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♥
Ashley

GOOGLE SLIDES

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1 Click here  [Stand in my Shoes Book Companion](#)

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 \(youtube video\)](#)

BOOK COMPANION



Stand in my Shoes by Bob Sornson

This book companion lesson was created with written permission from the author.

Session Objective:

*Students will identify and demonstrate empathy.

Materials:

*Book: Stand in my Shoes by Bob Sornson.
*Handouts, scissors, tape/glue, pencils.

Guiding Questions:

*What are ways to show empathy?
*How can showing empathy help others around you?

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: Empathy. (B-SS 4)
*Behavior: Social Skills: Social Maturity and behaviors appropriate to the situation and environment. (B-SS 9)

SEL Competencies:

*Social Awareness: Empathy.

Session Details

*Say "Today we are going to be reading a book called "Stand in my Shoes" by Bob Sornson. In it, Emily learns about empathy and noticing how people feel." Read the book aloud. Have the students complete the story map as you are reading. Afterward, for grades K-1 use the Cut and Paste activity (p. 4-5), and for grades 2-5 use the Story Questions (p. 6-7) and the Think & Discuss pages (p. 8-11) to generate class/group discussion. Next, explain what perspective means. Say "Thinking about another person's perspective means you are thinking about how that person would view it as if you were looking at the situation from their eyes. For example, Emily's sister's perspective might be that she was trying to study and couldn't focus with Emily interrupting, but Emily's perspective might be that she just wanted to spend time with her sister." Complete the perspective handout (p. 12). Say "Being able to show empathy is what Emily needs to do. Let's look at ways to show empathy." Complete the SEL handout (p.13). Next, choose the best option on pages 14-17 for your students writing ability and have them complete the writing prompt and writing craftivity. Next, say "Let's come up with our own Empathy Footprint", complete the creative activity. The writing craftivity and/or creative activity make for a great bulletin board display.

BOOK COMPANION



Stand in my Shoes by Bob Sornson

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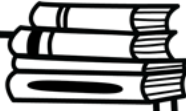
DATE: _____



Story Map



Setting:



Stand in My Shoes by Bob Sornson



Characters:

Beginning:



Middle:



End:



Problem:



Solution:

NAME: _____

DATE: _____



Cut & Paste

Cut and paste the situations into showing empathy or not showing empathy boxes.

Showing Empathy

Showing Empathy

Not Showing Empathy

Showing Empathy

Showing Empathy

Not Showing Empathy

Showing Empathy

Showing Empathy

Not Showing Empathy

Cut each situation card out
and paste to the correct
Showing Empathy or Not
Empathetic spot.

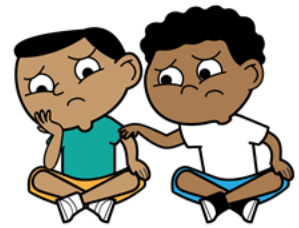
Acting
inconsiderate.



Helping others.



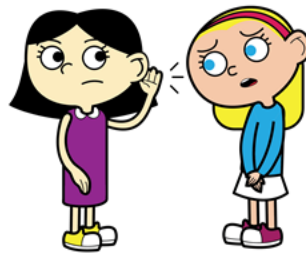
Noticing how
others feel.



Being
Selfish.



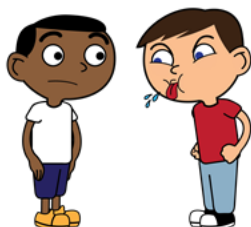
Asking how
someone is doing.



Including
others.



Mean
behavior.



Listening to
others.



Being kind.



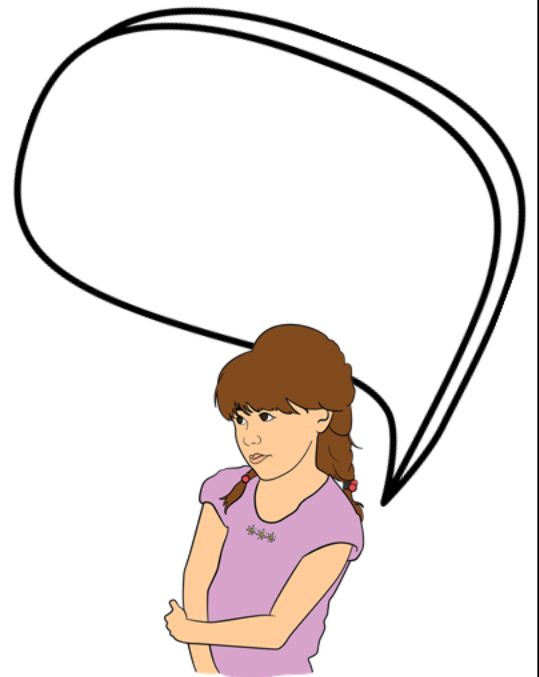
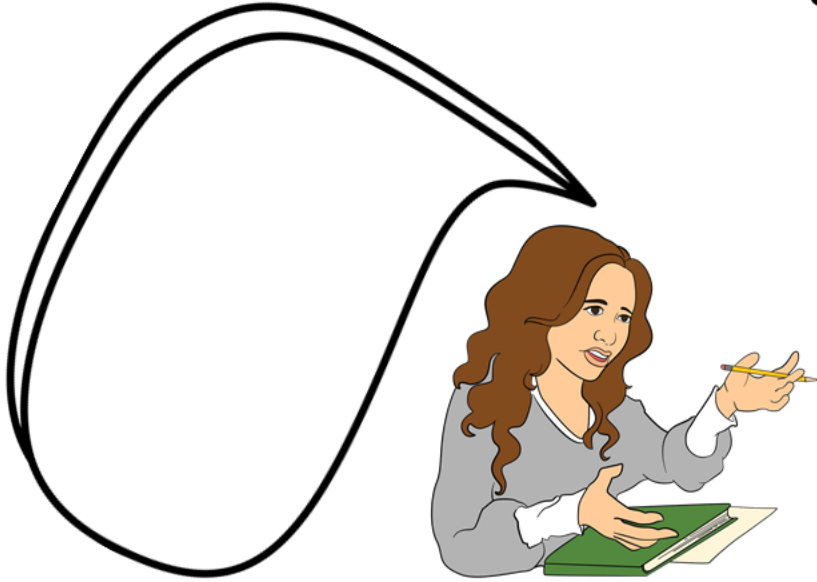
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DATE: _____

