to her. How would you feel as the new girl?

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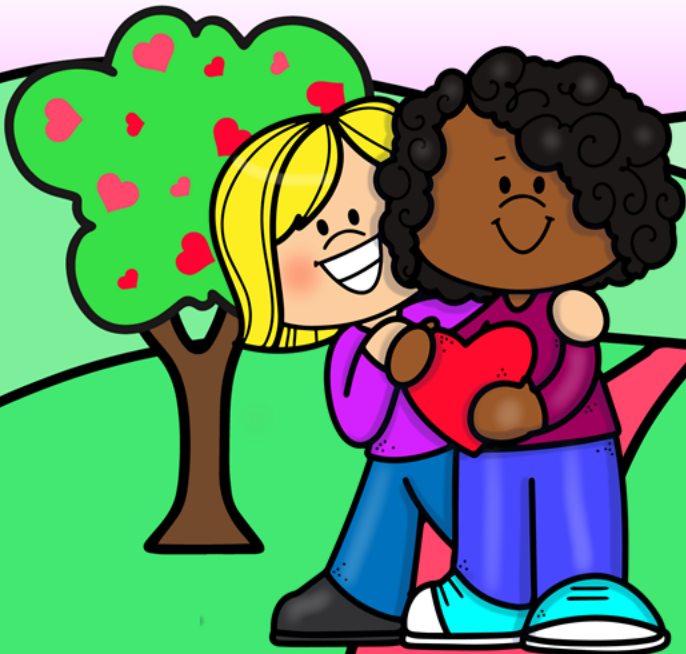
Walk in My
Valentine Shoes



Harry shows his friend his new Valentine card design, his friend does not like it. How is he feeling? How might his friend feel?

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Walk in My
Valentine Shoes



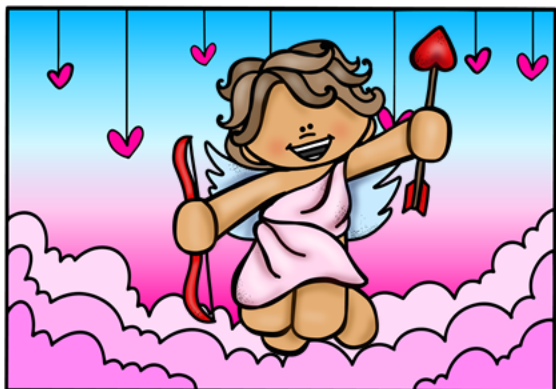
Tasha gives her friend a hug and tells her how much she appreciates her friendship. How might her friend feel?

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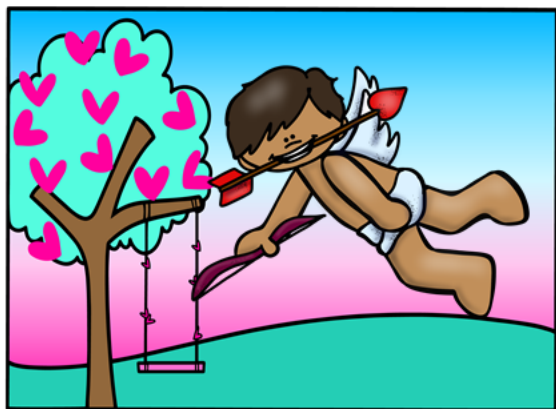
WALK IN MY VALENTINE SHOES



Cupid does not want to do her job anymore. She wants to be something different. How is she feeling? What would you say to her?



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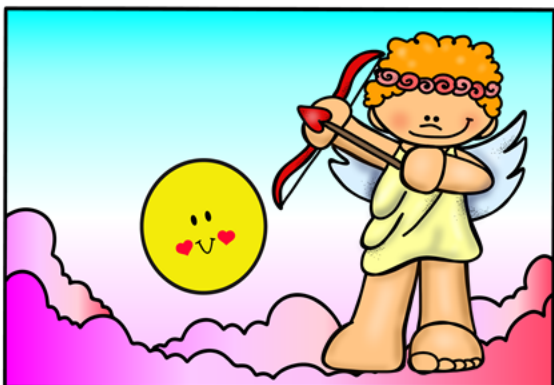


Cupid keeps trying to make friends at the Cupid Training Program but so far, she has not connected with anyone. How might she be feeling?

WALK IN MY VALENTINE SHOES



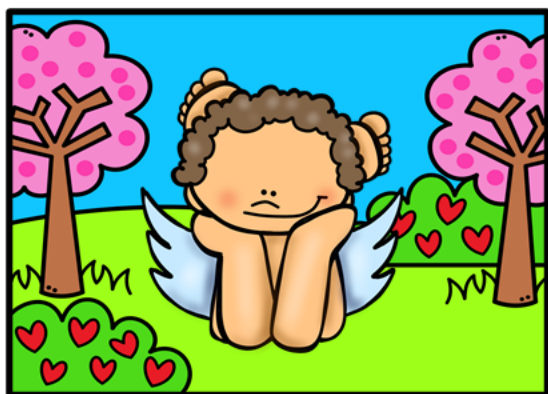
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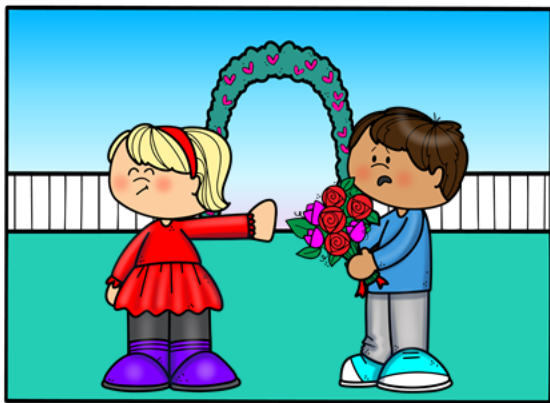
WALK IN MY VALENTINE SHOES



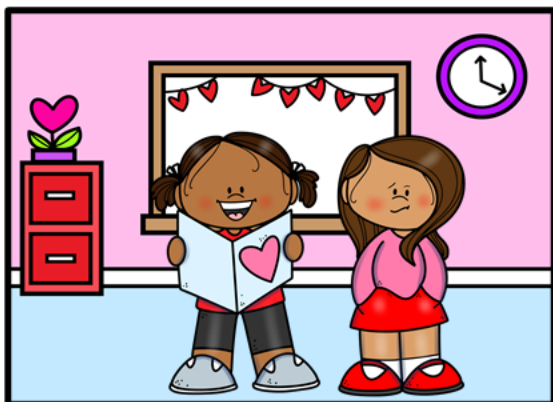
Chris really tries to make a special Valentine's day craft, but it does not come out very good. He stomps his feet. How does he feel? What might others that are around think?



