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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 Diverse 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 DIVERSE 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

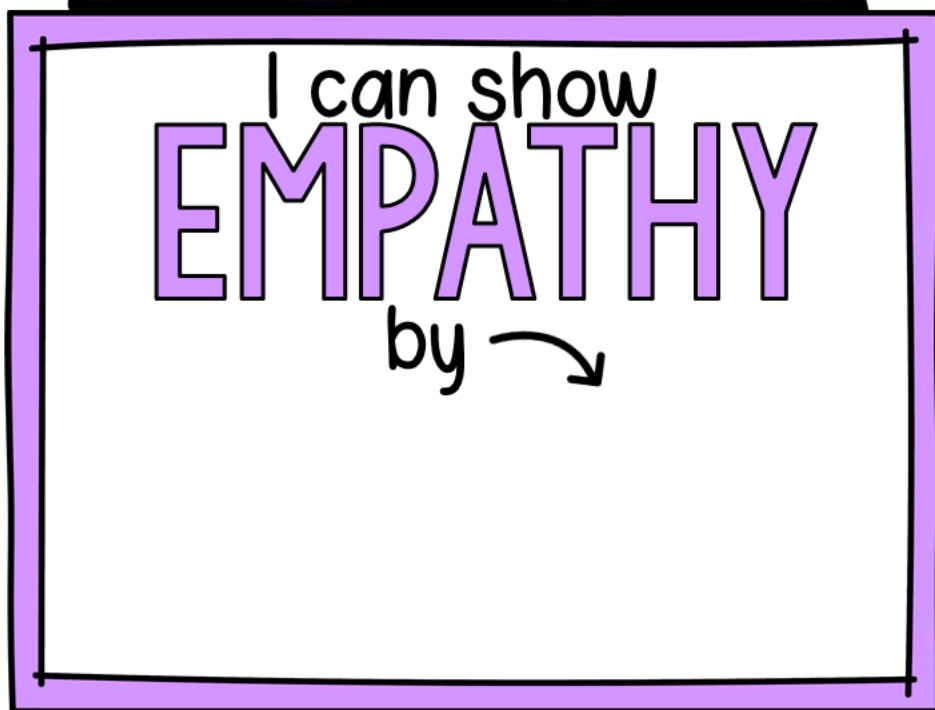
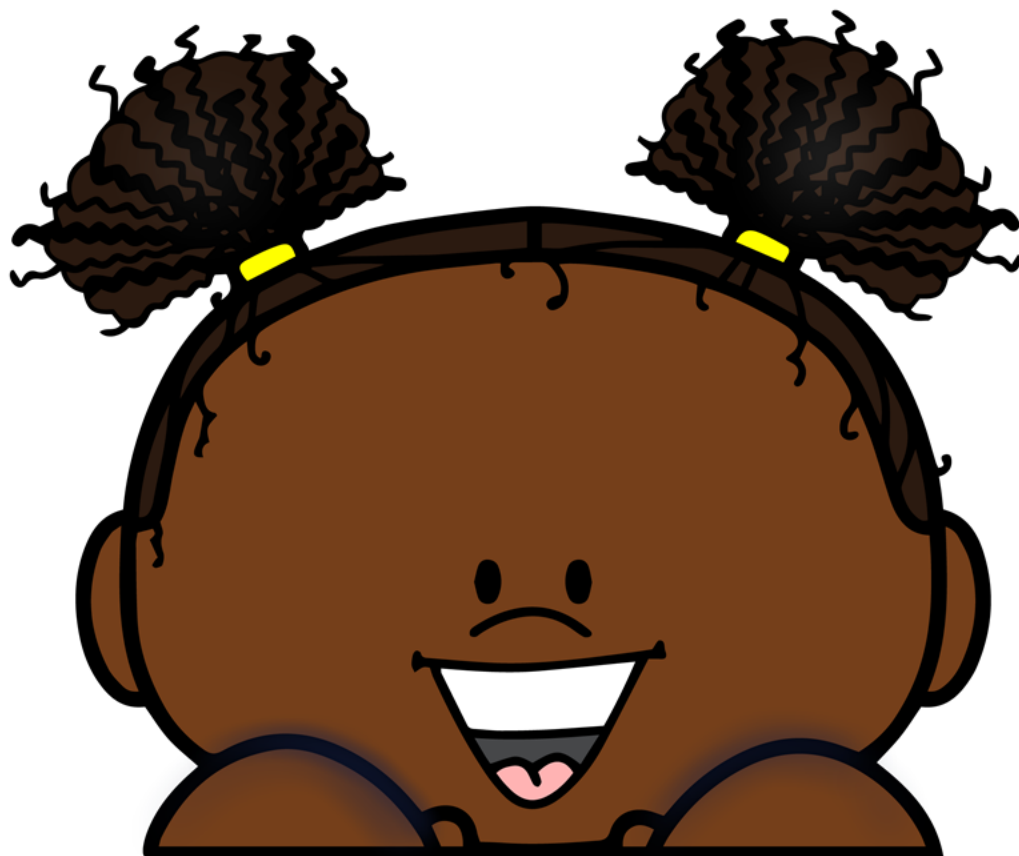
Think about how the person must be feeling and state that, for example "It's sounds like that really hurt your feelings and made you sad."

DON'T JUDGE

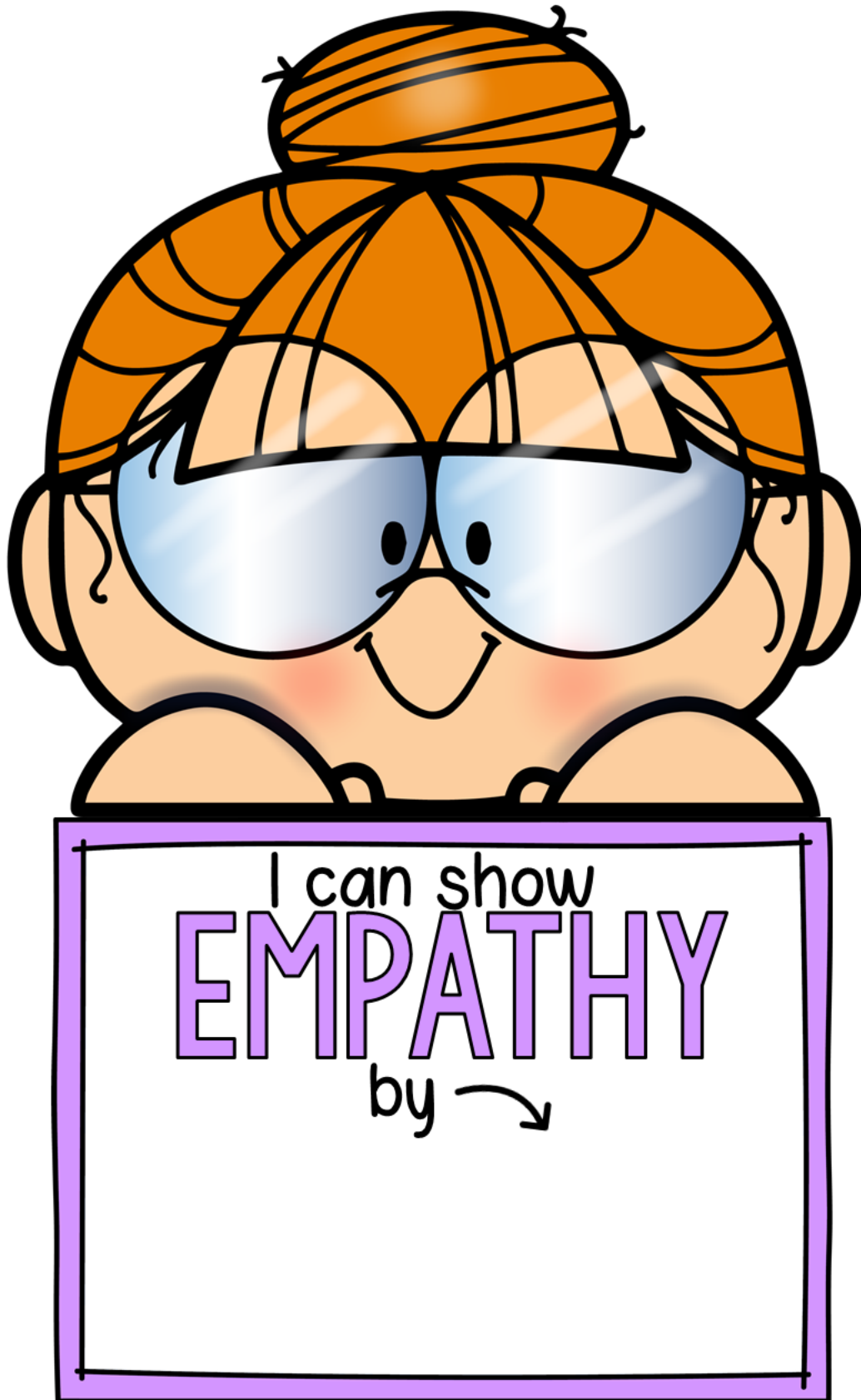
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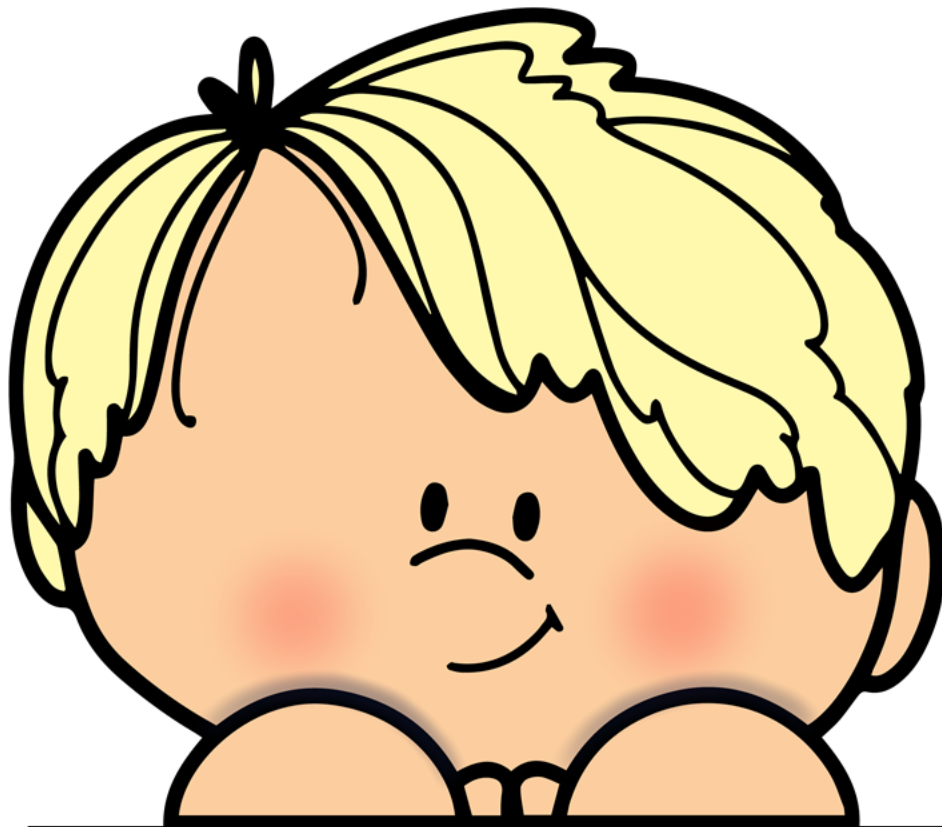
SHOW YOU CARE

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

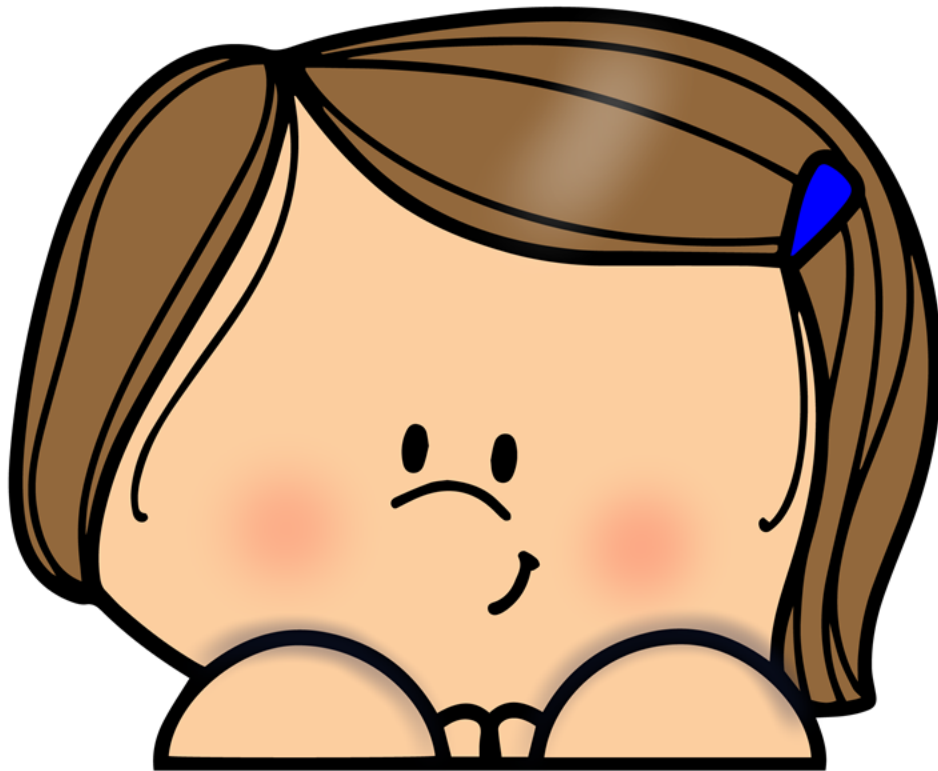




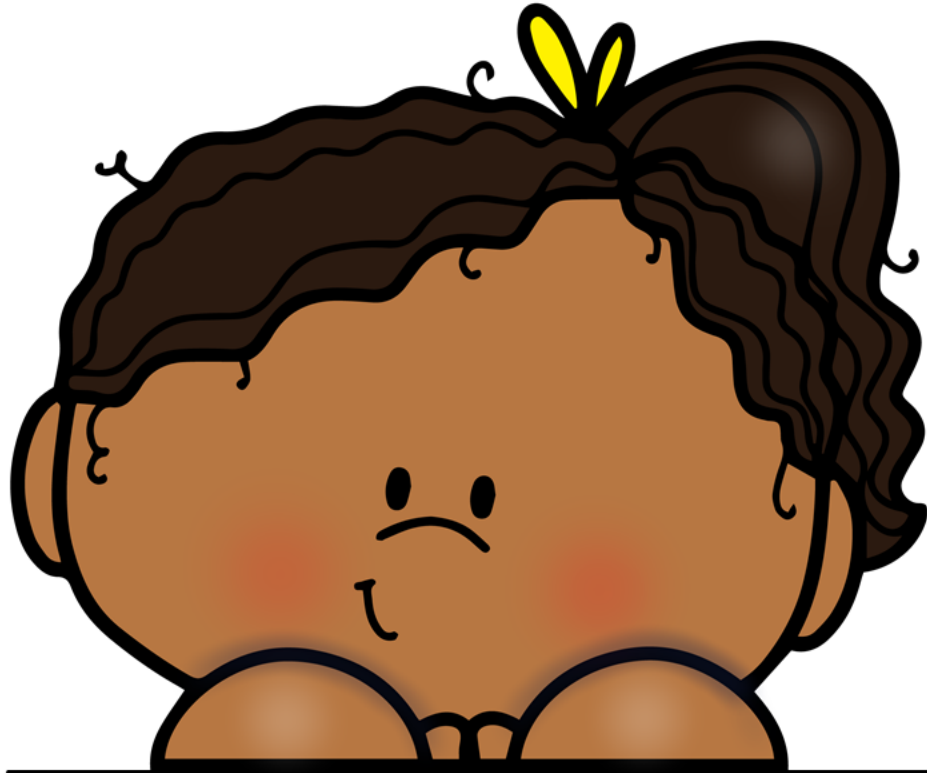




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WALK IN MY DIVERSE SHOES

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WALK IN MY
DIVERSE 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 diverse characters have dealt with and respond with how we think they might be feeling.