Stand in my Shoes

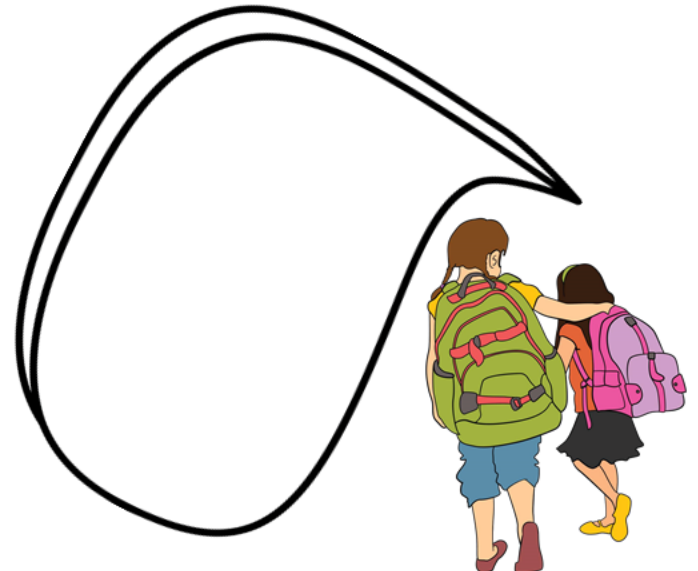
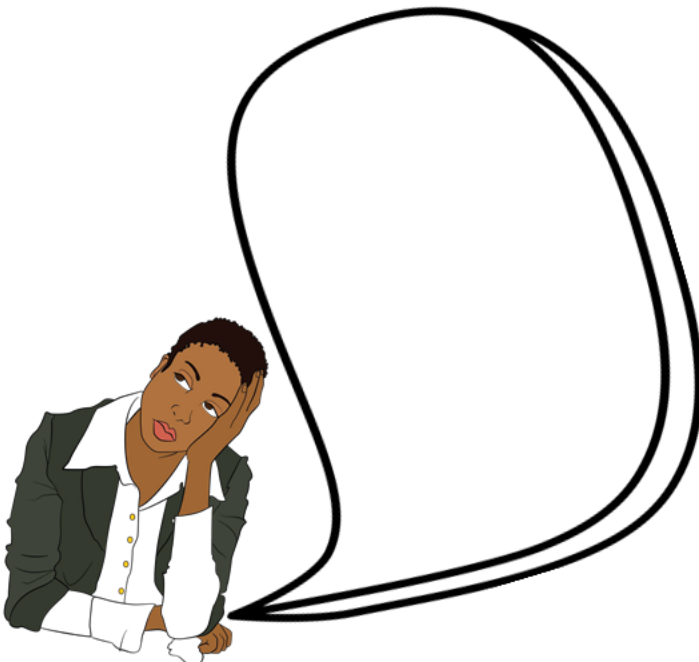
What did Emily keep doing that upset her sister?

What did Emily's sister tell her she needs to have?



Why was Emily's Teacher sad?

How did Emily show Empathy to the little girl that fell?



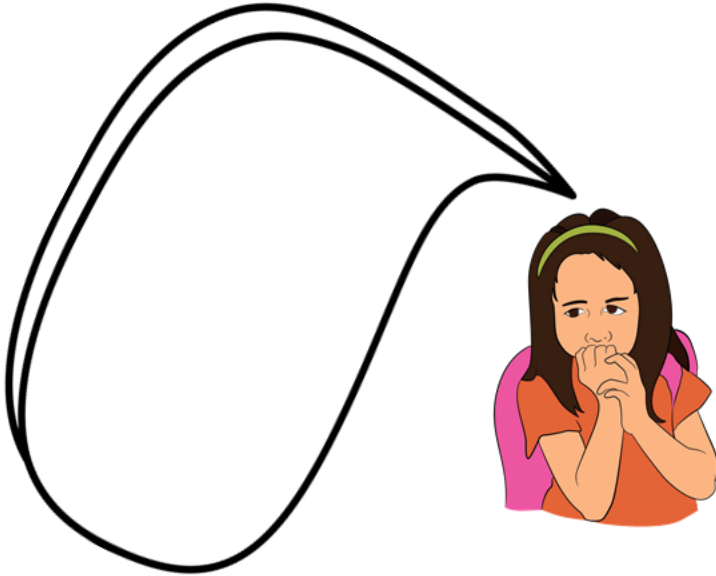
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DATE: _____

Story 
Questions

Stand in My Shoes

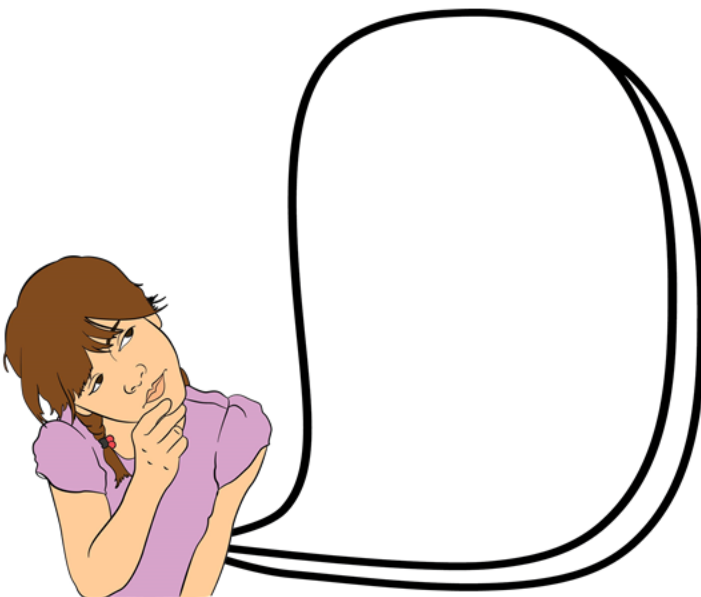
What was Rosie worried about on the bus?



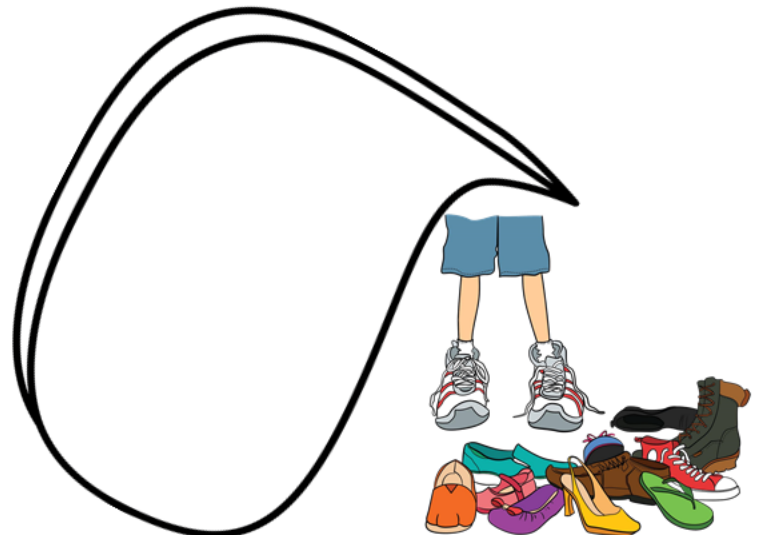
What did Emily do to help Rosie and show empathy?



What did Emily do different when she wanted to talk to her sister at the end of the book?



What did Emily learn that happens when she cares about how others feel?



NAME: _____

DATE: _____



Think &
Discuss



Why did Emily's sister talk to her?

How do you look to others when you are not empathetic?

How do you look to others when you show empathy?