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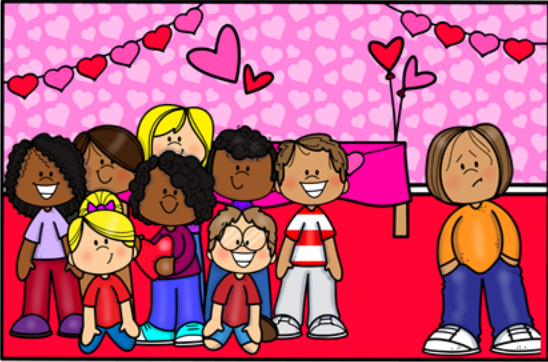


Julie gets a Valentine from someone that she does not like. How does she feel? What should she do?

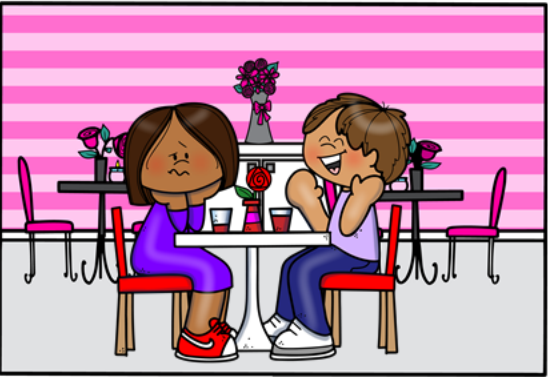


Kelly sees that one person does not get a Valentine from anyone. How might that person feel? What can she do?

WALK IN MY VALENTINE SHOES



Georgiana is throwing a Valentine's day party and does not want to invite this one person, but she knows this person never gets invited to parties. How is she feeling? How is the uninvited person feeling? What would you do?



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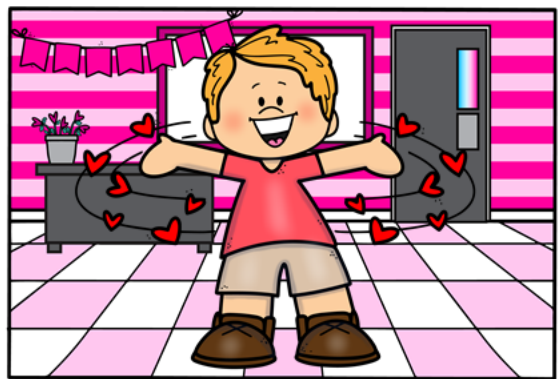


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WALK IN MY VALENTINE SHOES



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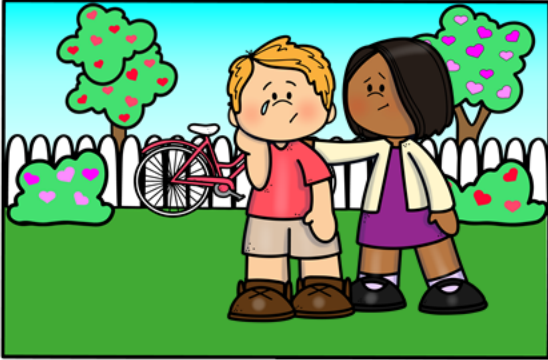


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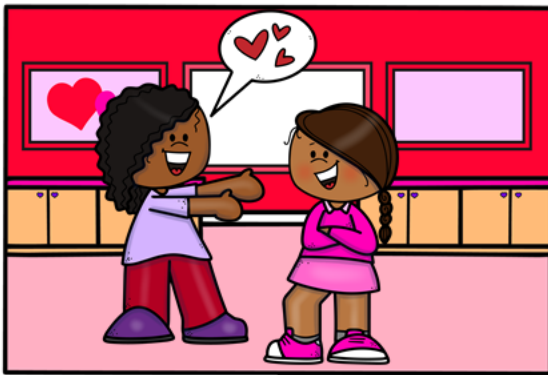


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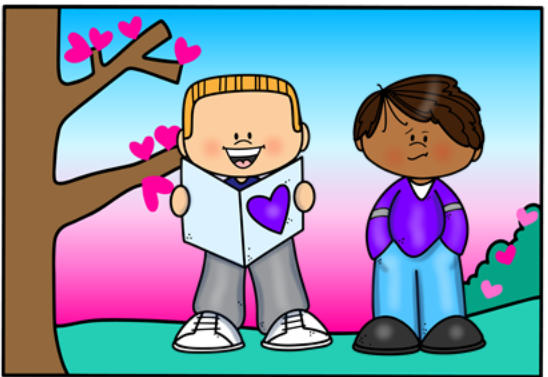
WALK IN MY VALENTINE SHOES



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**BLACK &
WHITE
VERSION**

WALK IN MY VALENTINE 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."

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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

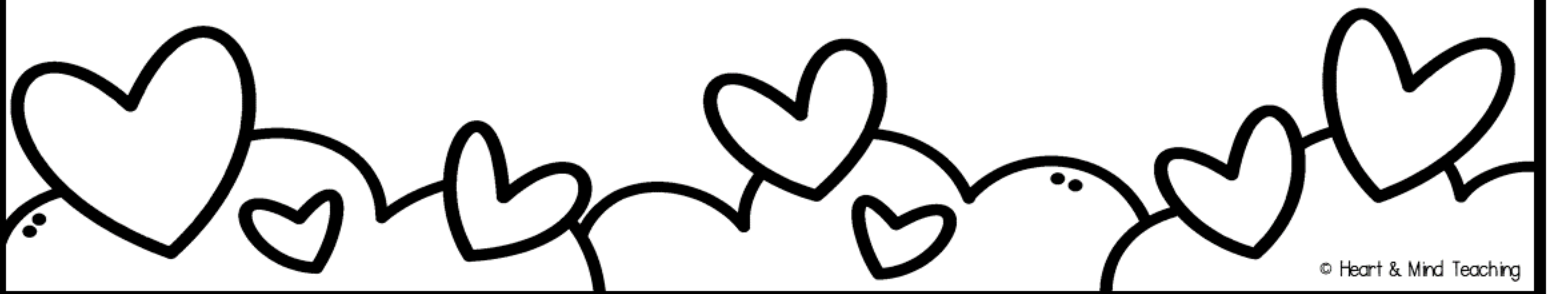
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WALK IN MY VALENTINE SHOES