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Walk in My DIVERSE SHOES



Someone makes fun of Cory's dreads. How might this make him feel? How would you feel?

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Walk in My DIVERSE SHOES



Tommy's friend stands up for him when another kid bullies him for not having a lot of money. How might he feel? How might his friend feel?

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Stephan's classmate makes fun of his glasses, but he needs them to see. How might he feel? What can he do?

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Malik feels like he looks different than the other kids in his new class, but they all make him feel welcome and included. How does he feel? How would you feel?

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Stacey uses a wheelchair to get around, but sometimes it's hard to fit in tight corners and get around easily. How might she feel? How would you feel?

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It's Brianna's turn to present her family tree and she is being raised by her grandmother. How might she be feeling?

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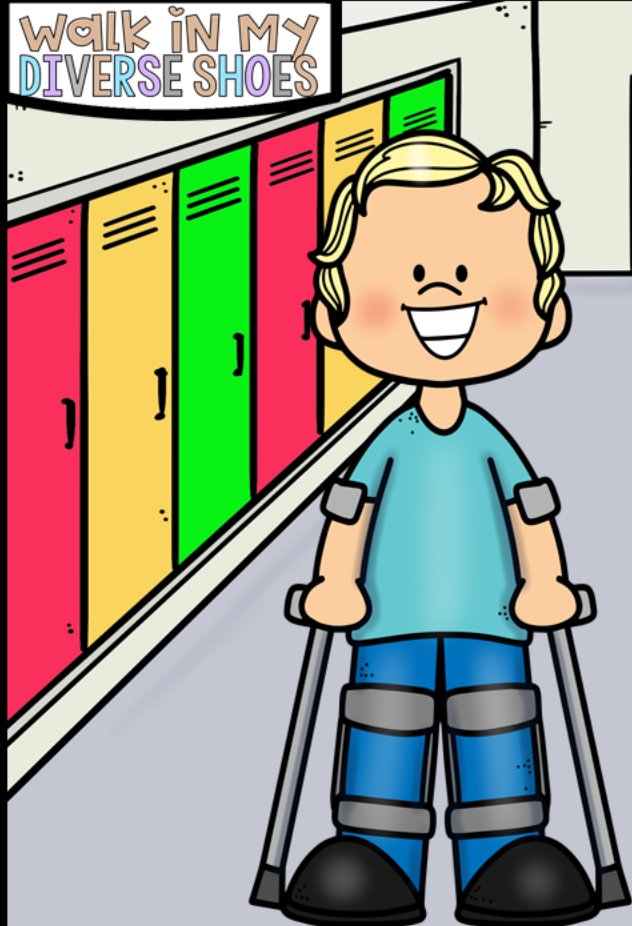
Walk in My DIVERSE SHOES



A kid makes fun of Jessie's red hair and calls her a mean name. How might she feel? How would you feel?

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Henry walks with braces on his legs, it's difficult to get through the crowd in the hallway. How might he be feeling? What would you feel?

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EXIT

Catherine really wants to try out for the basketball team but she is not sure if the team will want her on it because she is in a wheelchair. How might she be feeling? What could she do?



A few classmates make fun of Dakota because she lives on the Indian Reservation. How might she be feeling? What could she do?

Walk in My DIVERSE SHOES



Everyone assumes that Kelsie is good at math but it's really not her strongest area. How does she feel? How would you feel?

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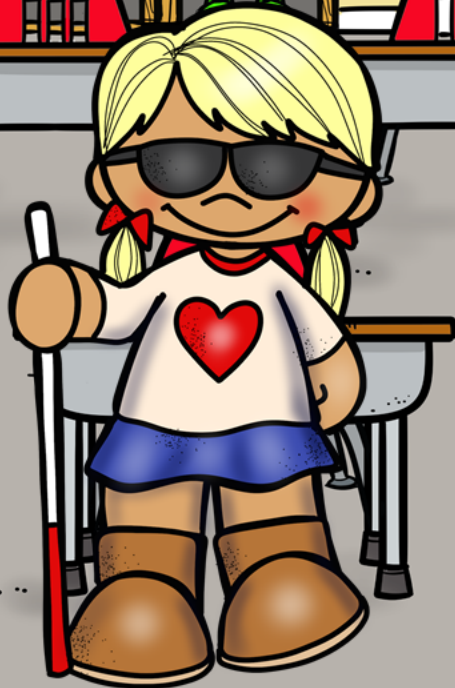
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Toni wears a Hijab over her hair as part of her culture. Not everyone understands why, and often asks her about it. How might she feel? What could she do?

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Vanessa is blind and uses special braille books to read. They have to be special ordered and have not arrived yet. How does this make her feel? How would you feel?

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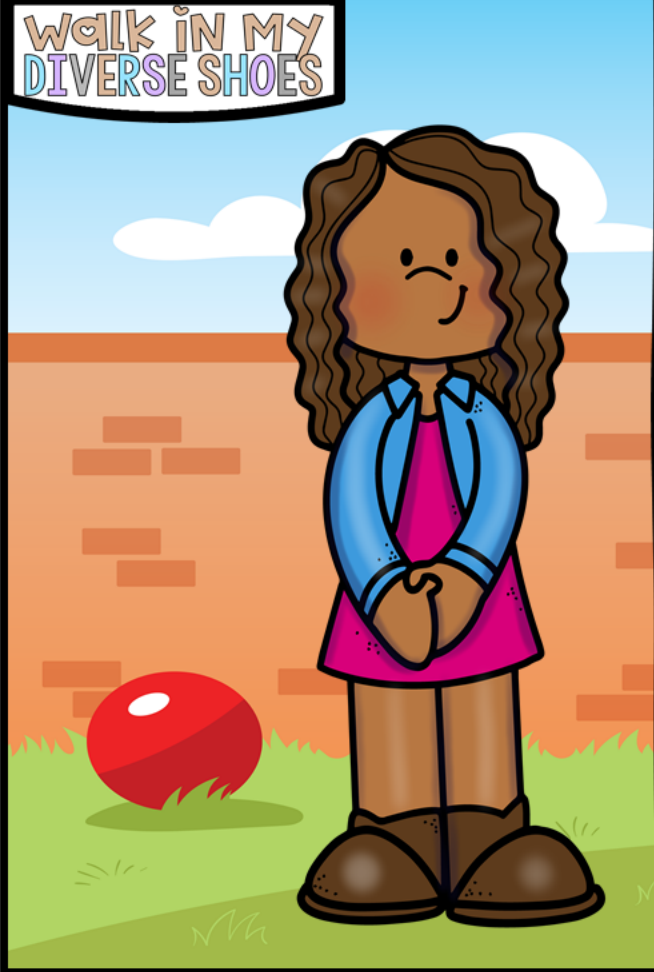
WALK IN MY DIVERSE SHOES



Someone makes a hurtful comment about the color of Tammy's skin, her friend tells her to ignore them because she is beautiful and gives her a hug. How might she feel? How would you feel?

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Justine just moved here from a different country and does not speak English. How might she be feeling? How would you feel?

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Caleb uses a seeing eye dog and another kid makes a comment that it's not fair that he gets to have a dog and others don't. How might he feel? How would you feel?



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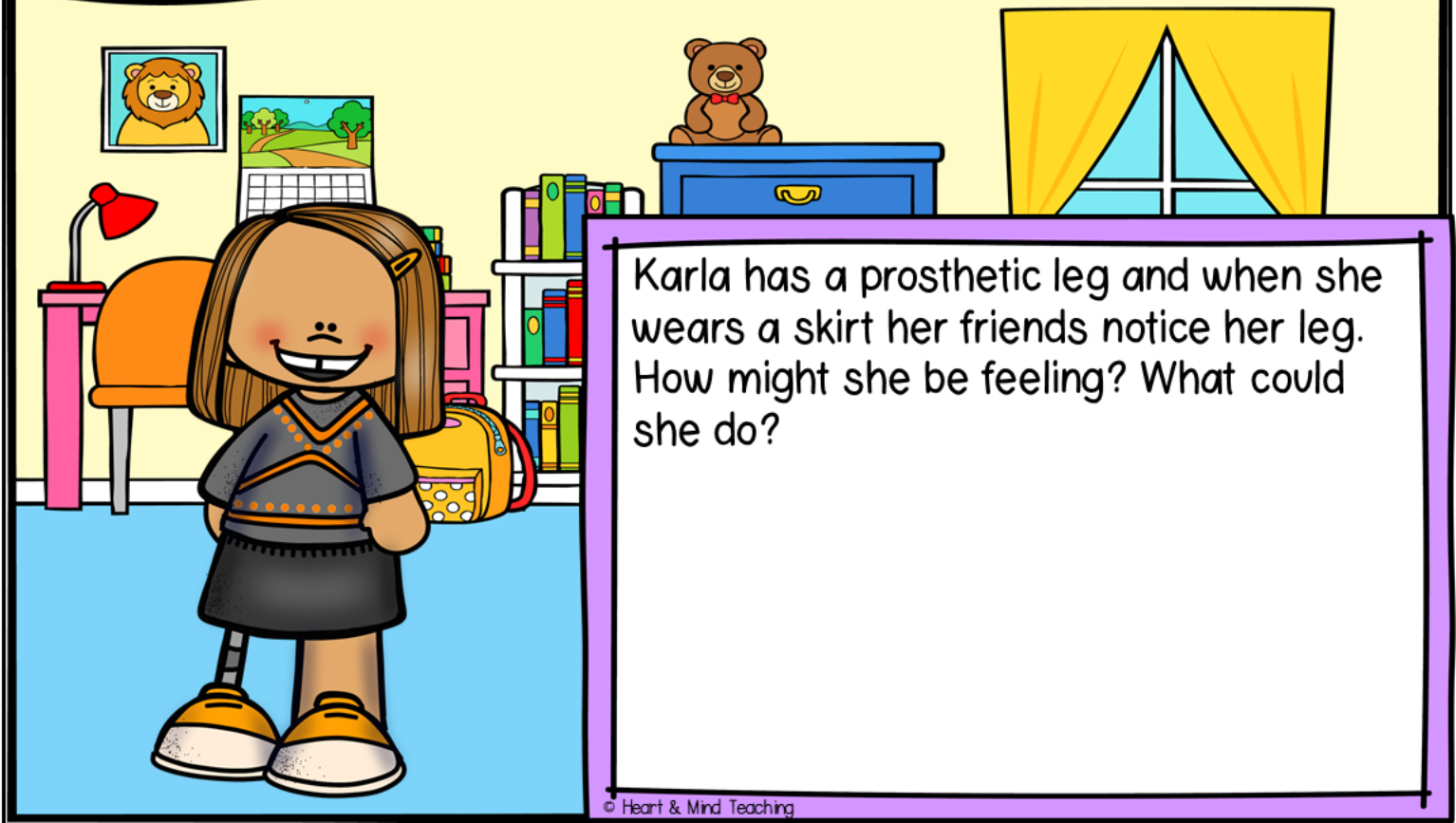
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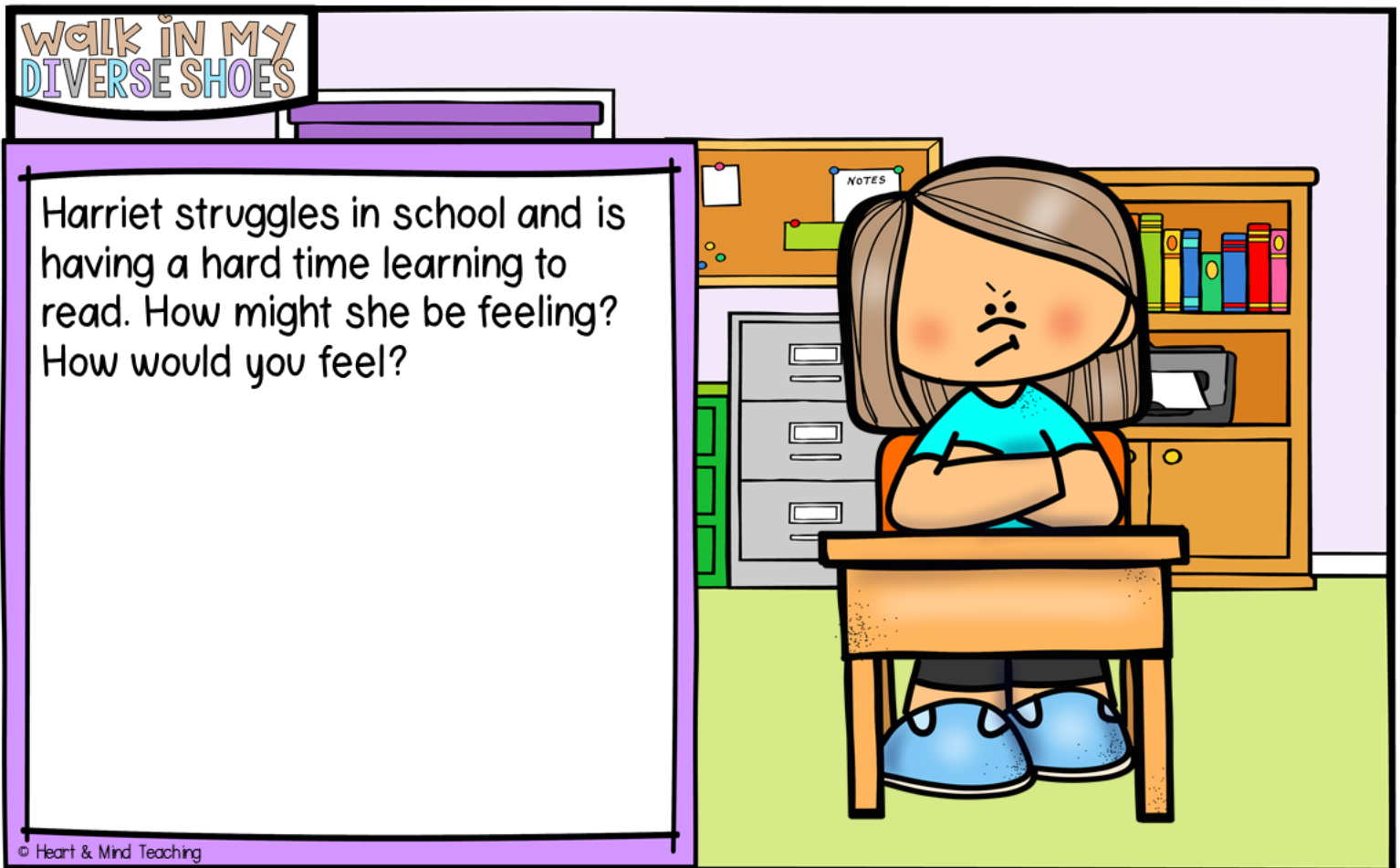
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Walk in My DIVERSE SHOES