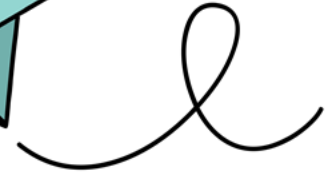
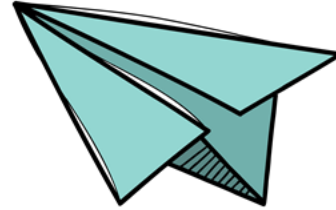
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Think &
Discuss

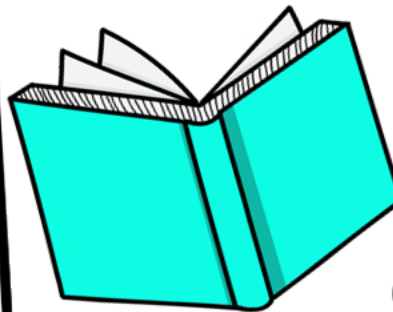
What are some situations that you have a hard time showing empathy in? Why?



What would happen if no one showed empathy?



What would it be like if everyone showed empathy?



NAME: _____

DATE: _____



Think &
Discuss

Read each scenario and put a checkmark on the response you would use to show empathy.

Your teacher looks really overwhelmed and stressed out today.

- Perspective-taking.
- Show you care.
- Acknowledge feelings.
- Listen.

Your sibling had a bad day at school and is venting about her day to you.

- Perspective-taking.
- Show you care.
- Acknowledge feelings.
- Listen.

Your classmate looks really sad today and has not played with anyone.



Your friend is telling you about their parents getting a divorce, they are very upset.

- Perspective-taking.
- Show you care.
- Acknowledge feelings.
- Listen.

- Perspective-taking.
- Show you care.
- Acknowledge feelings.
- Listen.

NAME: _____

DATE: _____



Think & Discuss



Put a checkmark if the scenario is showing empathy or not.

When I... 

Showing Empathy

Not Showing Empathy

	Showing Empathy	Not Showing Empathy
Ask my parent how they are doing.		
Pick up trash by the playground.		
Call a friend to check on them.		
Tidy up the classroom library.		
Ignore a friend because they are sad and not fun to be around.		
Don't really listen to a friend who is venting.		
See my parent looking stressed but I do nothing.		
Offer to help a friend.		
Leave litter on the playground.		
Let my teacher know that the classroom library is a mess.		
Acknowledge how hard my bus driver works.		

Character Perspective



NAME: _____

DATE: _____

Think about the different perspectives of each character from the book.

Write in the boxes below what you think their perspectives might be.



Emily

Emily's Teacher



Emily's Sister



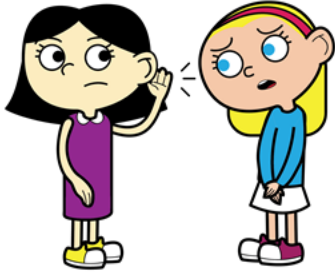
Perspective means:

A way of thinking about and understanding something; a point of view.

NAME: _____

DATE: _____

Social Emotional Learning



Perspective-taking.



Communicating the understanding of another person's emotions.

Recognizing emotion in another person.



Staying out of judgement.



During what situations do you struggle to use empathy?



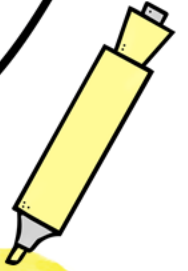
What will you do to show more empathy?



Empathy means:

The ability to understand and share the feelings of another.

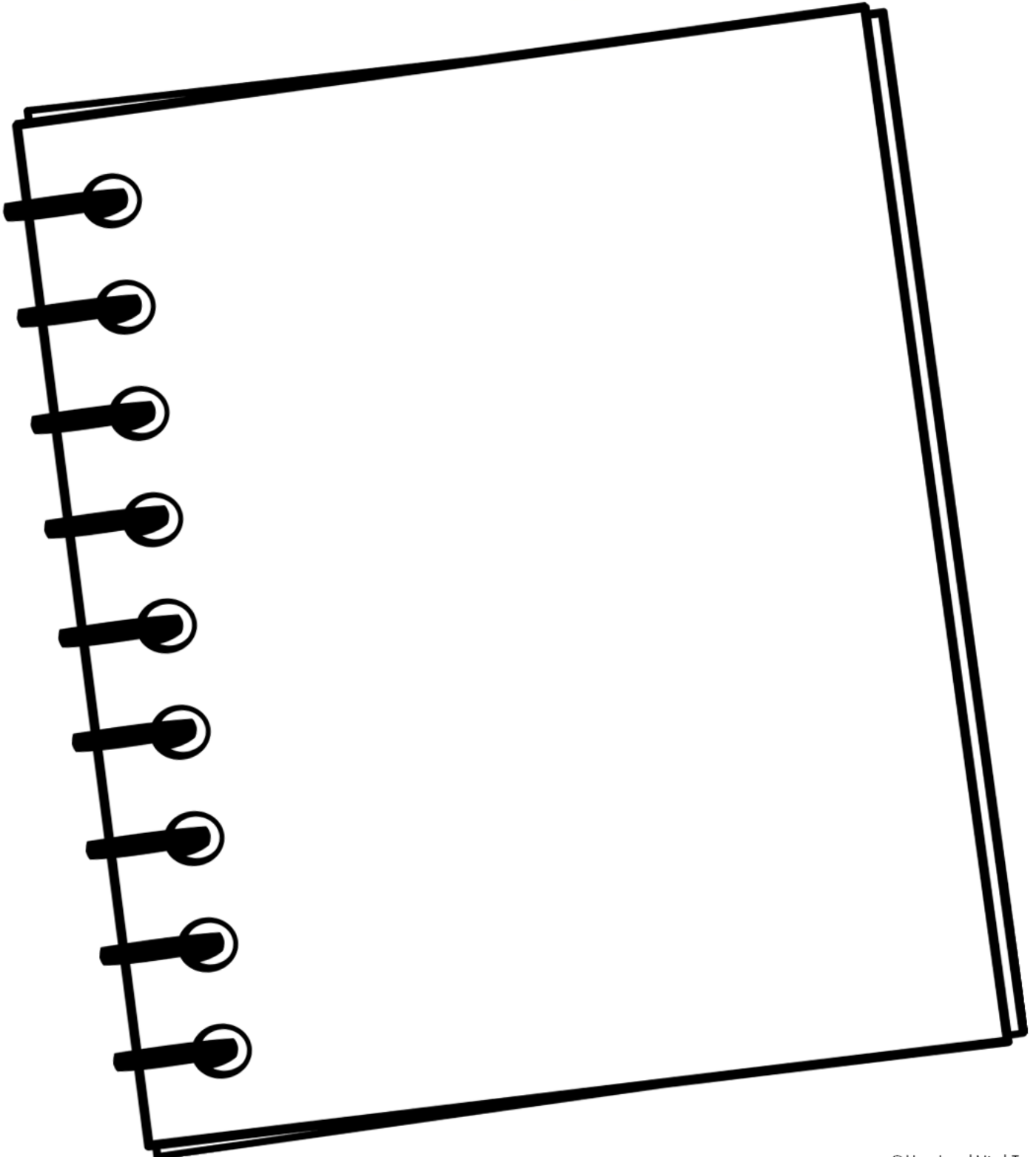
Draw & Write



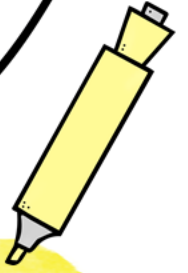
NAME: _____

DATE: _____

Draw a situation where you showed Empathy, show how it felt.