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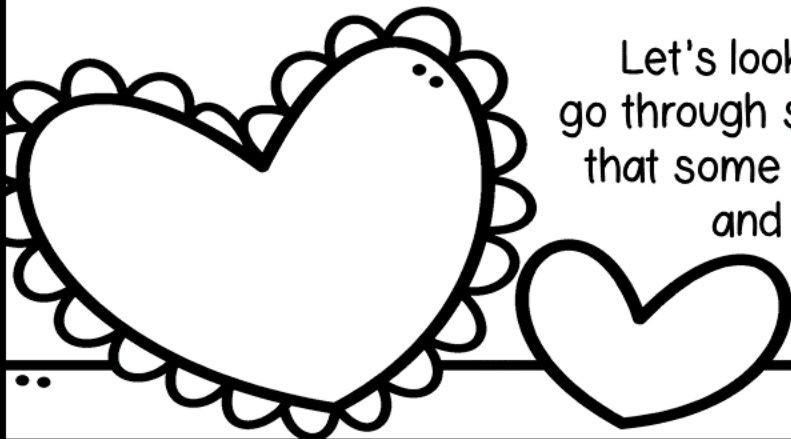
WALK IN MY
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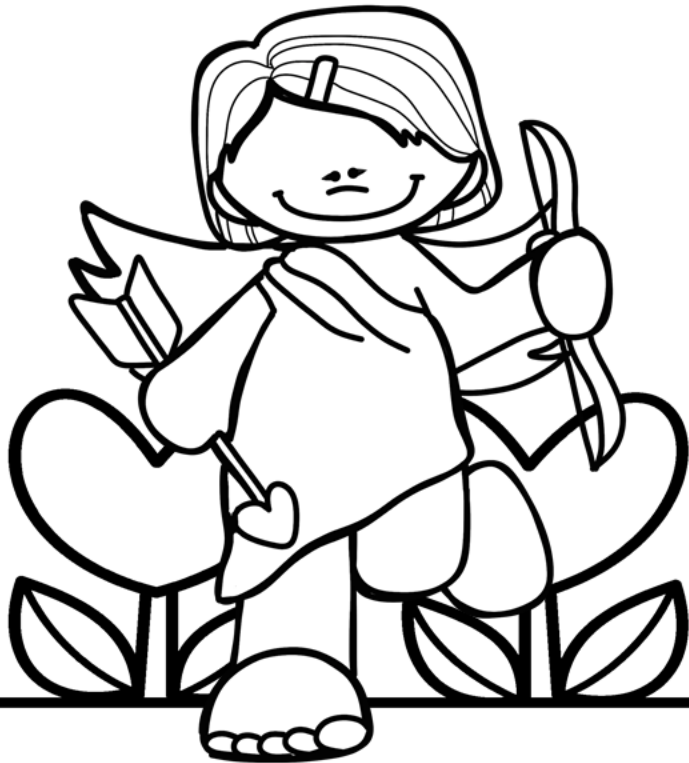
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Let's look at ways to show empathy and then go through some examples of different situations that some winter characters have dealt with and respond with how we think they might be feeling.



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**walk in My
VALENTINE SHOES**