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Ayaan's friend is staying over for dinner and he is not sure if he will like the traditional Indian food that his family eats. How might he feel? What could he do?



Jacob celebrates Hanukkah and most of his classmates do not know much about it. How might this make him feel? What would you feel? What could he do?



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Jayden has a peanut allergy and his class has to be nut-free. He overhears a few kids complaining that they can't eat peanut butter in their class. How might he feel? How would you feel?

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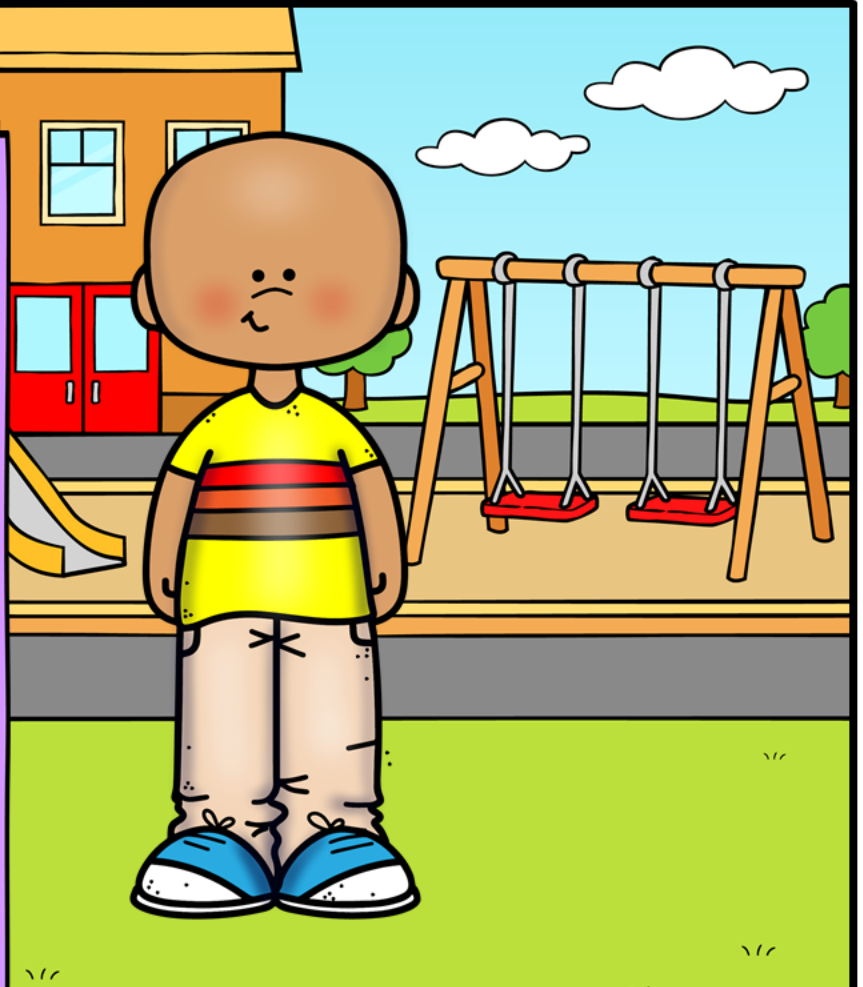
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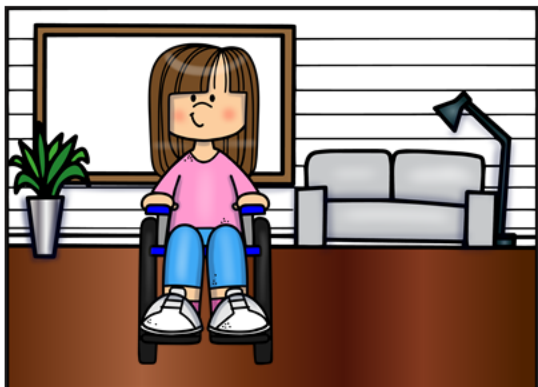


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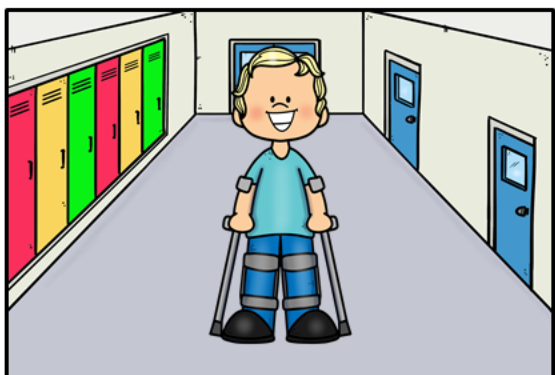
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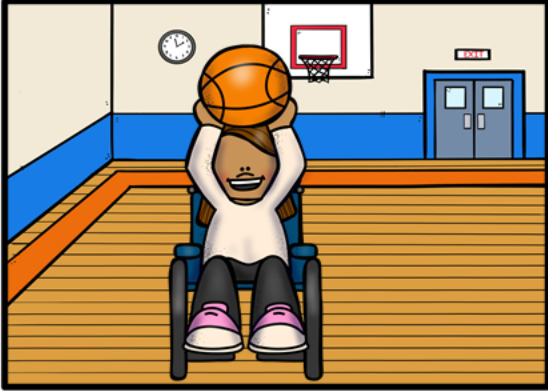


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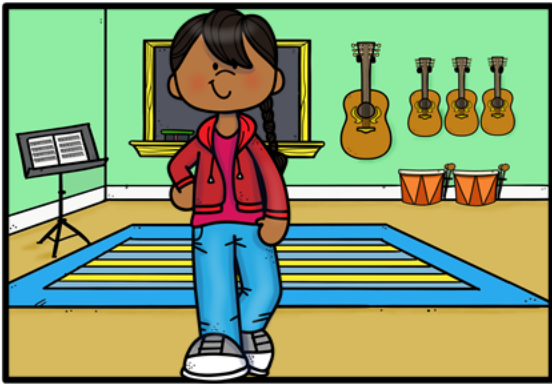


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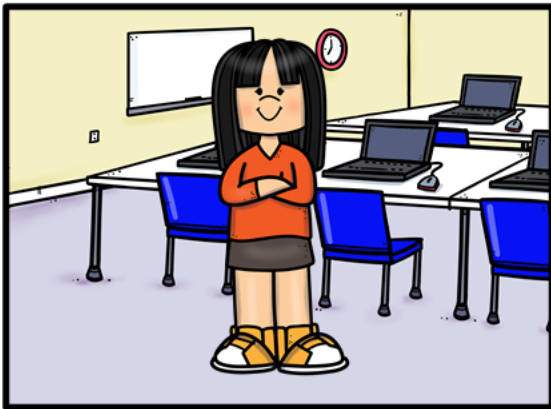
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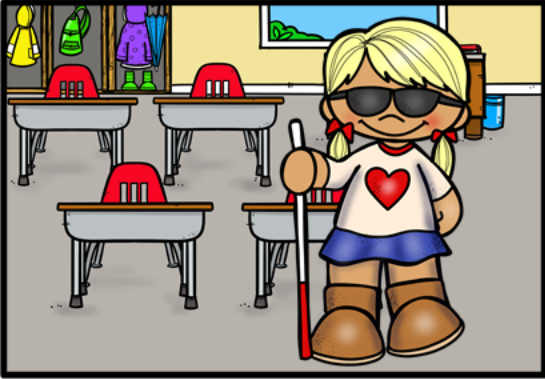


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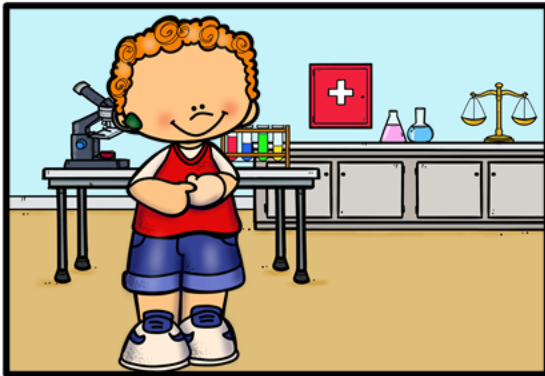


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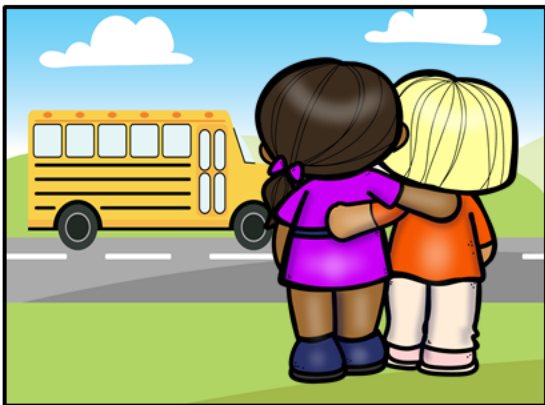
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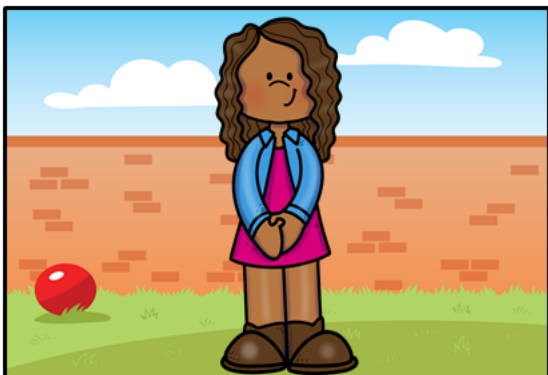
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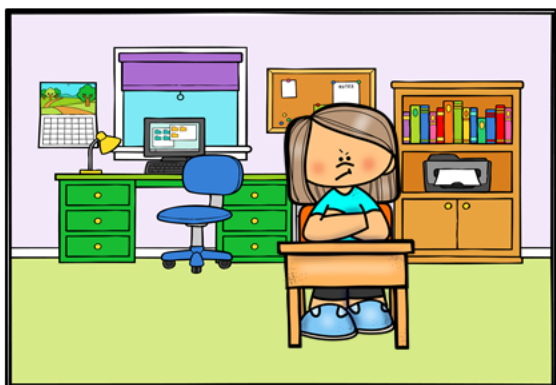


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WALK IN MY DIVERSE SHOES



Karla has a prosthetic leg and when she wears a skirt her friends notice her leg. How might she be feeling? What could she do?



Harriet struggles in school and is having a hard time learning to read. How might she be feeling? How would you feel?