Draw & Write



NAME: _____

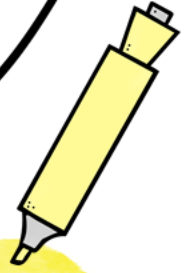
DATE: _____

Draw a situation where you showed Empathy.

Explain what happened and how it felt.



Draw & Write



NAME: _____

DATE: _____

Describe a situation where you showed Empathy.

Explain what happened and how it felt.

Handwriting practice area consisting of 10 sets of horizontal lines. Each set includes a solid top line, a dashed middle line, and a solid bottom line.





***Cut out and glue to the top of the writing page.**

***Have students color/decorate their shoe.**



: What are some ways to show empathy
and stand in someone's shoes?

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are 10 sets of these lines provided for writing.



: What are some ways to show empathy
and stand in someone's shoes?

Handwriting practice lines consisting of four sets of solid top and bottom lines with a dashed midline.

Create your own Empathy Footprint



Draw your
footprint
here



Describe how your empathy footprint looks:

Describe how your empathy footprint feels:

What impact does your empathy leave on others?

By:

EMPATHY FOOTPRINT



Draw your
Empathy
Footprint here



When you show empathy to others how does it impact them?

By:

Ways to Show EMPATHY



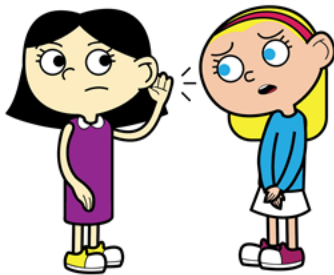
Perspective-
Taking.



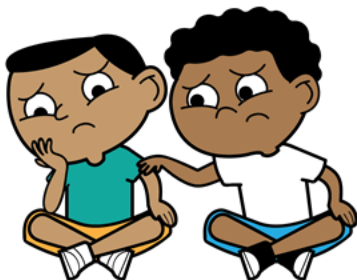
Show you care.



Don't judge.



Listen.



Acknowledge
feelings.

Ways to Show EMPATHY



Perspective-Taking.

Think about how the other person might be feeling.



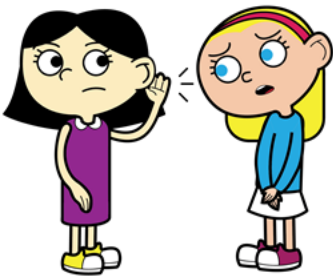
Show you care.

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



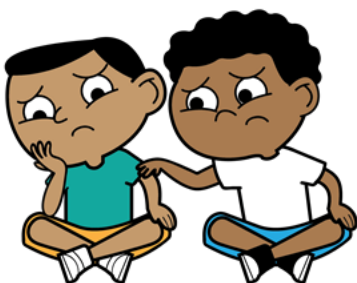
Don't judge.

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



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."



Stand in My Shoes

Story Questions

What did Emily keep doing that upset her sister?

Barging into her room.

What did Emily's sister tell her she needs to have?

Empathy

Why was Emily's Teacher sad?

Her dog died.

How did Emily show Empathy to the little girl that fell?

Helped her up and onto the bus, stood up for her, reflected her feelings.

What was Rosie worried about on the bus?

There wasn't a place for her to sit.

What did Emily do to help Rosie and show empathy?

Told her to sit with them and made space.

What did Emily do different when she wanted to talk to her sister at the end of the book?

She knocked on her door and asked if she was busy.

What did Emily learn that happens when she cares about how others feel?

People like it, it touches their hearts, and something changes inside of her.



Think & Discuss



Put a checkmark if the scenario is showing empathy or not.

When I...

Showing Empathy

Not Showing Empathy

When I...	Showing Empathy	Not Showing Empathy
Ask my parent how they are doing.	✓	
Pick up trash by the playground.	✓	
Call a friend to check on them.	✓	
Tidy up the classroom library.	✓	
Ignore a friend because they are sad and not fun to be around.		✓
Don't really listen to a friend who is venting.		✓
See my parent looking stressed but I do nothing.		✓
Offer to help a friend.	✓	
Leave litter on the playground.		✓
Let my teacher know that the classroom library is a mess.		✓
Acknowledge how hard my bus driver works.	✓	

Black & White Version

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BOOK COMPANION



Stand in my Shoes by Bob Sornson

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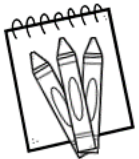
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Answer Keysp. 25-26

NAME: _____

DATE: _____



Story Map

Setting:



Stand in My Shoes by Bob Sornson



Characters:



Beginning:



Middle:



End:



Problem:



Solution:

NAME: _____

DATE: _____



Cut & Paste

Cut and paste the situations into showing empathy or not showing empathy boxes.

Showing Empathy

Showing Empathy

Not Showing Empathy

Showing Empathy

Showing Empathy

Not Showing Empathy

Showing Empathy

Showing Empathy

Not Showing Empathy



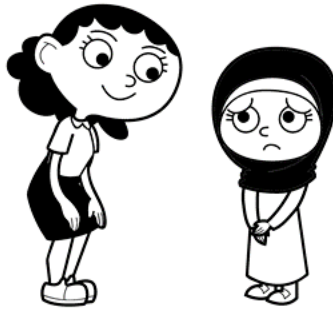
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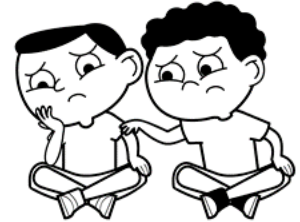
Acting
inconsiderate.



Helping others.



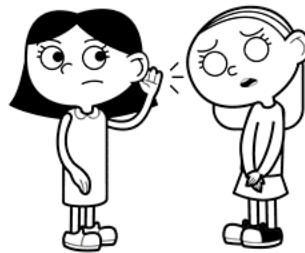
Noticing how
others feel.



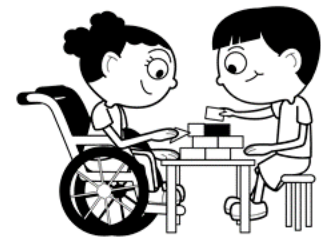
Being
Selfish.



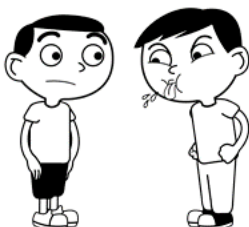
Asking how
someone is doing.



Including
others.



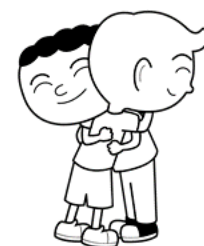
Mean
behavior.



Listening to
others.



Being kind.