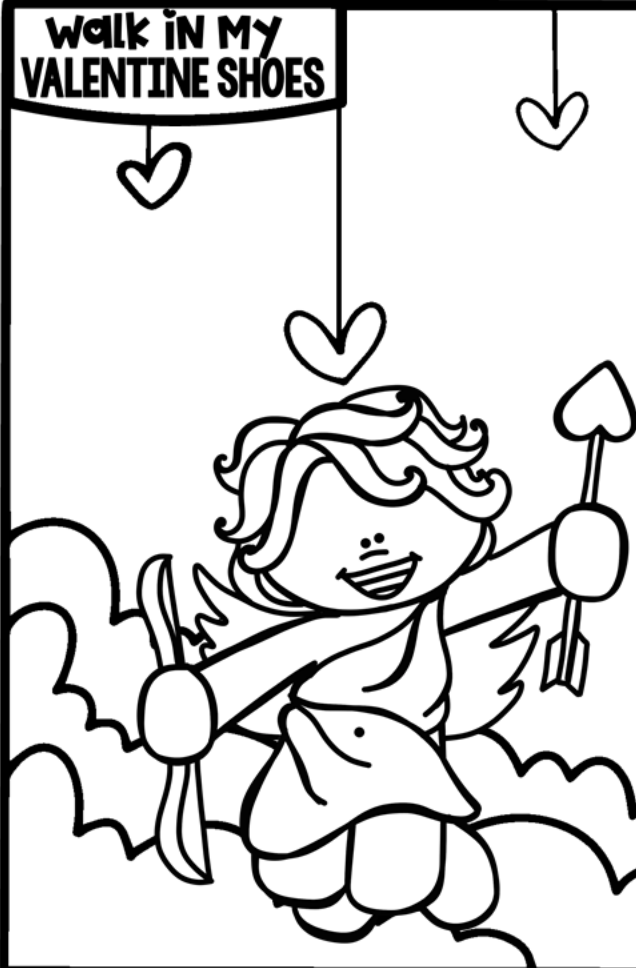


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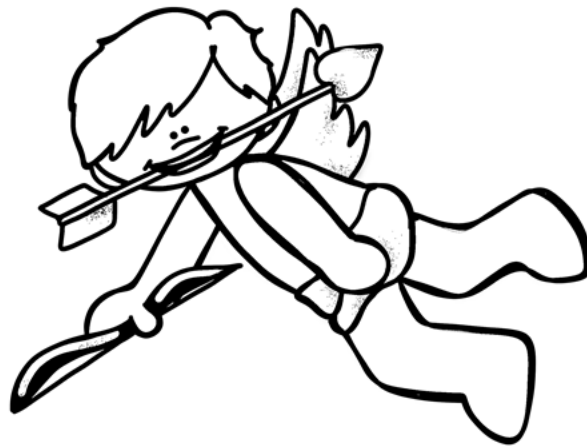
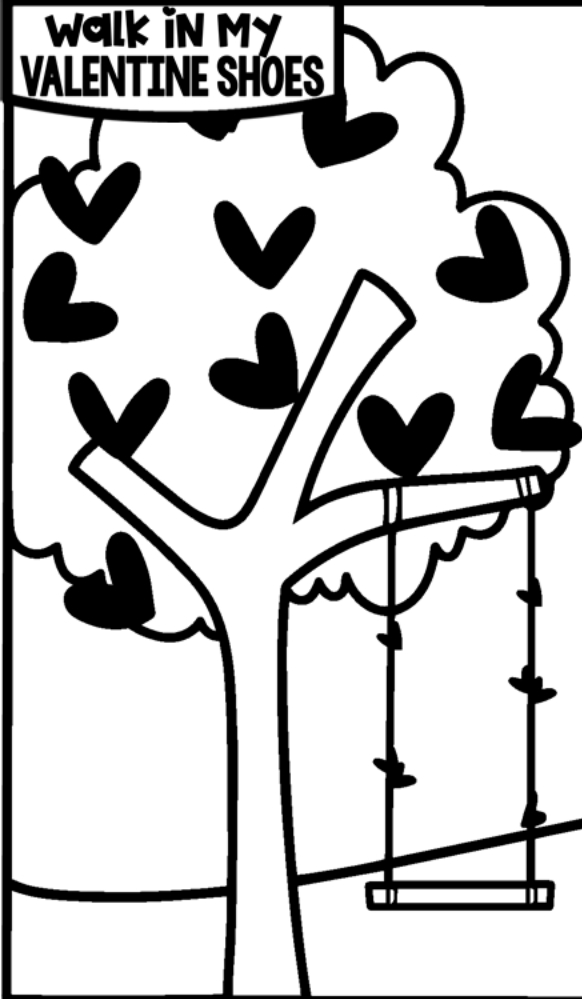
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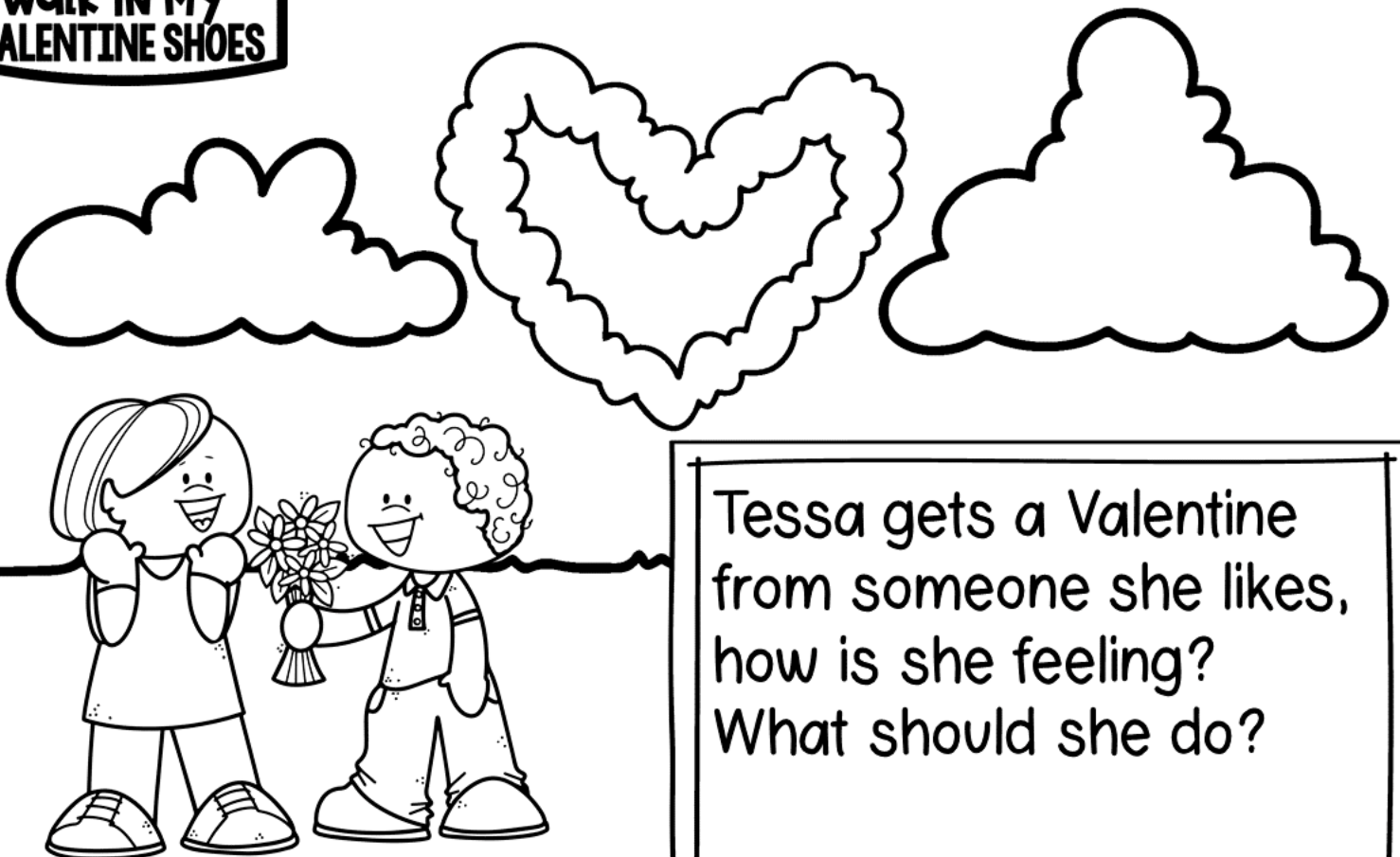
**walk in My
VALENTINE SHOES**



Chris really tries to make a special Valentine's day craft, but it does not come out very good. He stomps his feet. How does he feel? What might others that are around think?