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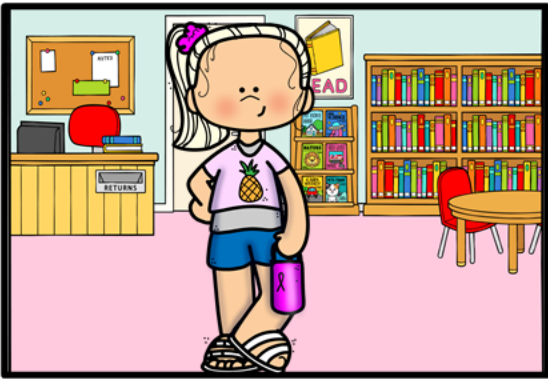


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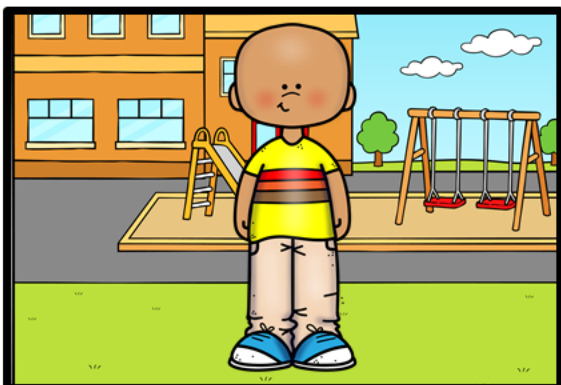
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ways to show EMPATHY

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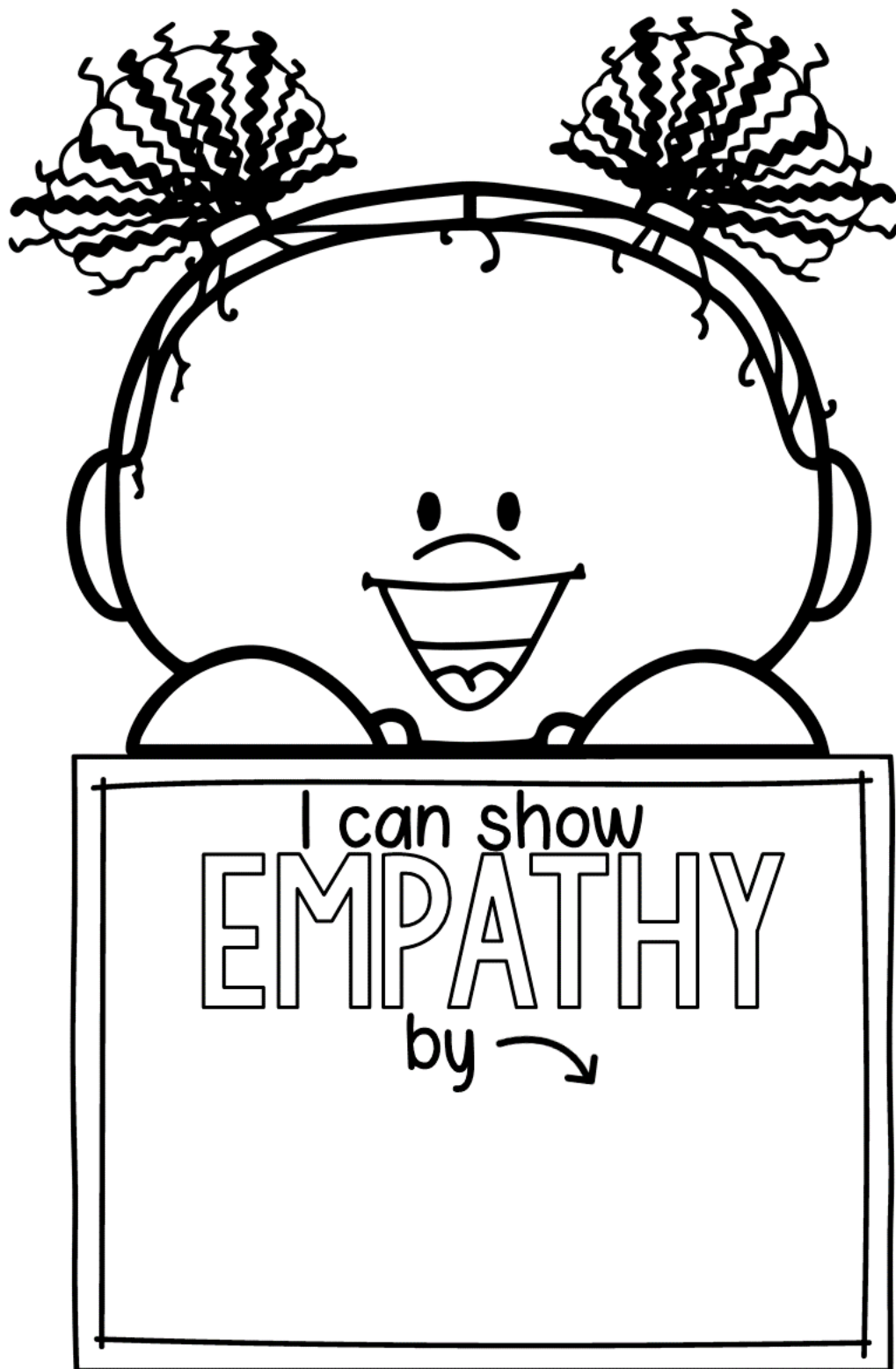
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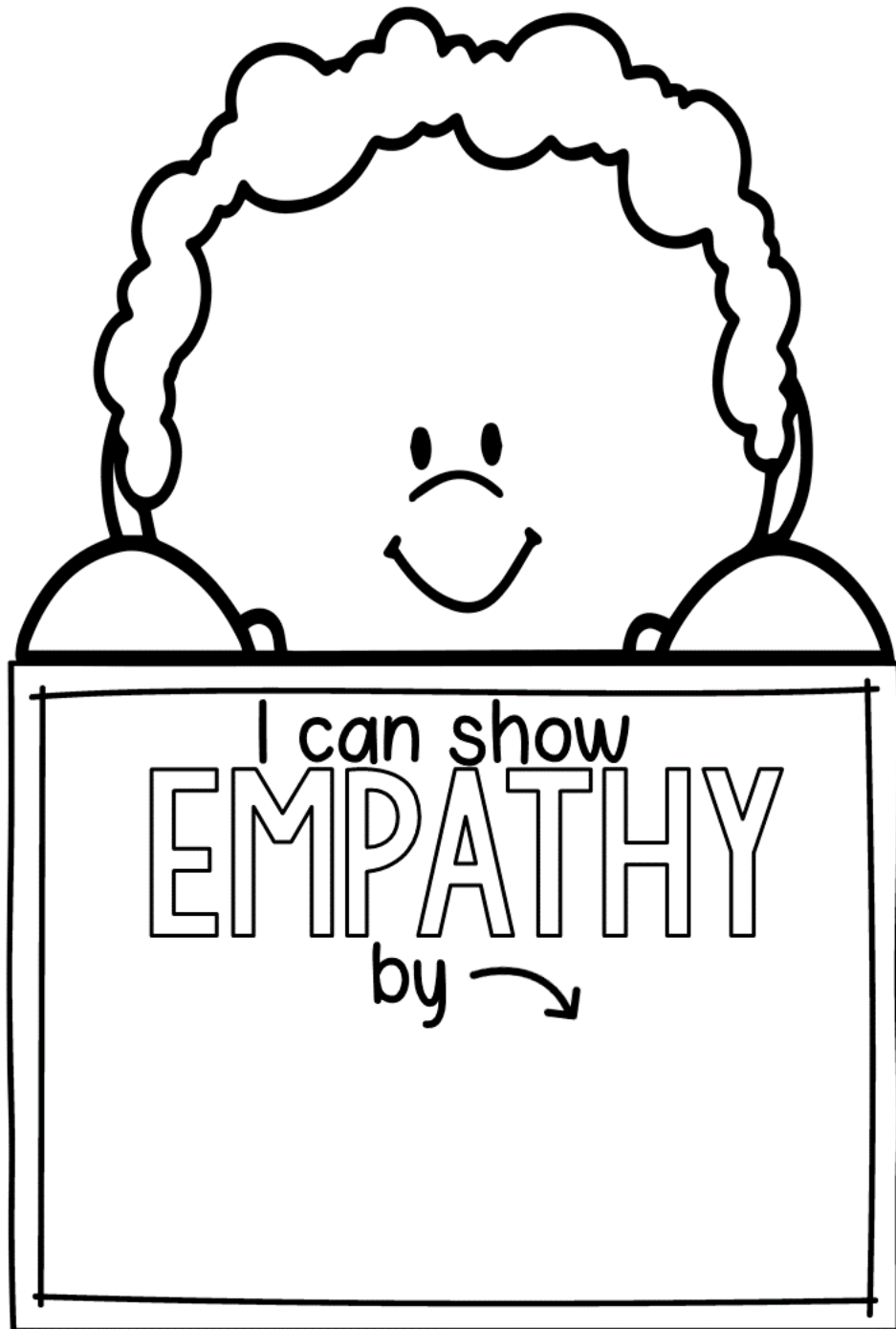
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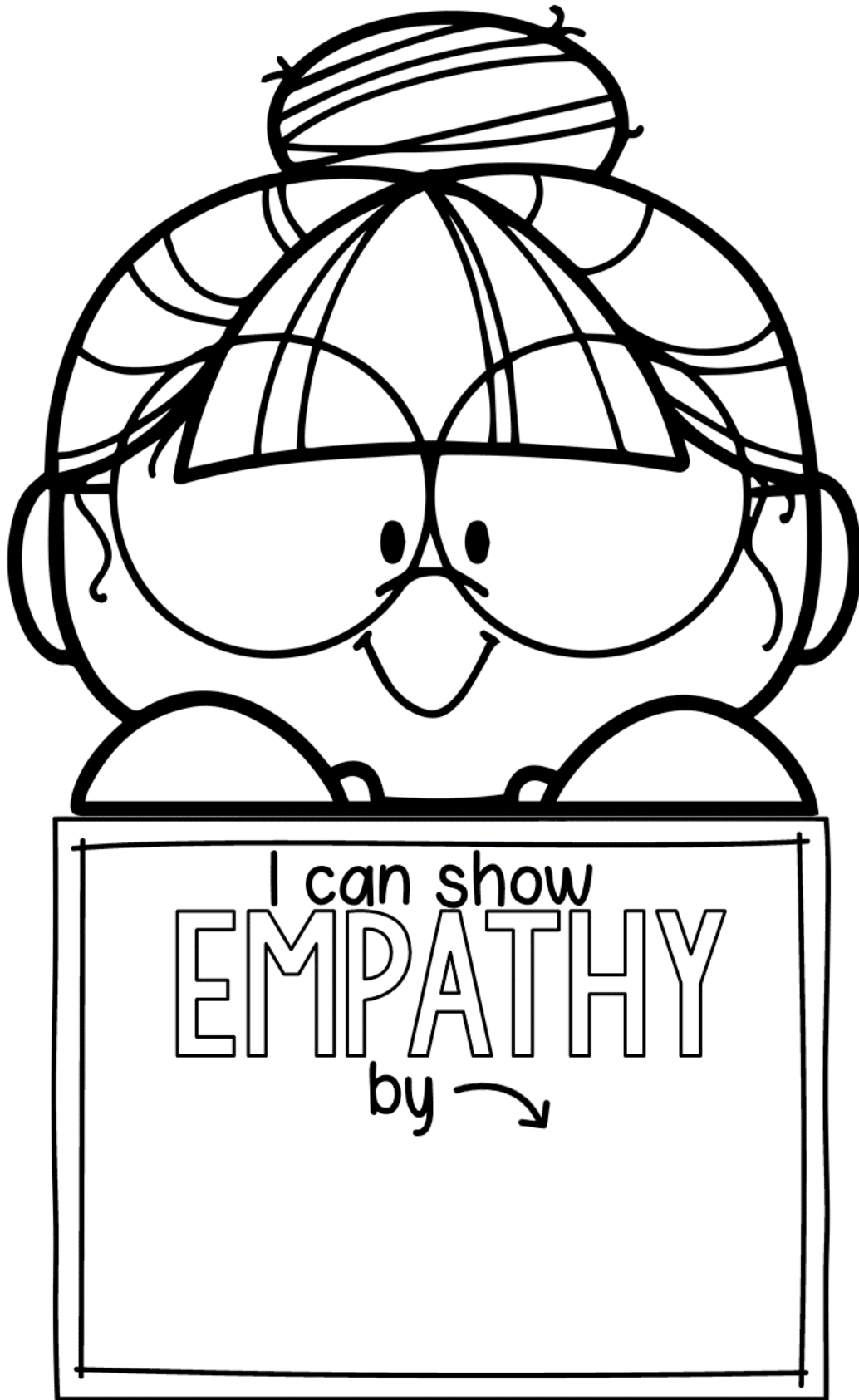
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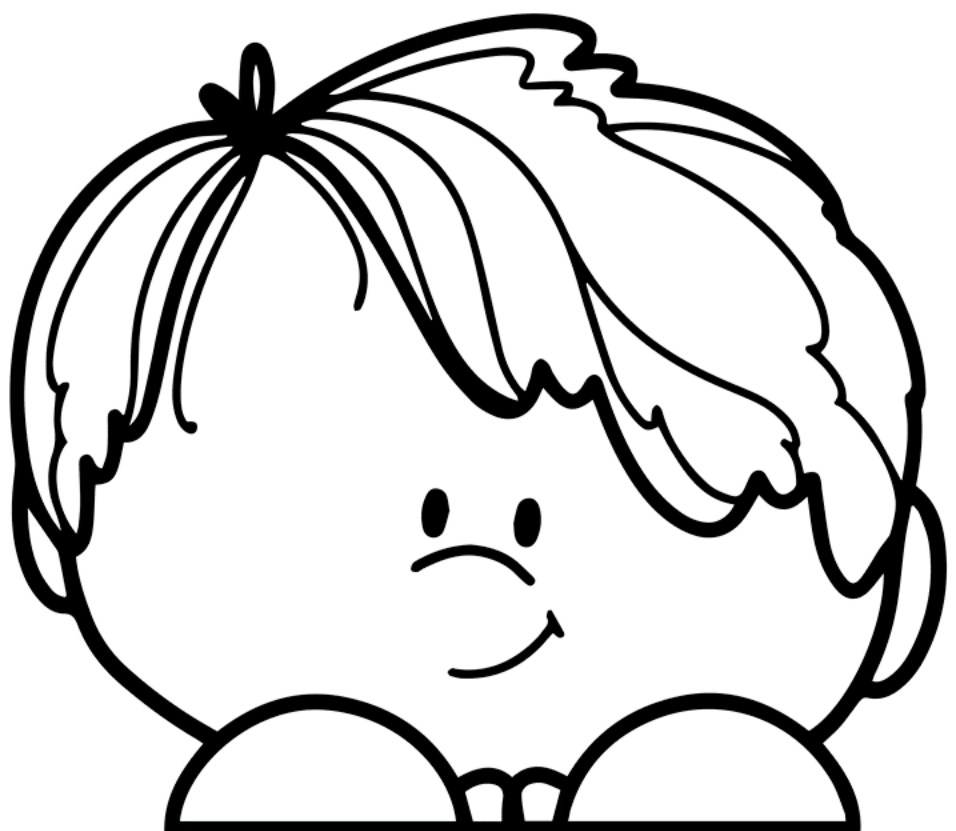
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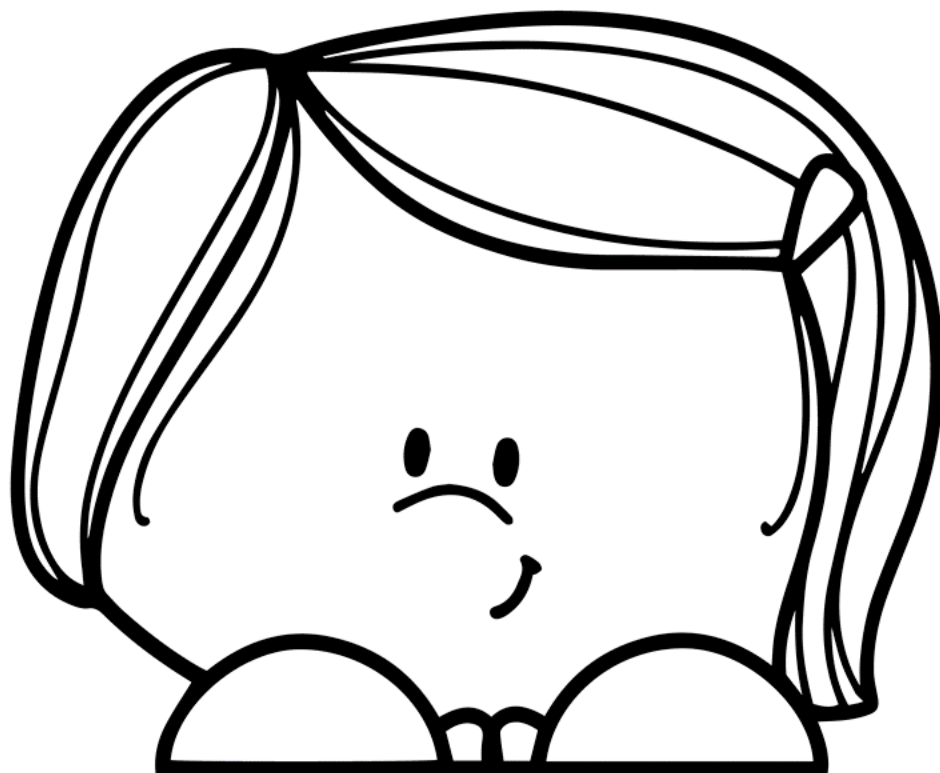