NAME: _____

DATE: _____

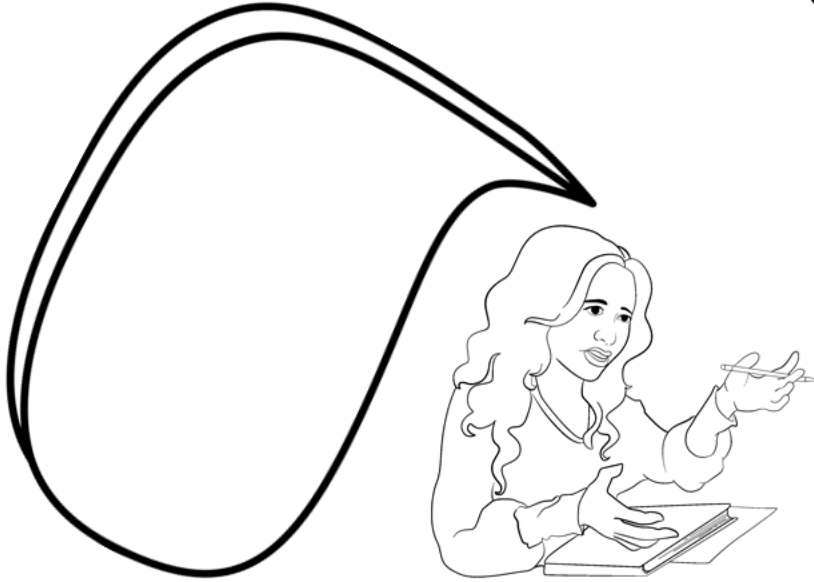
Story
Questions



Stand in my Shoes

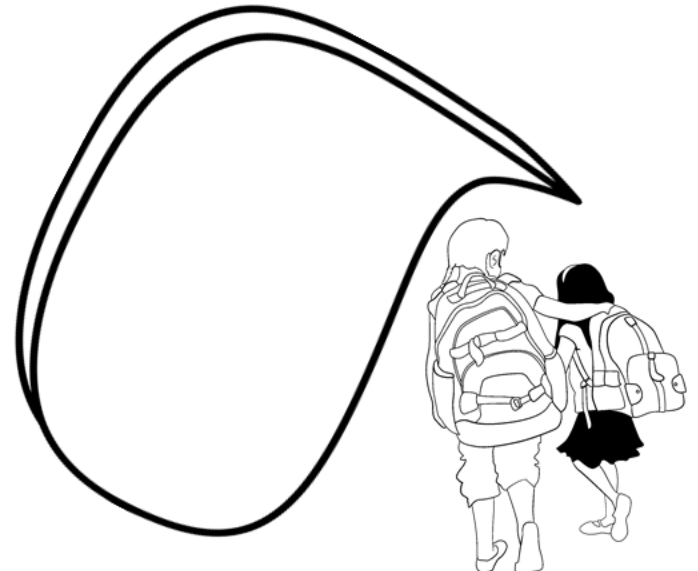
What did Emily keep doing that upset her sister?

What did Emily's sister tell her she needs to have?



Why was Emily's Teacher sad?

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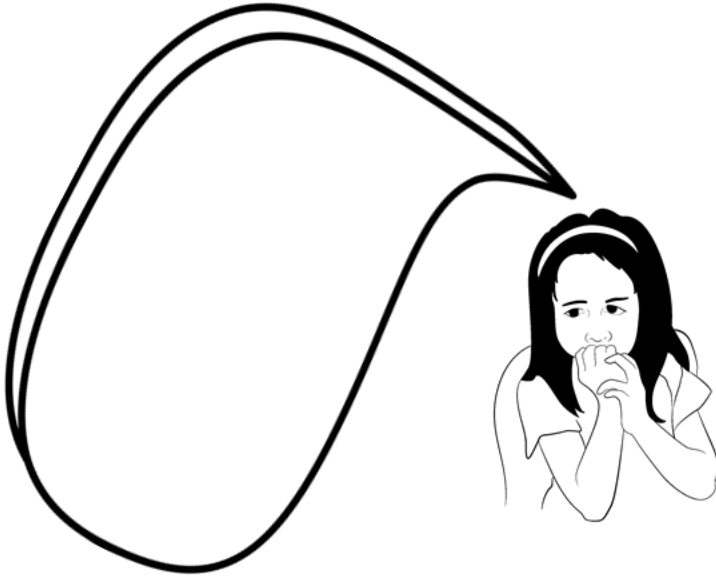
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DATE: _____

Story 
Questions

Stand in my Shoes

What was Rosie worried about on the bus?



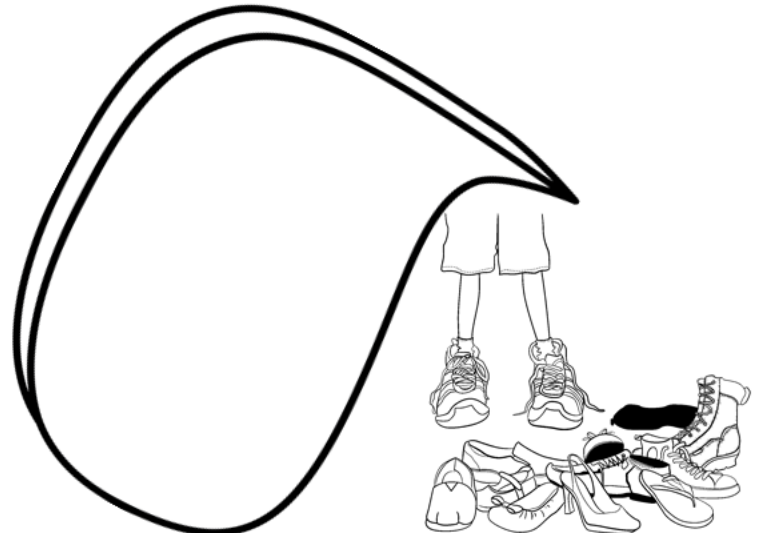
What did Emily do to help Rosie and show empathy?



What did Emily do different when she wanted to talk to her sister at the end of the book?

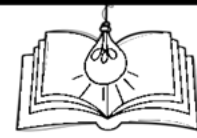


What did Emily learn that happens when she cares about how others feel?

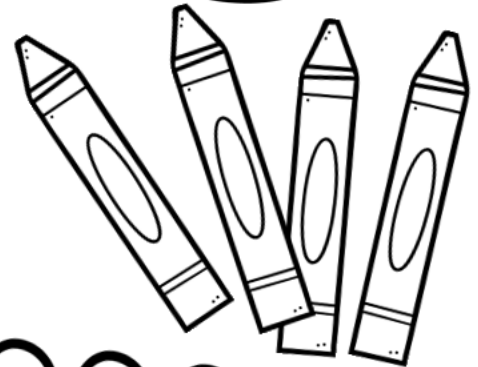


NAME: _____

DATE: _____



Think &
Discuss



Why did Emily's sister talk to her?

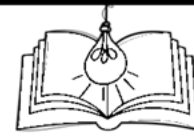
How do you look to others when you are not empathetic?

How do you look to others when you show empathy?