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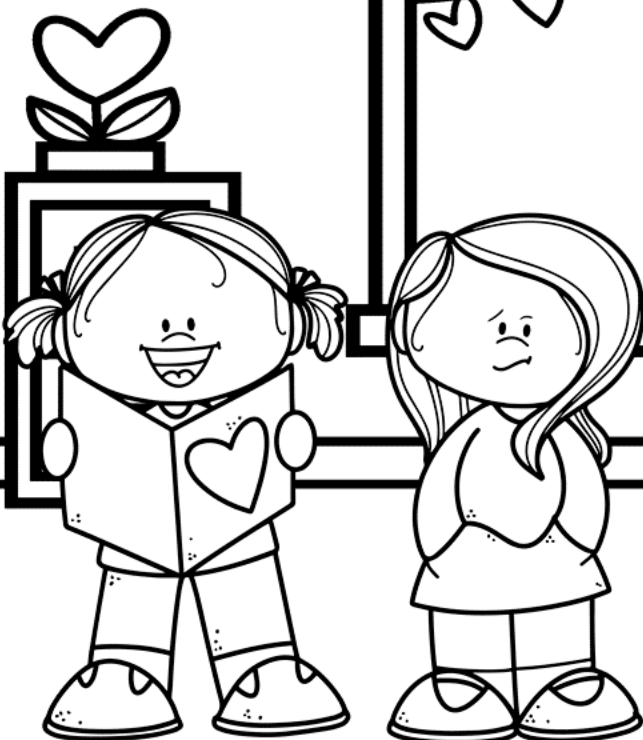
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**Walk in My
Valentine Shoes**



Julie gets a Valentine from someone that she does not like. How does she feel? What should she do?

**Walk in My
Valentine Shoes**

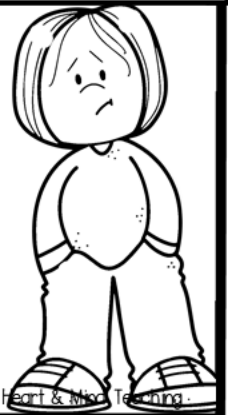


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**walk in My
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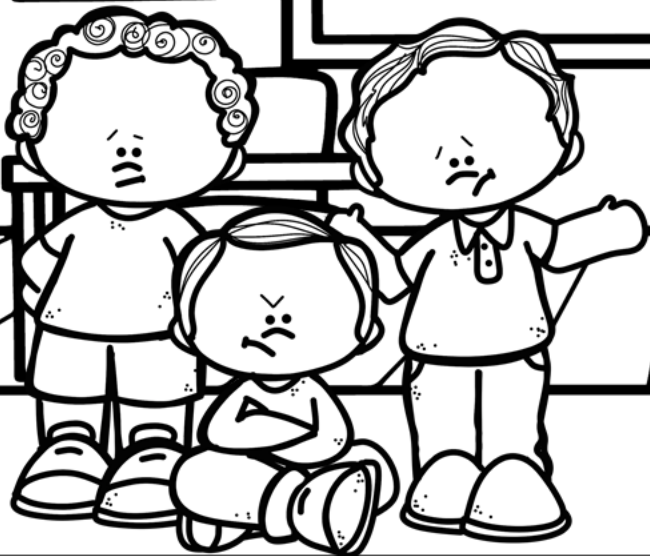
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**walk in My
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VALENTINE SHOES**

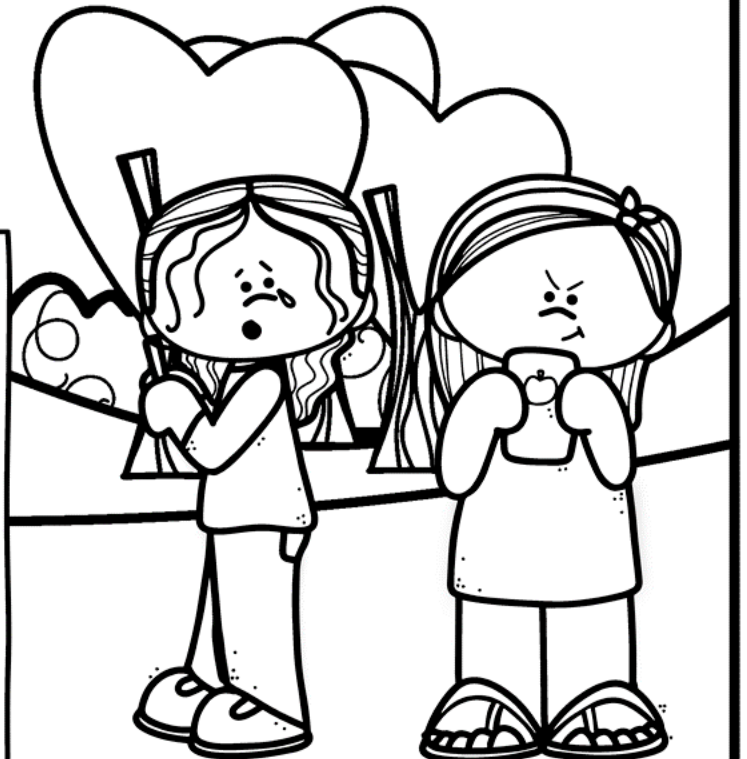
Someone spreads a rumor about Rowan that he cheats on his tests. What will others think? How will it make him feel?



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**walk in My
VALENTINE SHOES**

Brianna sees an unfriendly message on one of her social media pictures. How might this make her feel? What should she do?