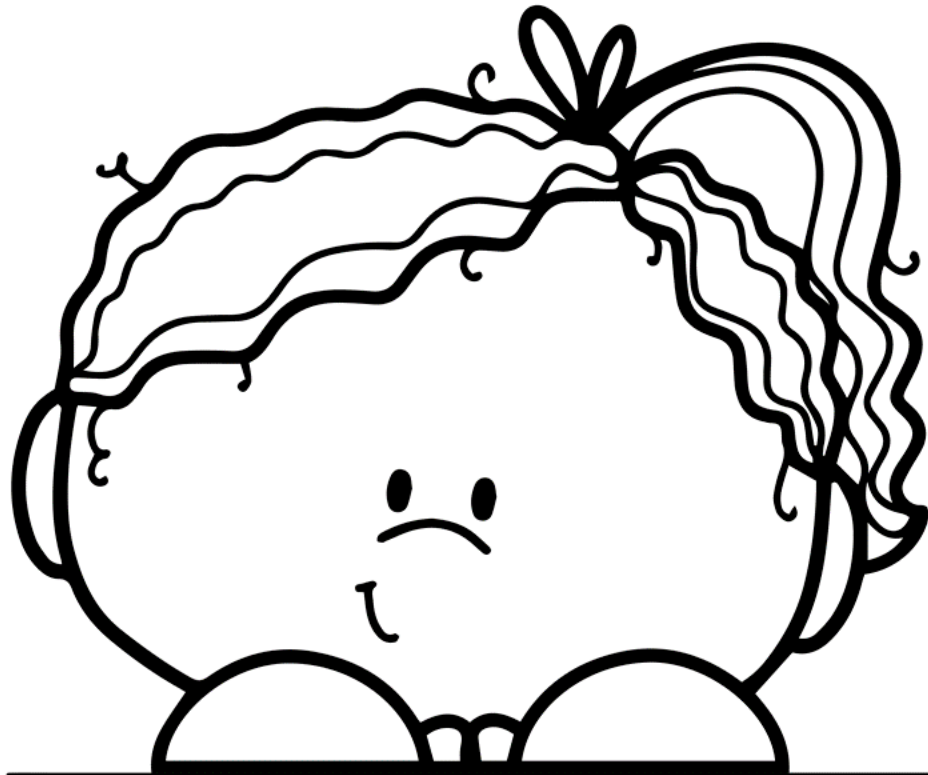




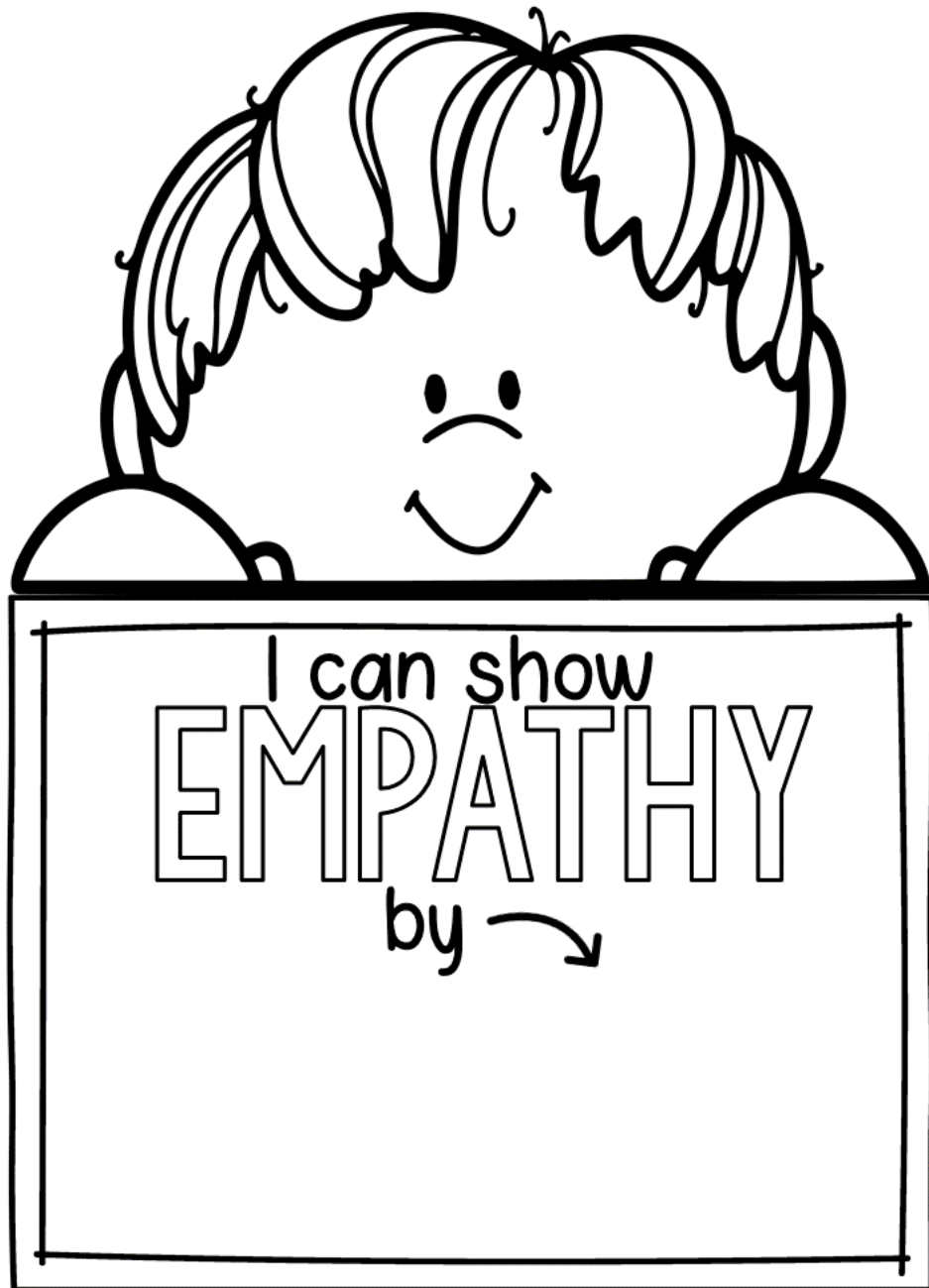
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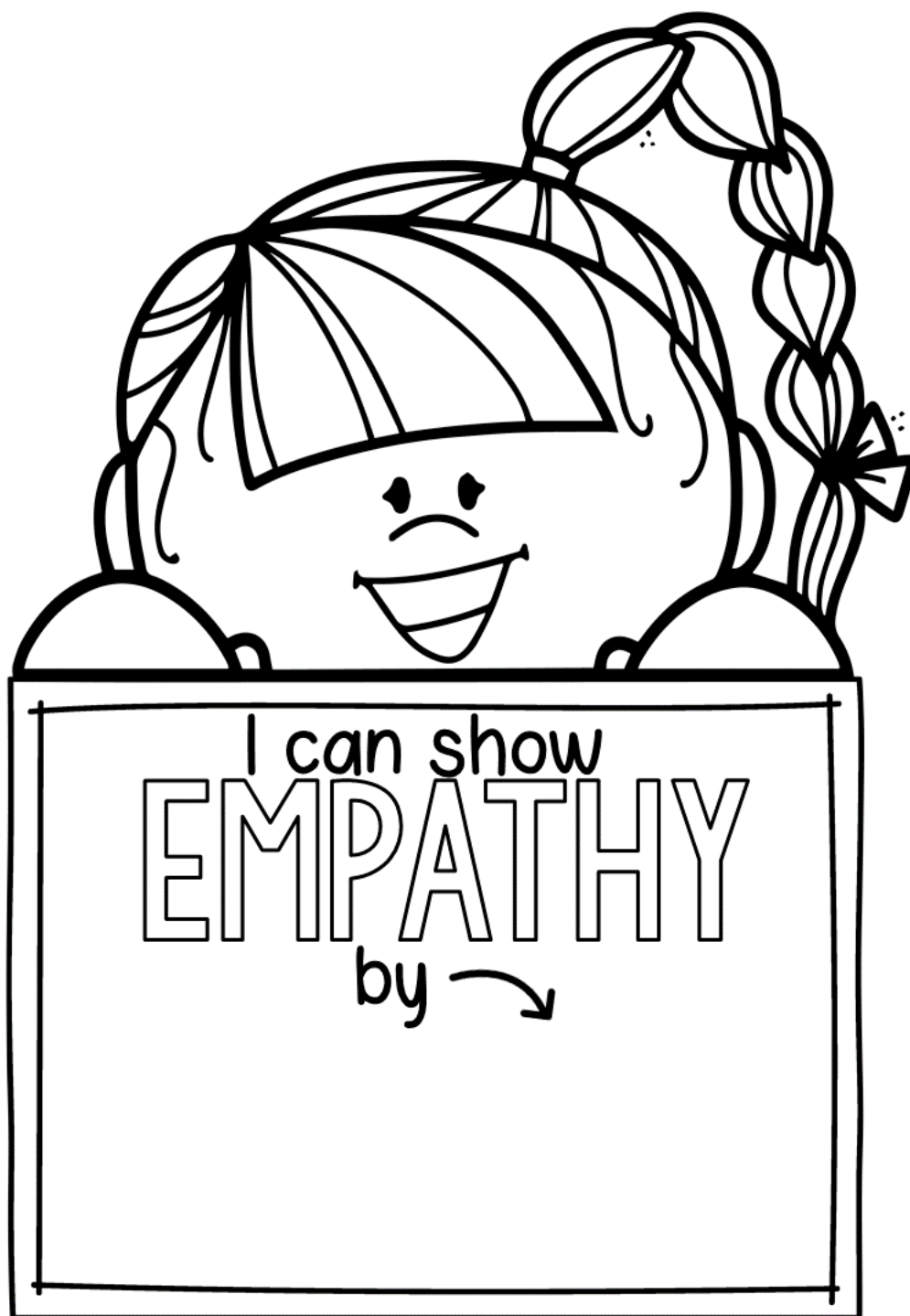


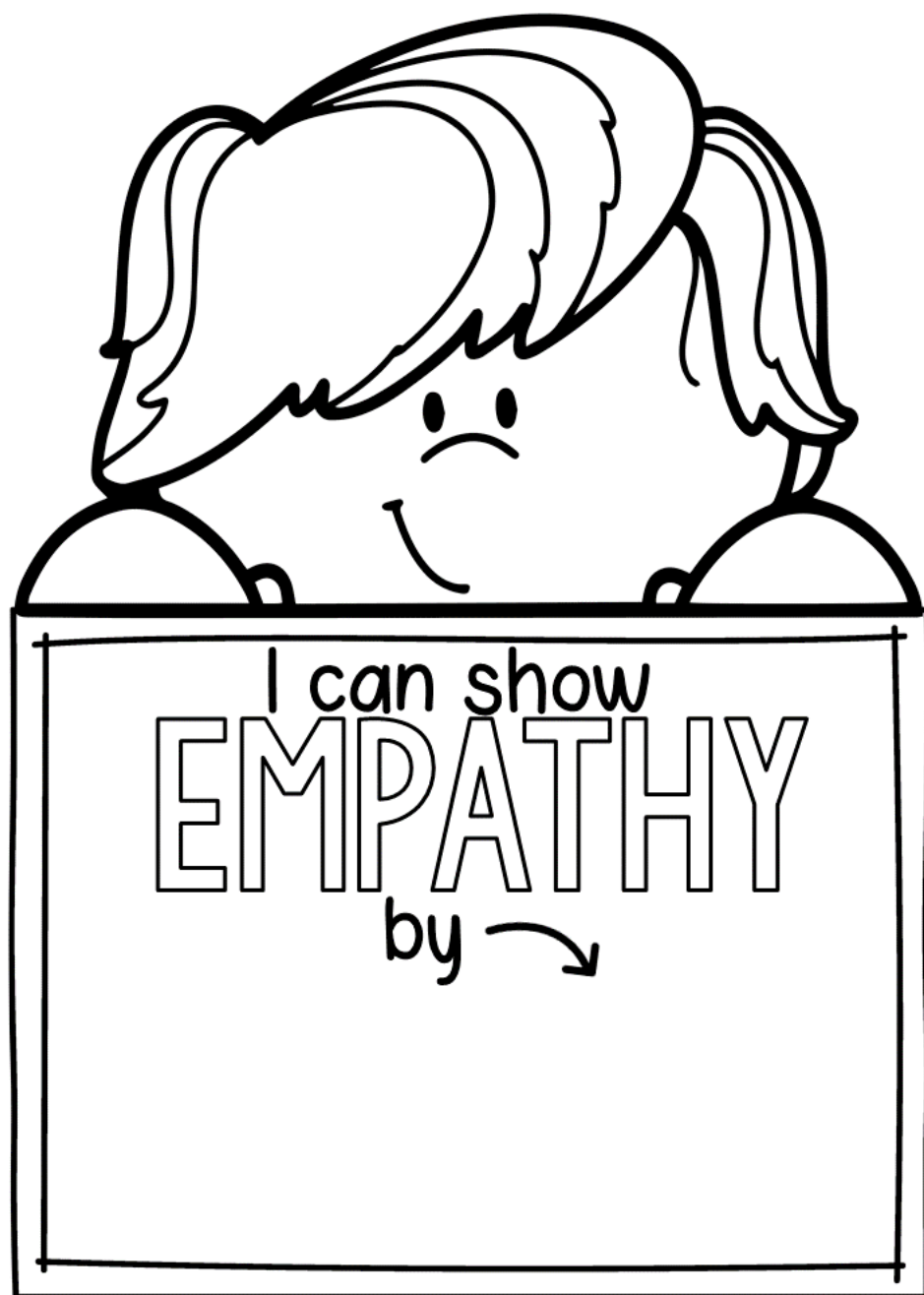
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WALK IN MY DIVERSE SHOES