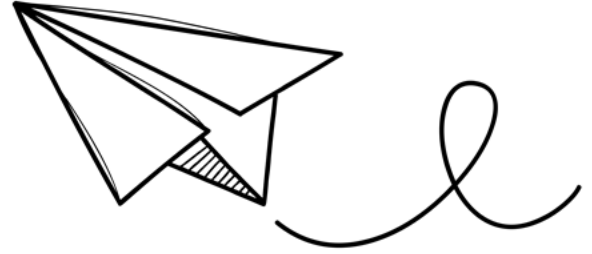
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Think &
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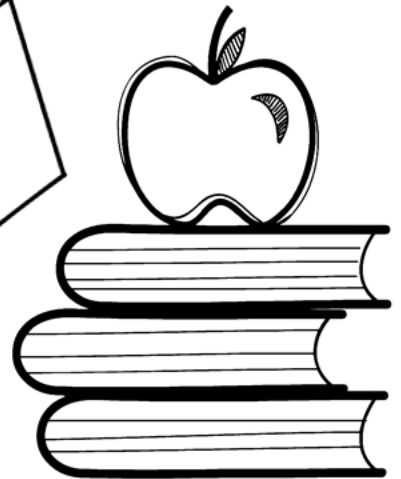
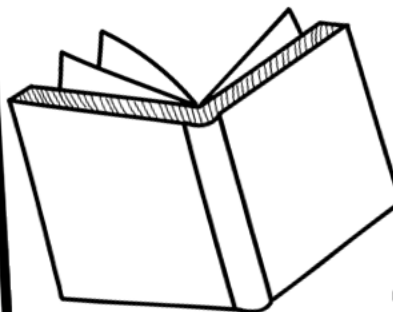
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What would happen if no one showed empathy?

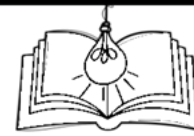


What would it be like if everyone showed empathy?



NAME: _____

DATE: _____



Think &
Discuss

Read each scenario and put a checkmark on the response you would use to show empathy.

Your teacher looks really overwhelmed and stressed out today.

- Perspective-taking.
- Show you care.
- Acknowledge feelings.
- Listen.

Your sibling had a bad day at school and is venting about her day to you.

- Perspective-taking.
- Show you care.
- Acknowledge feelings.
- Listen.

Your classmate looks really sad today and has not played with anyone.



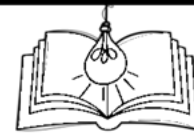
Your friend is telling you about their parents getting a divorce, they are very upset.

- Perspective-taking.
- Show you care.
- Acknowledge feelings.
- Listen.

- Perspective-taking.
- Show you care.
- Acknowledge feelings.
- Listen.

NAME: _____

DATE: _____



Think & Discuss



Put a checkmark if the scenario is showing empathy or not.

When I... 

Showing
Empathy

Not
Showing
Empathy

When I...	Showing Empathy	Not Showing Empathy
Ask my parent how they are doing.		
Pick up trash by the playground.		
Call a friend to check on them.		
Tidy up the classroom library.		
Ignore a friend because they are sad and not fun to be around.		
Don't really listen to a friend who is venting.		
See my parent looking stressed but I do nothing.		
Offer to help a friend.		
Leave litter on the playground.		
Let my teacher know that the classroom library is a mess.		
Acknowledge how hard my bus driver works.		

Character Perspective



NAME: _____

DATE: _____

Think about the different perspectives of each character from the book.

Write in the boxes below what you think their perspectives might be.



Emily



Emily's Teacher



Emily's Sister



Perspective means:

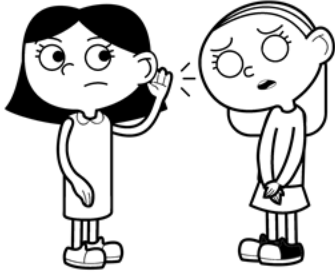
A way of thinking about and understanding something; a point of view.

Social Emotional Learning

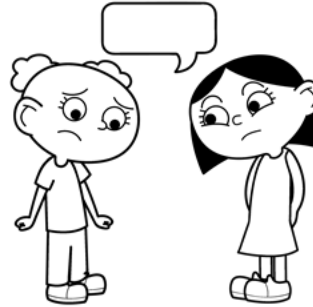


NAME: _____

DATE: _____

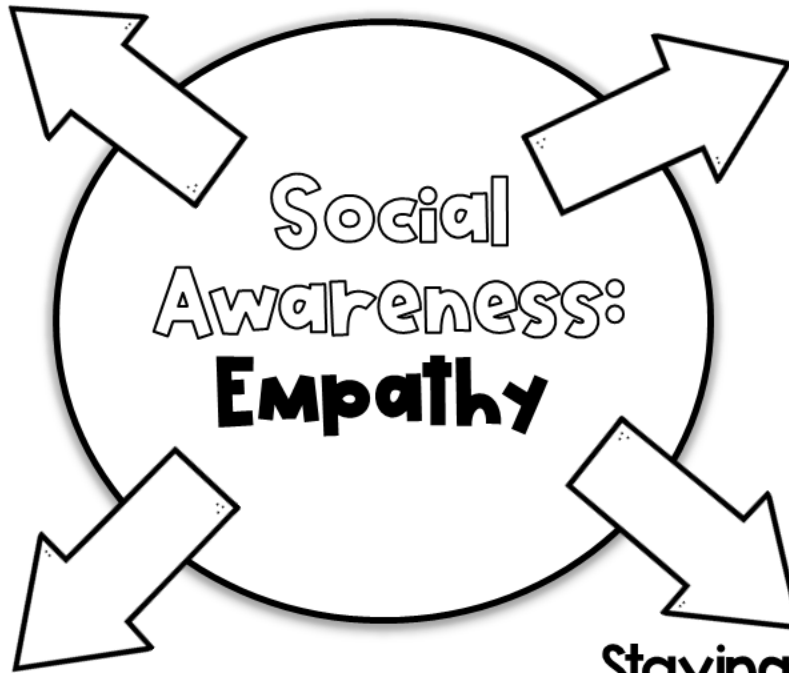


Perspective-taking.

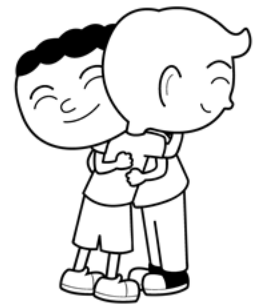


Communicating the understanding of another person's emotions.

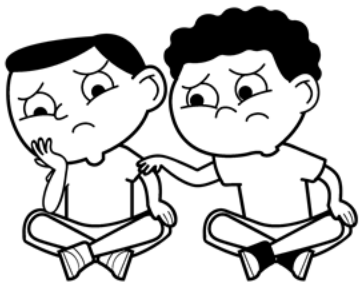
Recognizing emotion in another person.



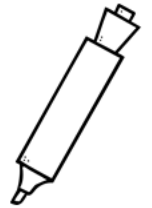
Social Awareness: Empathy



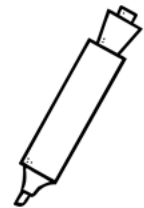
Staying out of judgement.



During what situations do you struggle to use empathy?



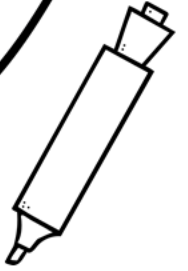
What will you do to show more empathy?



Empathy means:

The ability to understand and share the feelings of another.