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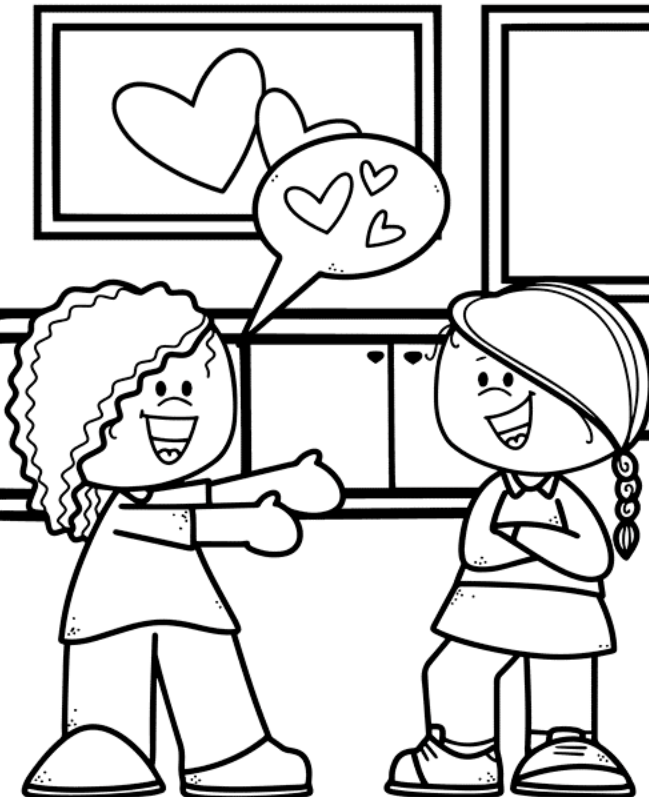
Walk in My
VALENTINE SHOES



Ashley sees someone getting made fun of because they did not get a Valentine. How might she feel? What would you do?

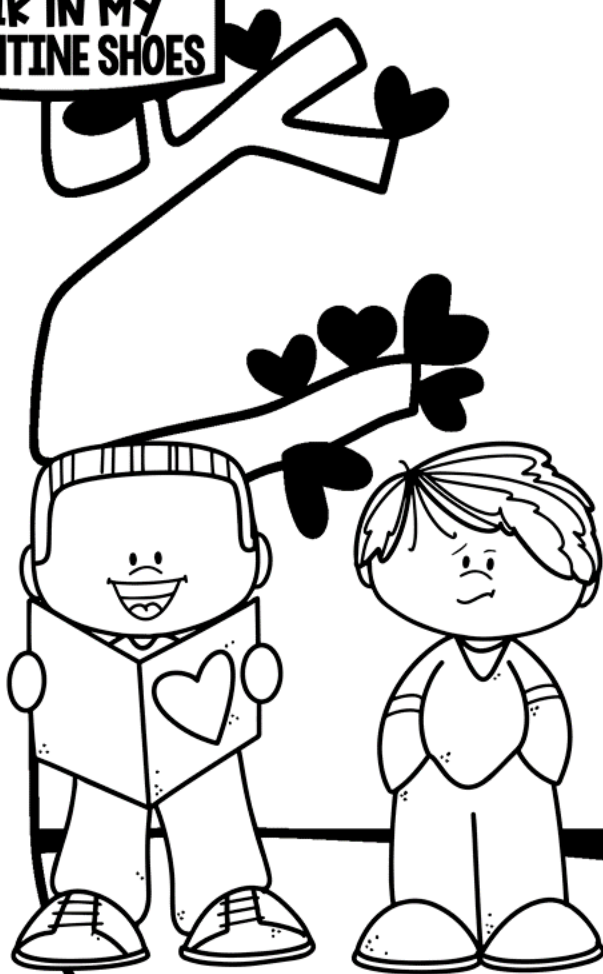
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Walk in My
VALENTINE SHOES



Paulina meets a new girl joining the class, she does not know anyone so she goes to talk to her. How would you feel as the new girl?

**walk in My
VALENTINE SHOES**



Harry shows his friend his new Valentine card design, his friend does not like it. How is he feeling? How might his friend feel?

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Tasha gives her friend a hug and tells her how much she appreciates her friendship. How might her friend feel?

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WALK IN MY VALENTINE SHOES



Cupid does not want to do her job anymore. She wants to be something different. How is she feeling? What would you say to her?



Cupid interrupts when the head of the Cupid Training Program is speaking. How might they be feeling? How does this make Cupid look?



Cupid flies into a tree right in front of everyone. How does he feel? How would you feel? What would you do?

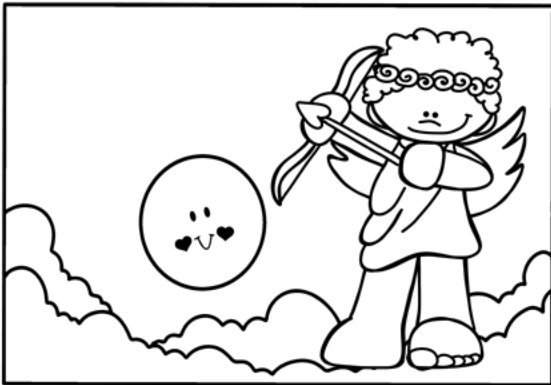


Cupid keeps trying to make friends at the Cupid Training Program but so far, she has not connected with anyone. How might she be feeling?

Walk in My Valentine Shoes



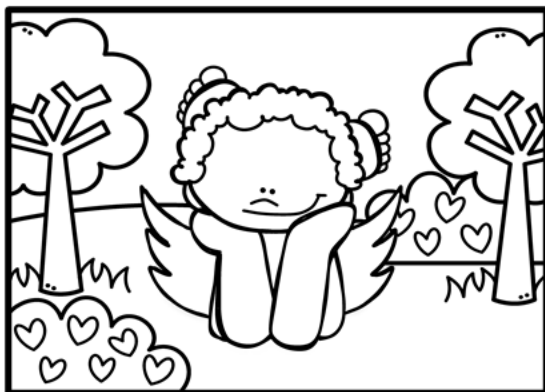
Cupid throws her bow and arrow down in frustration, everyone looks up at her. What is everyone thinking? How is Cupid feeling before and after?



Cupid dresses different than others and stands out in a crowd. How does he look to others? How might this make him feel?



Cupid is behind on her Valentine's day work. She is not sure how she is going to finish on time. How is she feeling? What would you do?

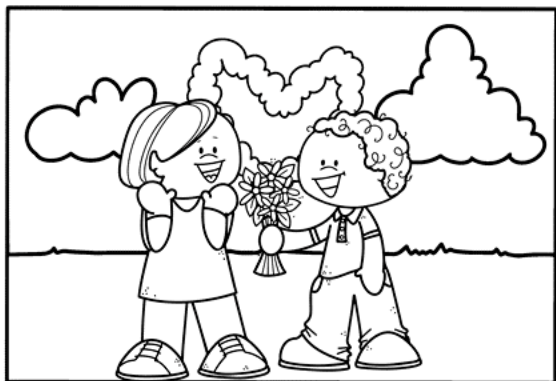


Cupid lost his new bow and arrow. It was his favorite one. How is he feeling? If you were him what would you do?