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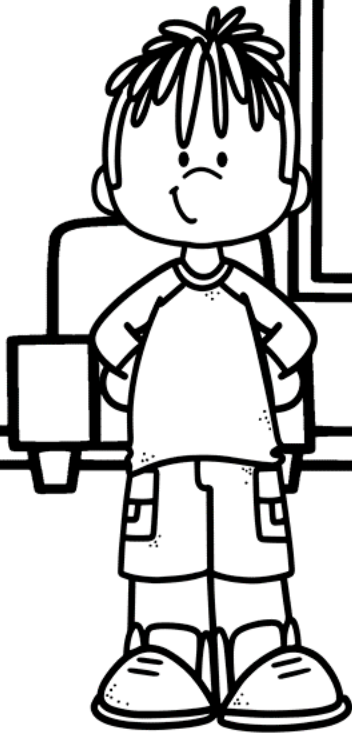
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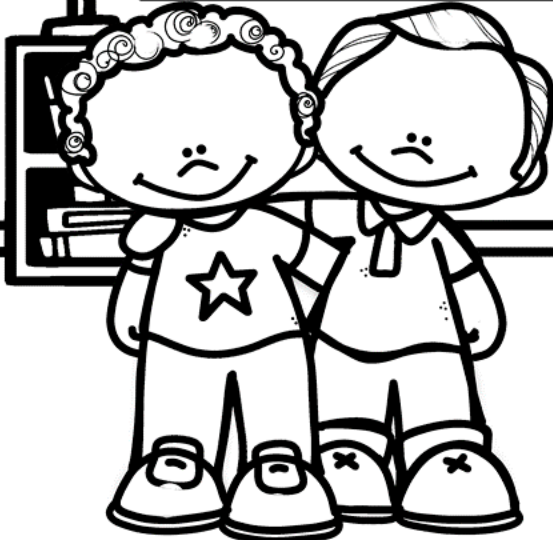
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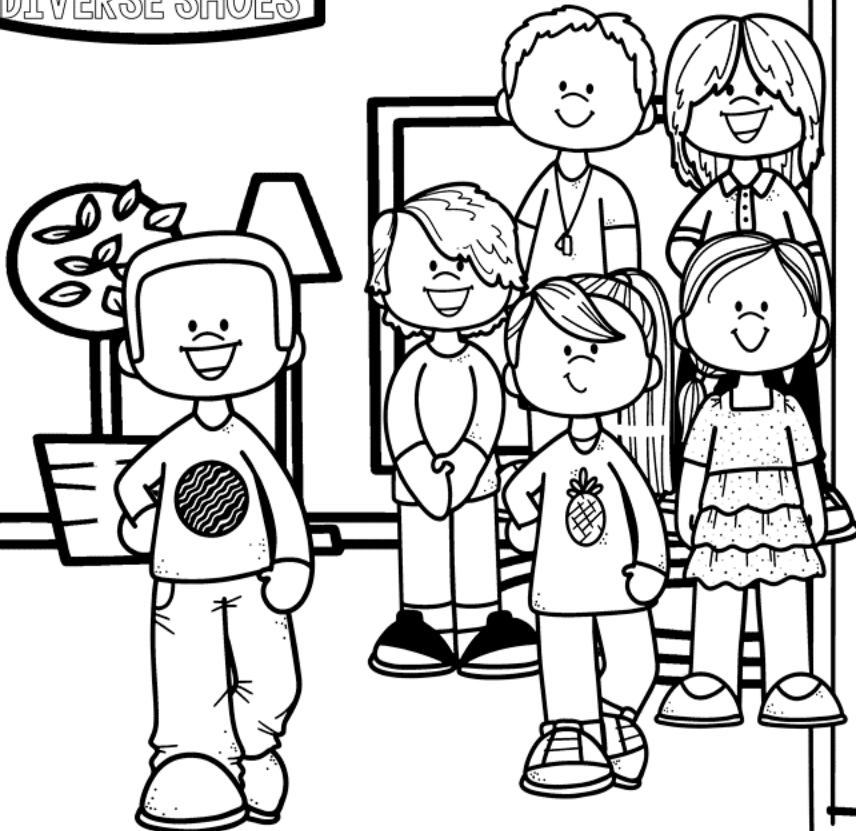
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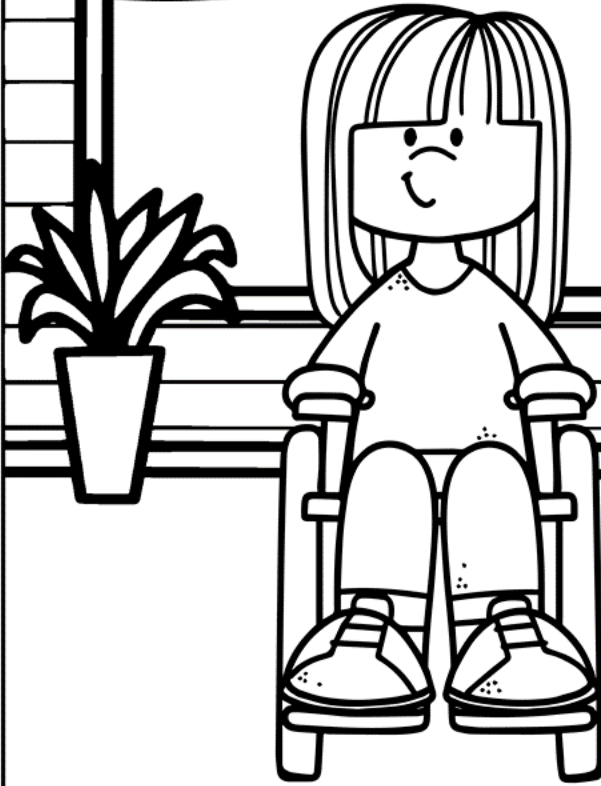
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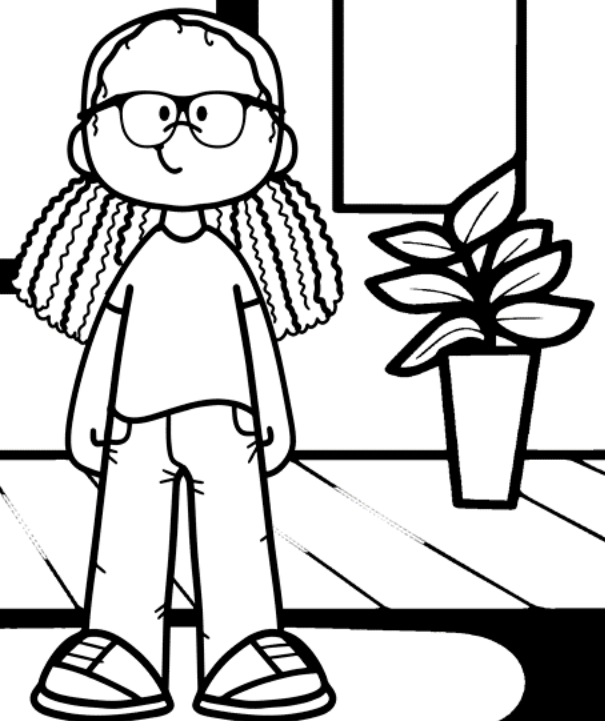


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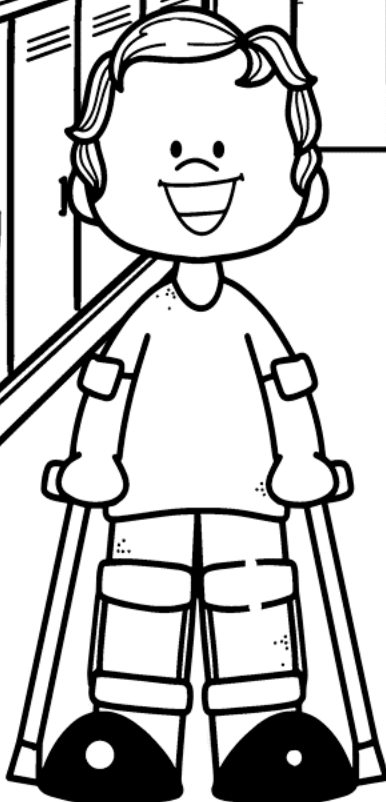
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WALK IN MY DIVERSE SHOES

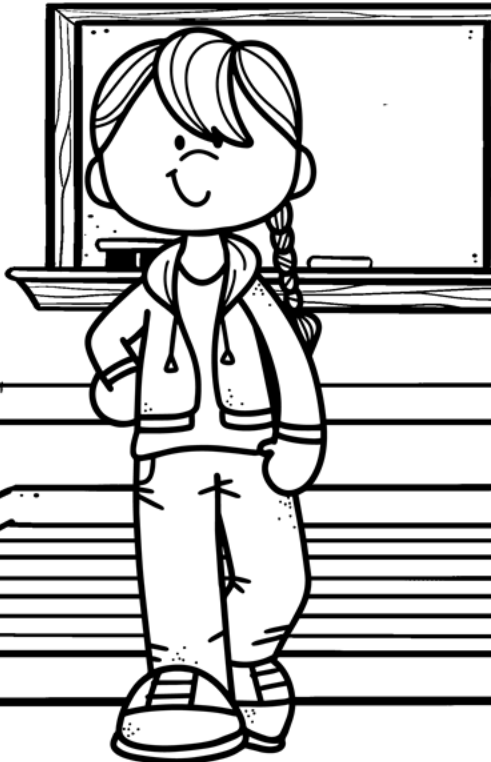


Catherine really wants to try out for the basketball team but she is not sure if the team will want her on it because she is in a wheelchair. How might she be feeling? What could she do?



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A few classmates make fun of Dakota because she lives on the Indian Reservation. How might she be feeling? What could she do?

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Everyone assumes that Kelsie is good at math but it's really not her strongest area. How does she feel? How would you feel?

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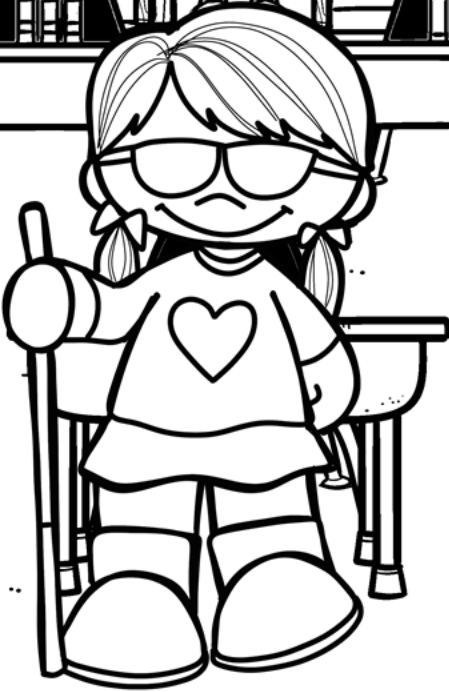
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Toni wears a Hijab over her hair as part of her culture. Not everyone understands why, and often asks her about it. How might she feel? What could she do?

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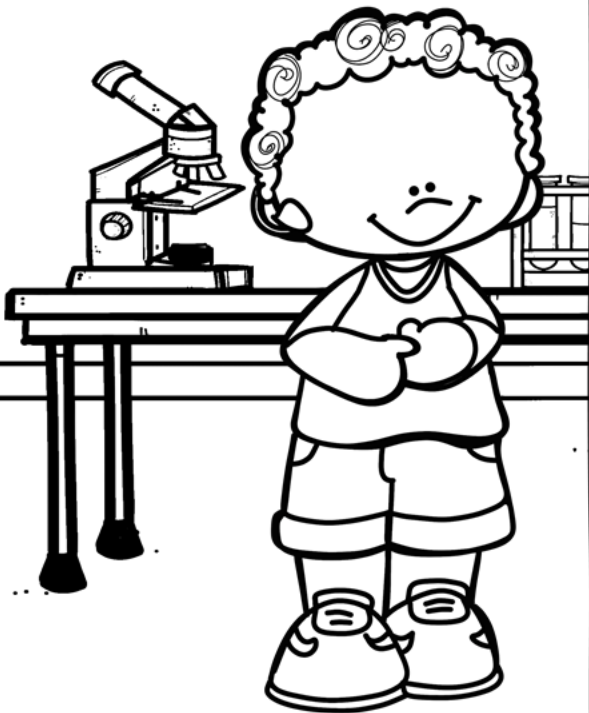
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Vanessa is blind and uses special braille books to read. They have to be special ordered and have not arrived yet. How does this make her feel? How would you feel?