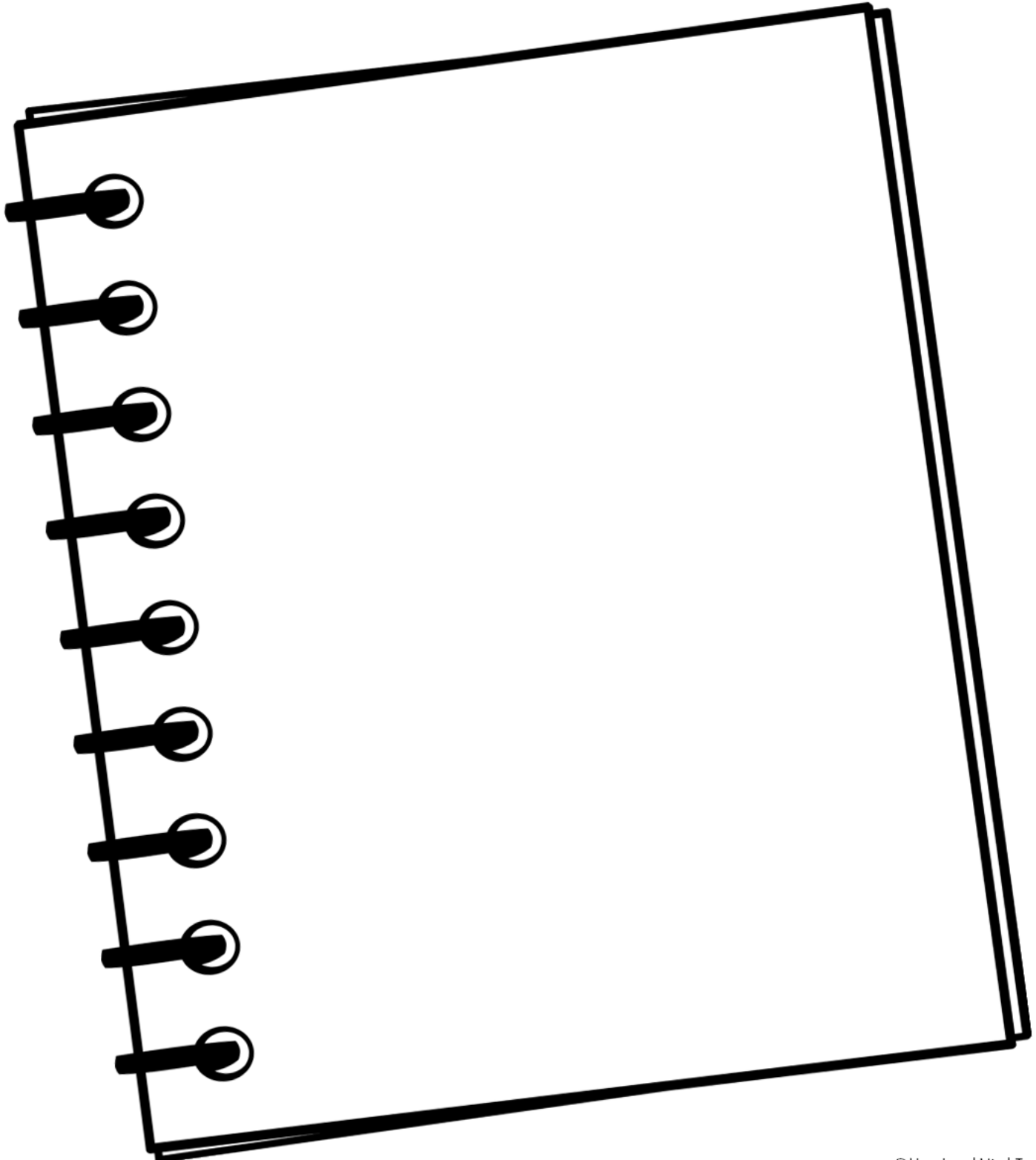
Draw & Write



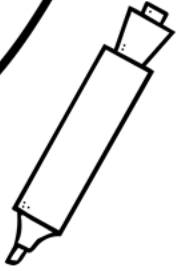
NAME: _____

DATE: _____

Draw a situation where you showed Empathy, show how it felt.



Draw & Write



NAME: _____

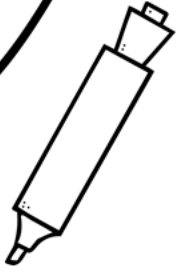
DATE: _____

Draw a situation where you showed Empathy.
Explain what happened and how it felt.



Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are five sets of these lines.

Draw & Write



NAME: _____

DATE: _____

**Describe a situation where you showed Empathy.
Explain what happened and how it felt.**

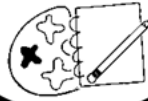
Handwriting practice area consisting of ten sets of horizontal lines. Each set includes a solid top line, a dashed middle line, and a solid bottom line.





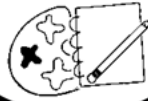
***Cut out and glue
to the top of the
writing page.**

***Have students
color/decorate
their shoe.**



**: What are some ways to show empathy
and stand in someone's shoes?**

Handwriting practice area consisting of multiple sets of horizontal lines. Each set includes a solid top line, a dashed middle line, and a solid bottom line, providing a guide for letter height and placement.



**: What are some ways to show empathy
and stand in someone's shoes?**

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line, repeated five times for student response.

Create your own Empathy Footprint



Draw your
footprint
here



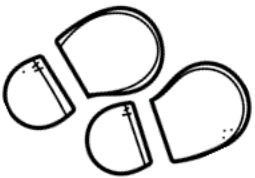
Describe how your empathy footprint looks:

Describe how your empathy footprint feels:

What impact does your empathy leave on others?

By:

EMPATHY FOOTPRINT



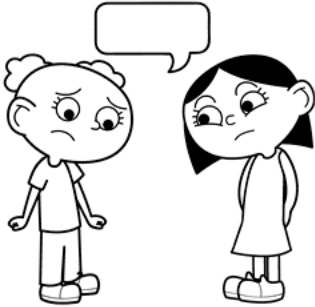
Draw your
Empathy
Footprint here



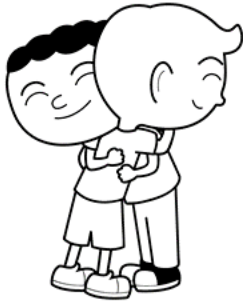
When you show empathy to others how does it impact them?

By:

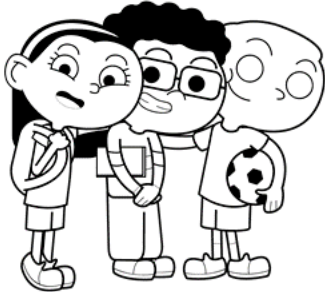
Ways to Show **EMPATHY**



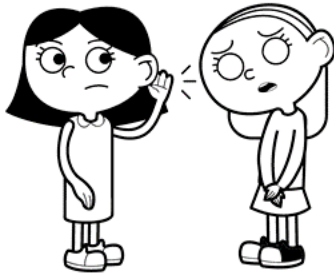
**Perspective-
Taking.**



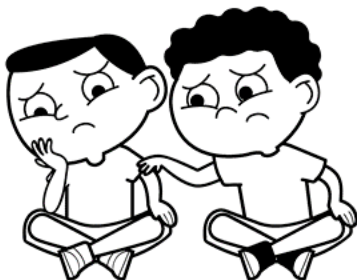
Show you care.



Don't judge.

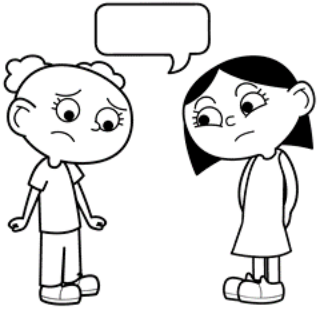


Listen.