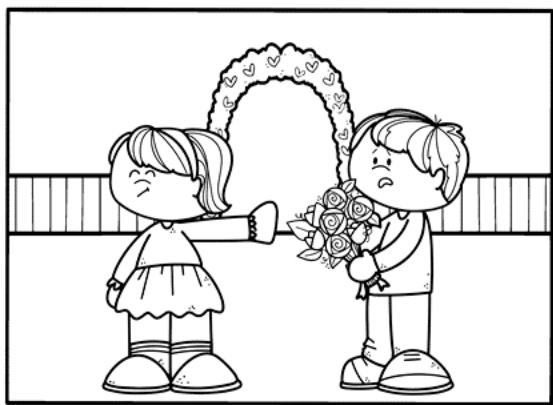
Walk in My Valentine Shoes



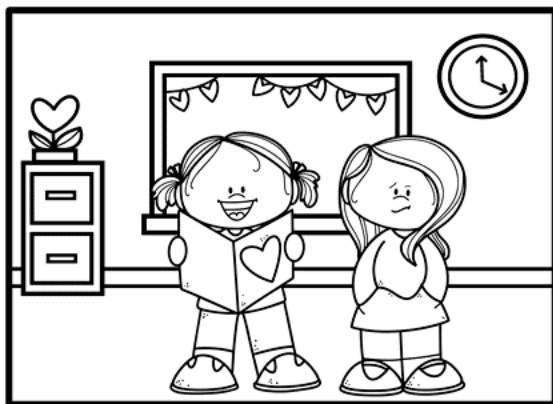
Chris really tries to make a special Valentine's day craft, but it does not come out very good. He stomps his feet. How does he feel? What might others that are around think?



Tessa gets a Valentine from someone she likes, how is she feeling? What should she do?



Julie gets a Valentine from someone that she does not like. How does she feel? What should she do?

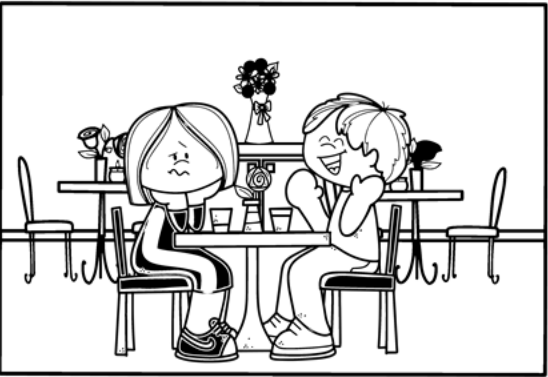


Kelly sees that one person does not get a Valentine from anyone. How might that person feel? What can she do?

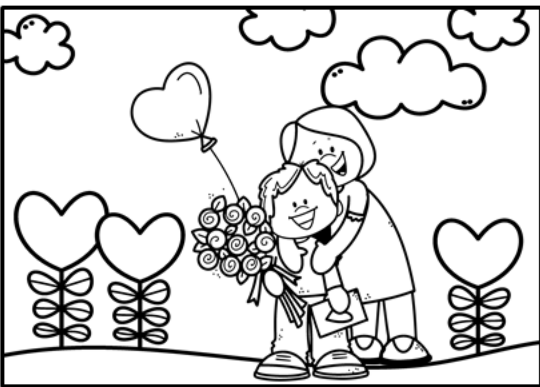
WALK IN MY VALENTINE SHOES



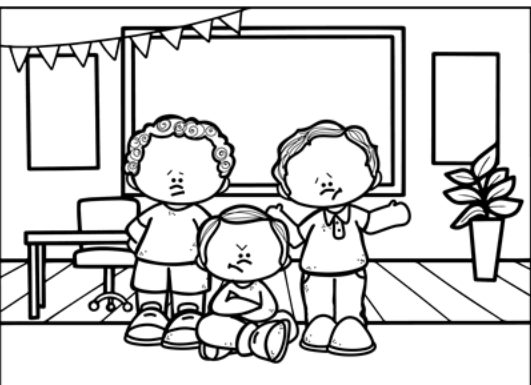
Georgiana is throwing a Valentine's day party and does not want to invite this one person, but she knows this person never gets invited to parties. How is she feeling? How is the uninvited person feeling? What would you do?



Lucas tells a joke and no one else laughs. How is he feeling? How would it make you feel?



Frankie gives his mom a Valentine's Day gift. How do you think this makes him feel? How does his mom feel?

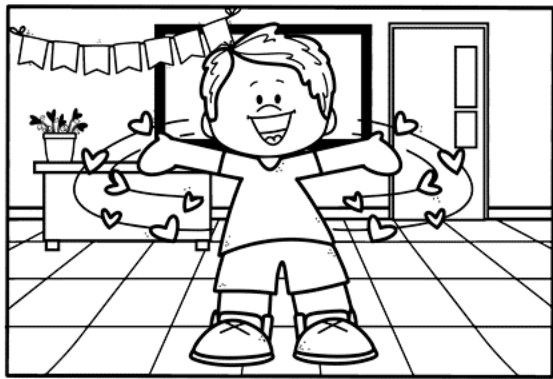


Jace's friend is upset with him and says he does not want to be his friend anymore. How is he feeling? How is his friend feeling? What would you do?

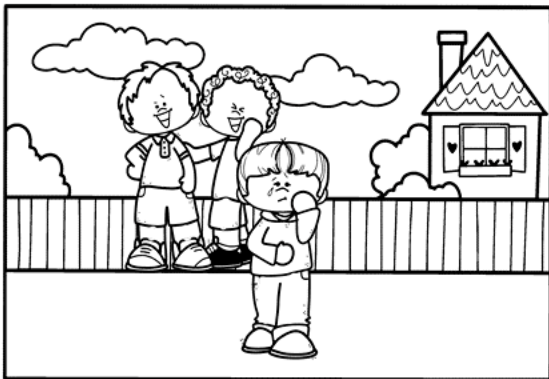
WALK IN MY VALENTINE SHOES



Kayla's dog eats all her valentine's day candy. How might she be feeling? What do you think she should do?