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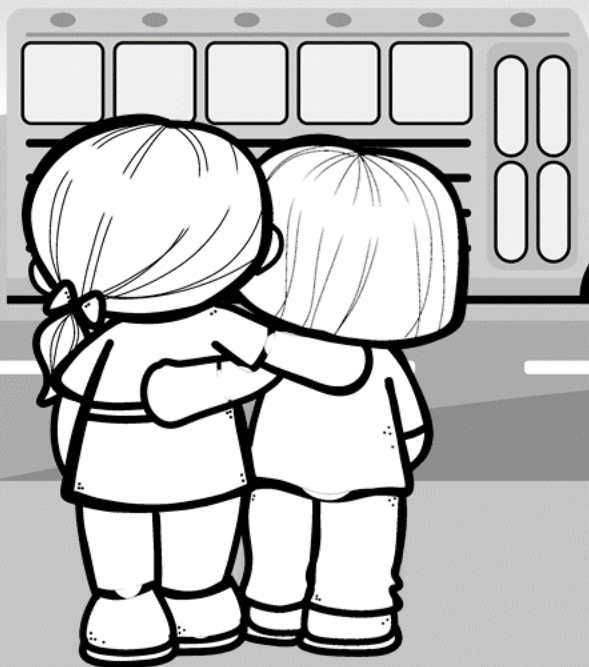
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George wears a hearing aid to be able to hear well. Sometimes his classmates get frustrated having to repeat things for him. How might he feel?

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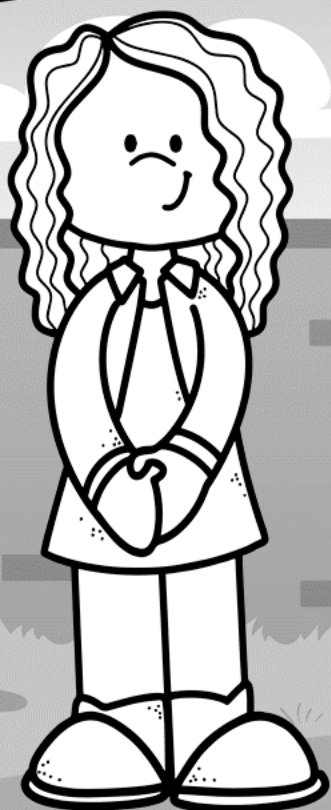
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Someone makes a hurtful comment about the color of Tammy's skin, her friend tells her to ignore them because she is beautiful and gives her a hug. How might she feel? How would you feel?

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Justine just moved here from a different country and does not speak English. How might she be feeling? How would you feel?

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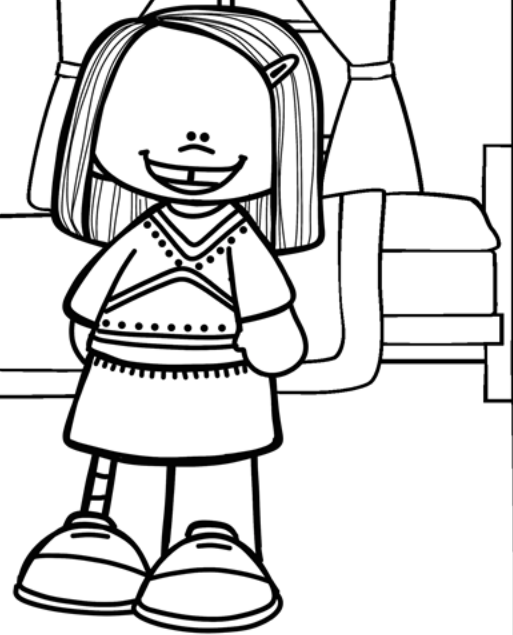


While at the store there is a man who only has one arm, and the cashier is staring at him. How might he feel? What would you feel?

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Karla has a prosthetic leg and when she wears a skirt her friends notice her leg. How might she be feeling? What could she do?



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Harriet struggles in school and is having a hard time learning to read. How might she be feeling? How would you feel?

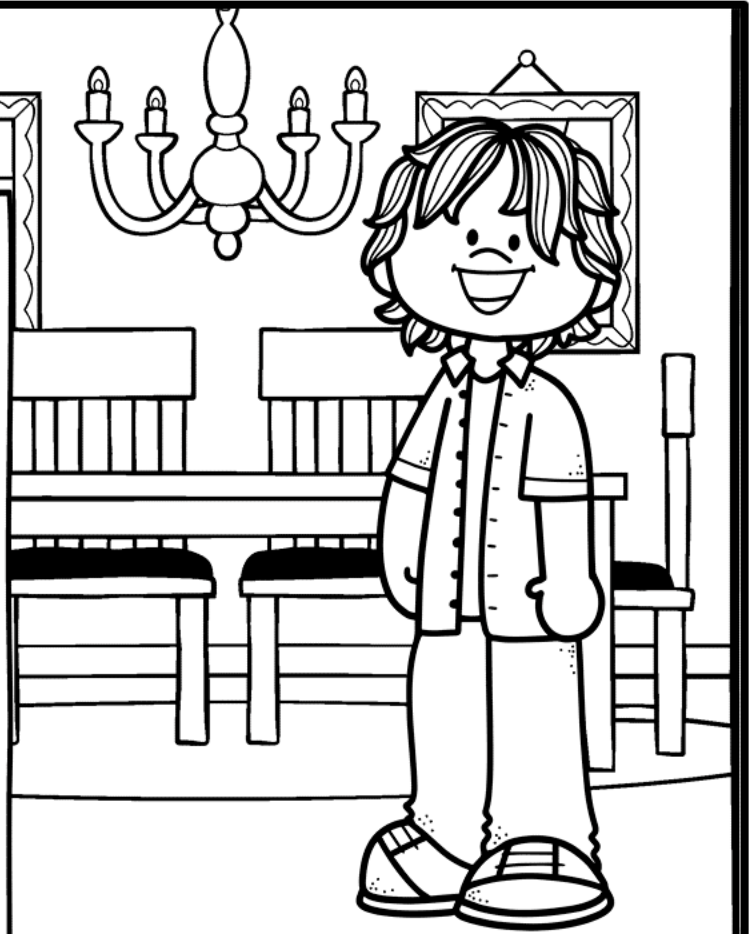


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Ayaan's friend is staying over for dinner and he is not sure if he will like the traditional Indian food that his family eats. How might he feel? What could he do?

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Jacob celebrates Hanukkah and most of his classmates do not know much about it. How might this make him feel? What would you feel? What could he do?

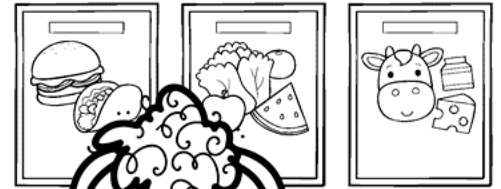
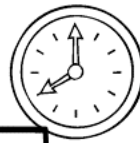
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Jayden has a peanut allergy and his class has to be nut-free. He overhears a few kids complaining that they can't eat peanut butter in their class. How might he feel? How would you feel?

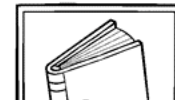
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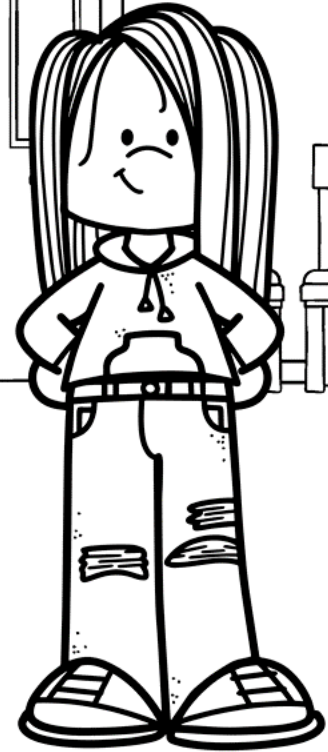
Francine wears an insulin pump for diabetes. She also has to wear her phone to measure her glucose via another device on her arm. How might this make her feel? What would you feel?

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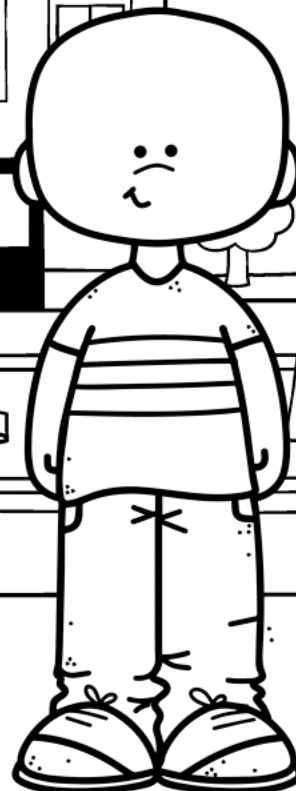
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It's meet the teacher night and Gia's two moms show up. A classmate asks her where her dad is. How might she feel?



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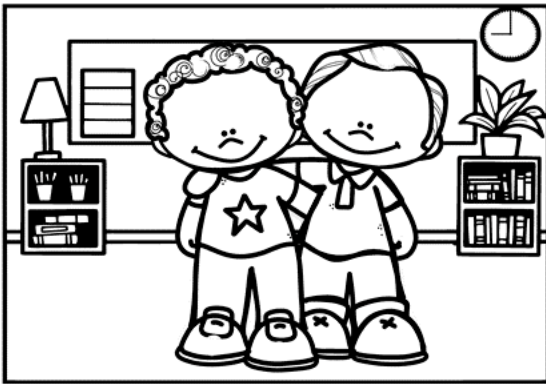
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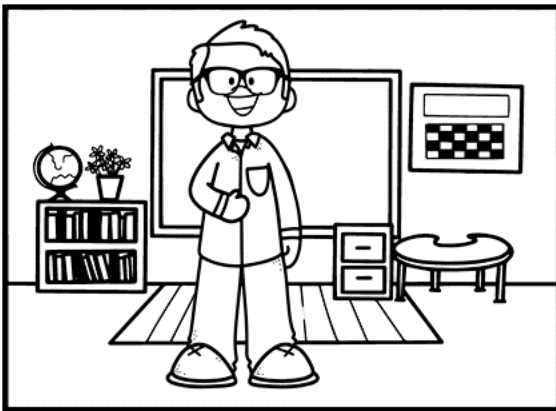
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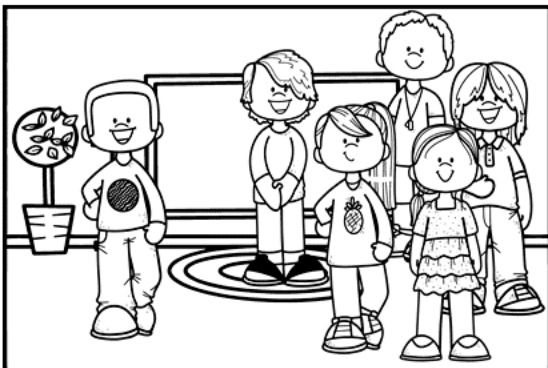
Someone makes fun of Cory's dreads. How might this make him feel? How would you feel?



Tommy's friend stands up for him when another kid bullies him for not having a lot of money. How might he feel? How might his friend feel?

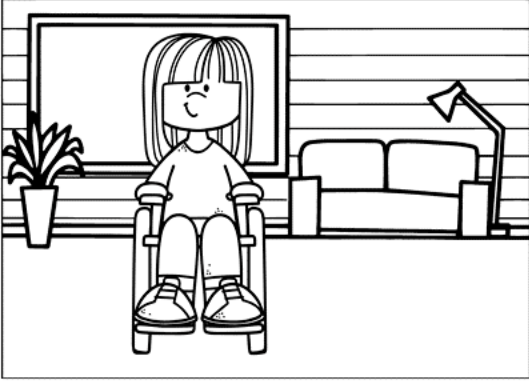


Stephan's classmate makes fun of his glasses, but he needs them to see. How might he feel? What can he do?

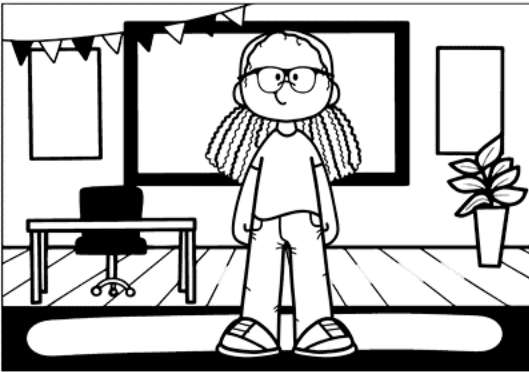


Malik feels like he looks different than the other kids in his new class, but they all make him feel welcome and included. How does he feel? How would you feel?

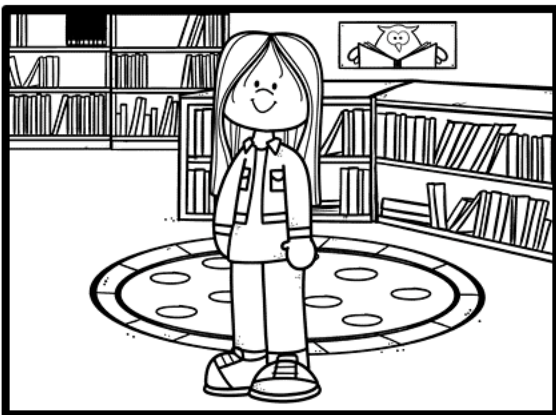
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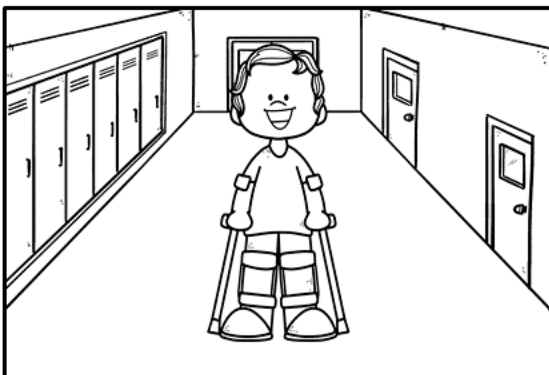
Stacey uses a wheelchair to get around, but sometimes it's hard to fit in tight corners and get around easily. How might she feel? How would you feel?



It's Brianna's turn to present her family tree and she is being raised by her grandmother. How might she be feeling?

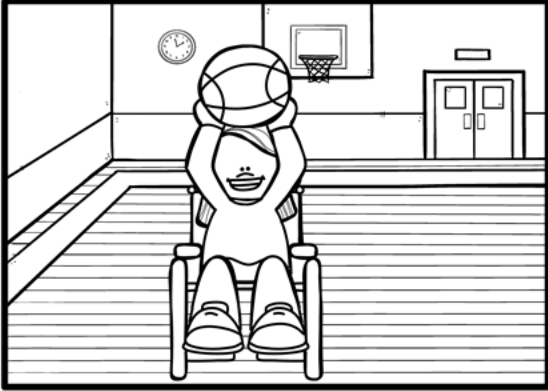


A kid makes fun of Jessie's red hair and calls her a mean name. How might she feel? How would you feel?

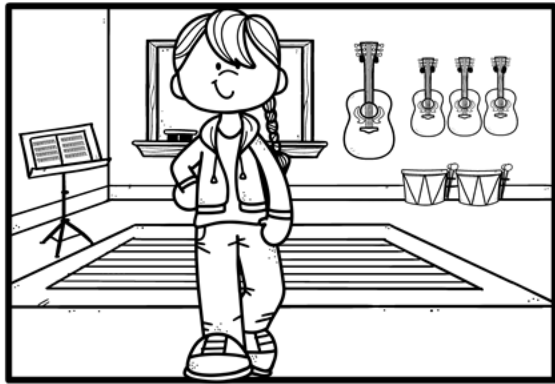


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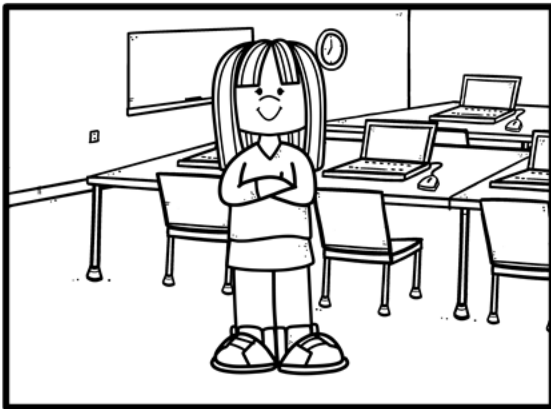
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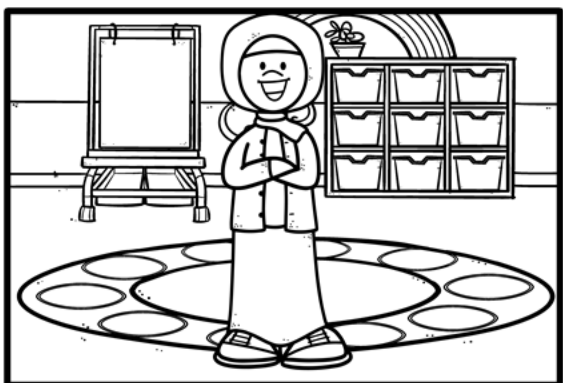
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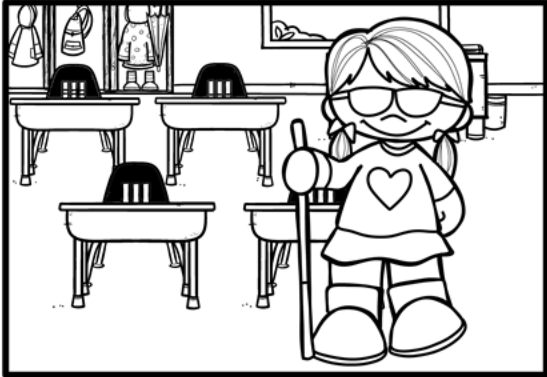


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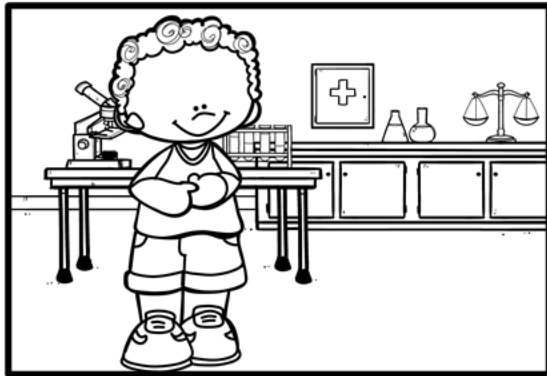


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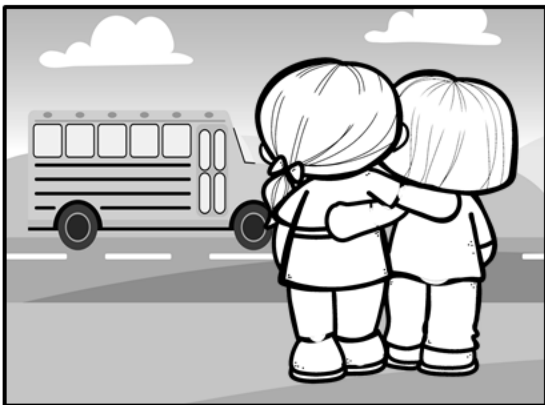
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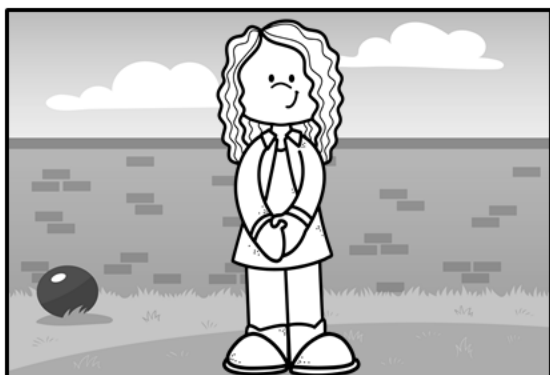
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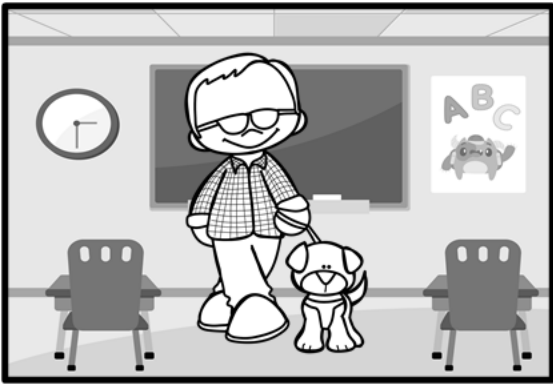


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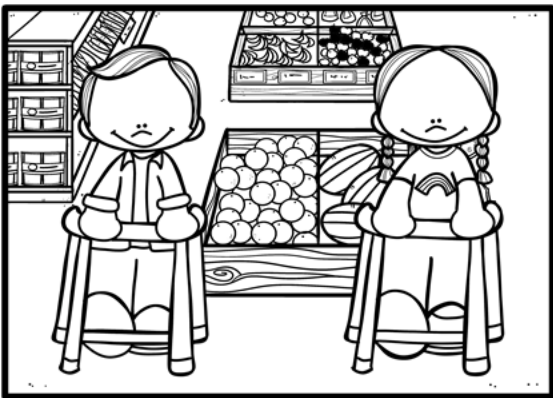
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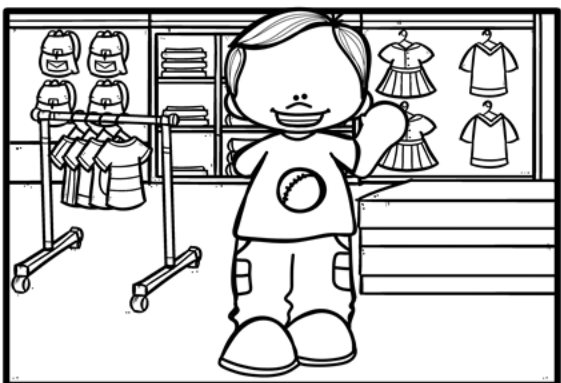
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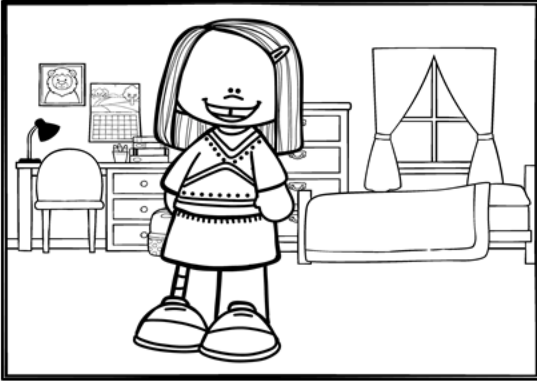


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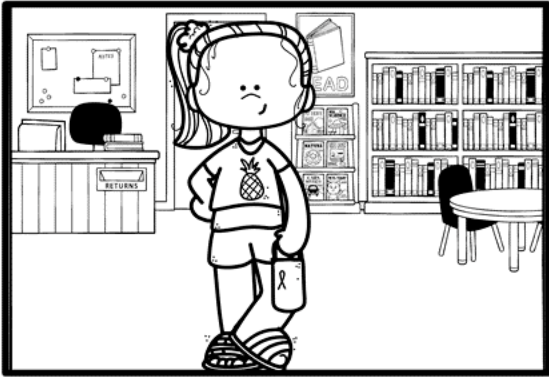


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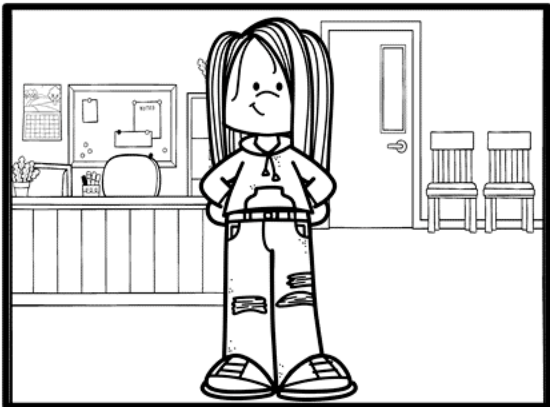
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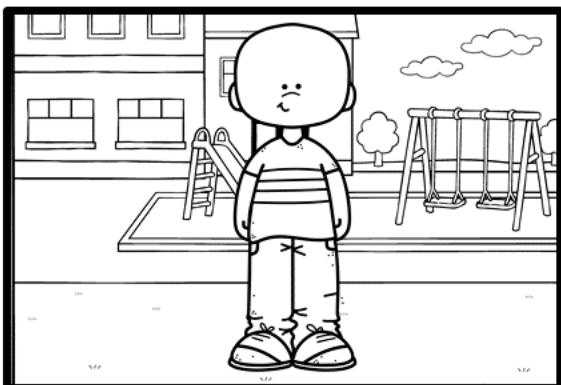
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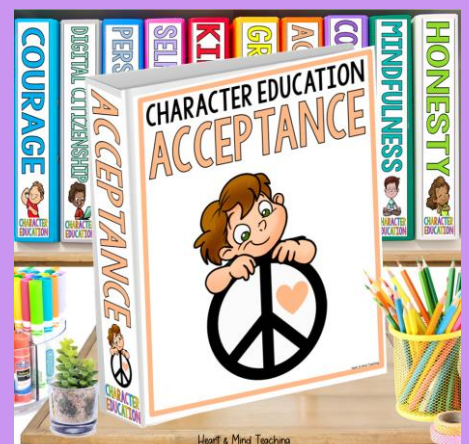
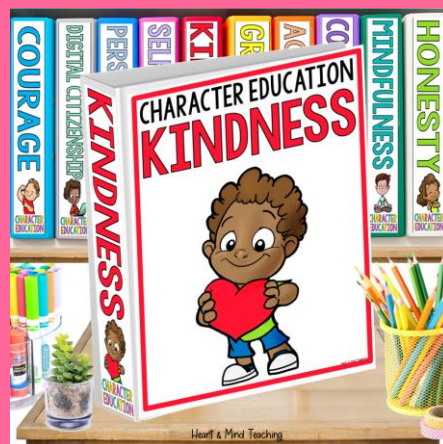
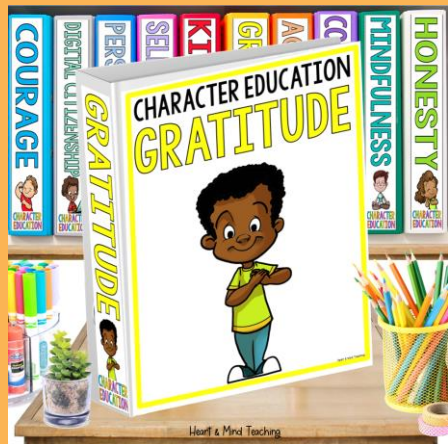
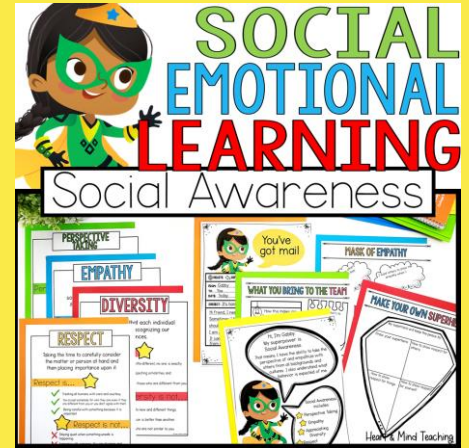
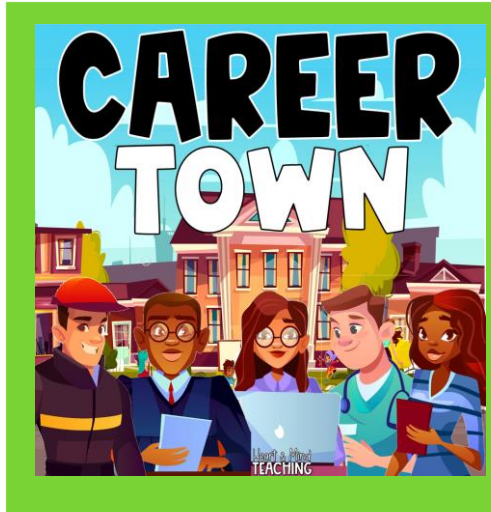
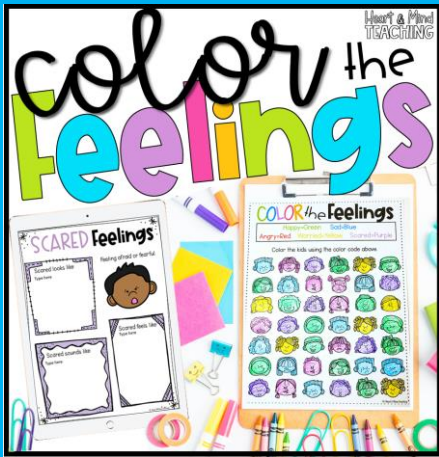
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Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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Ashley

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