Caleb is really excited for the Valentine's Day party at school. He can barely contain his excitement, and is running around and giggling loudly. What might others around him think?



Someone spreads a rumor about Rowan that he cheats on his tests. What will others think? How will it make him feel?

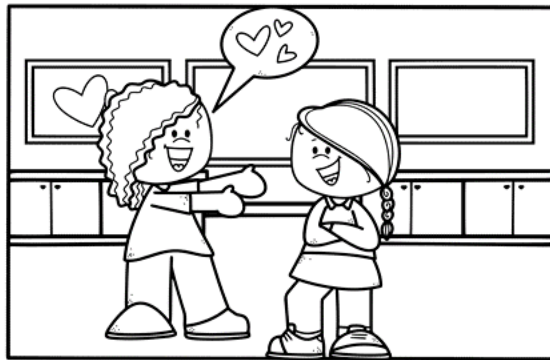


Brianna sees an unfriendly message on one of her social media pictures. How might this make her feel? What should she do?

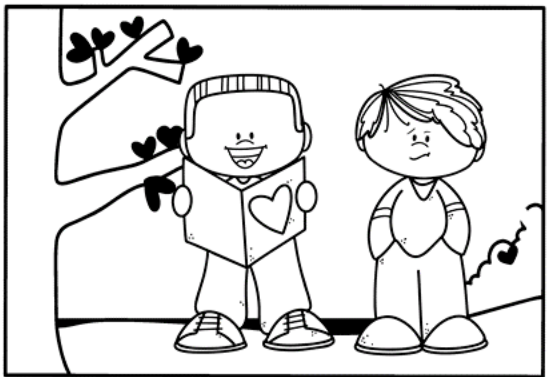
Walk in My Valentine Shoes



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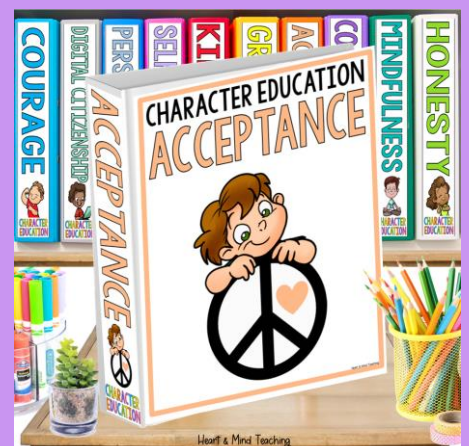
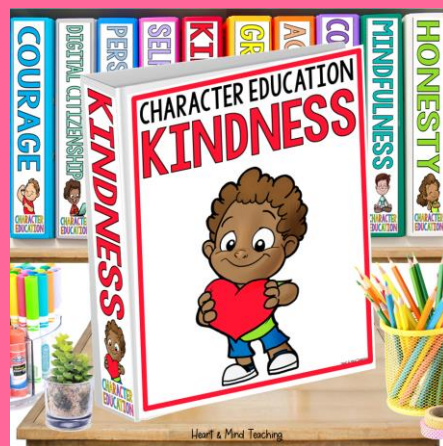
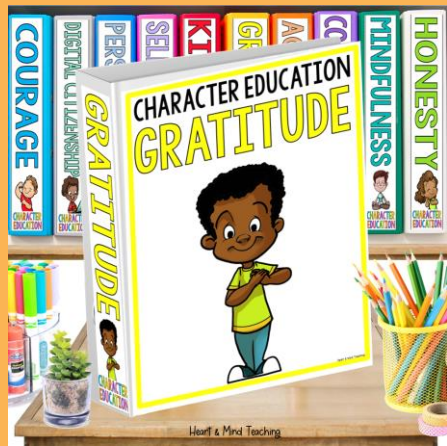
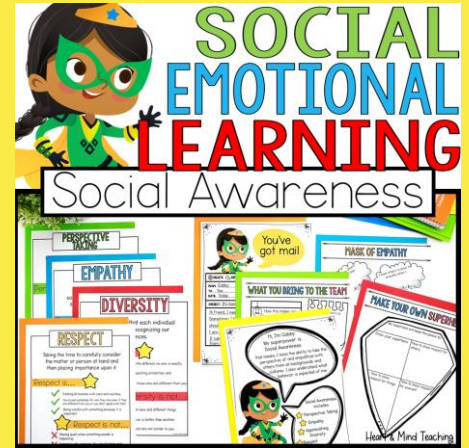
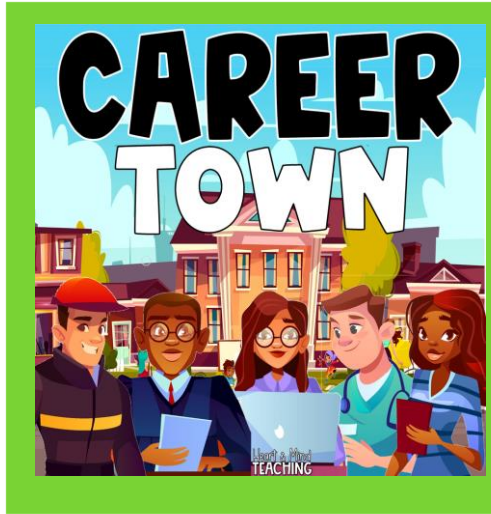
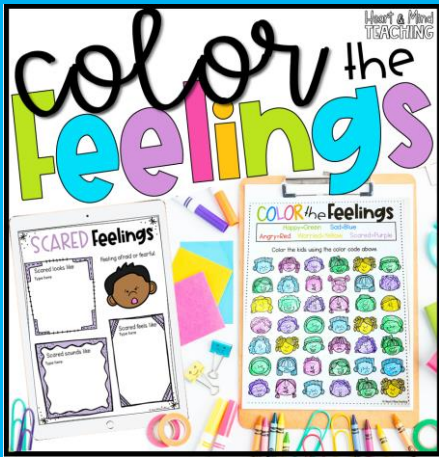
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Tasha gives her friend a hug and tells her how much she appreciates her friendship. How might her friend feel?

CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



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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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Ashley

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