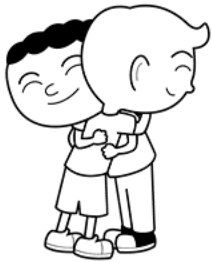
**Acknowledge
feelings.**

Ways to Show **EMPATHY**



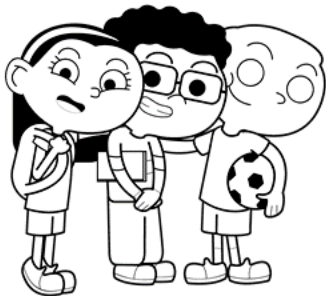
Perspective-Taking.

Think about how the other person might be feeling.



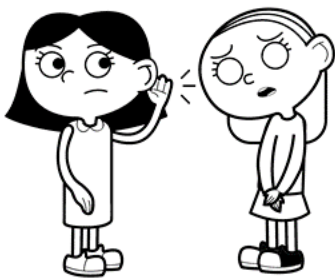
Show you care.

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



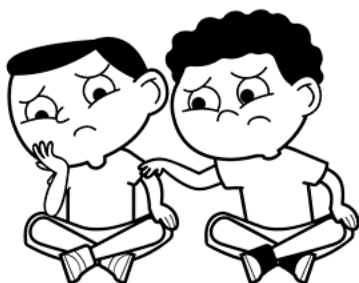
Don't judge.

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



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."



Stand in My Shoes

Story Questions

What did Emily keep doing that upset her sister?

Barging into her room.

What did Emily's sister tell her she needs to have?

Empathy

Why was Emily's Teacher sad?

Her dog died.

How did Emily show Empathy to the little girl that fell?

Helped her up and onto the bus, stood up for her, reflected her feelings.

What was Rosie worried about on the bus?

There wasn't a place for her to sit.

What did Emily do to help Rosie and show empathy?

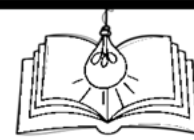
Told her to sit with them and made space.

What did Emily do different when she wanted to talk to her sister at the end of the book?

She knocked on her door and asked if she was busy.

What did Emily learn that happens when she cares about how others feel?

People like it, it touches their hearts, and something changes inside of her.



Think & Discuss



Put a checkmark if the scenario is showing empathy or not.

When I...

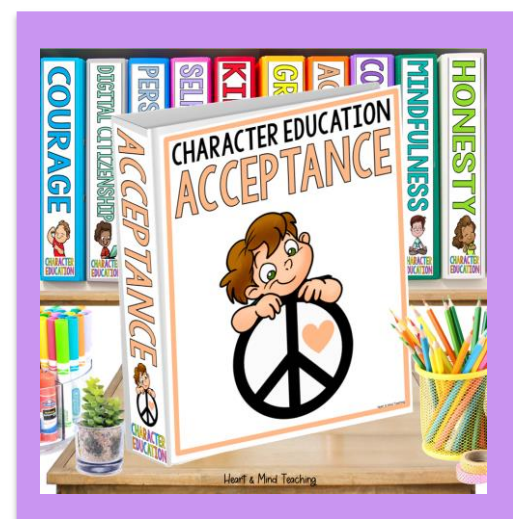
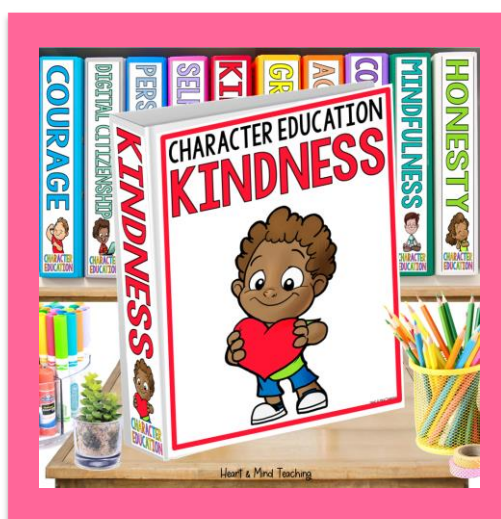
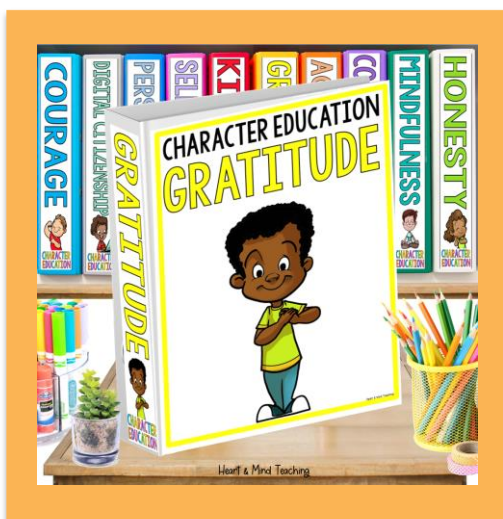
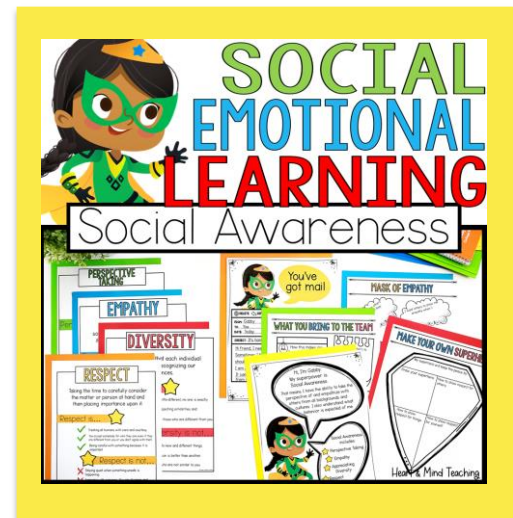
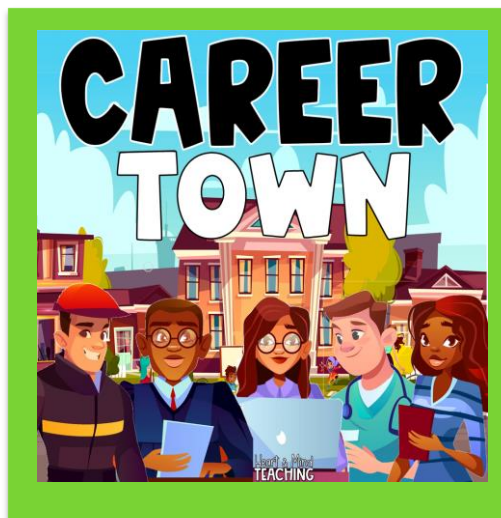
Showing Empathy

Not Showing Empathy

When I...	Showing Empathy	Not Showing Empathy
Ask my parent how they are doing.	✓	
Pick up trash by the playground.	✓	
Call a friend to check on them.	✓	
Tidy up the classroom library.	✓	
Ignore a friend because they are sad and not fun to be around.		✓
Don't really listen to a friend who is venting.		✓
See my parent looking stressed but I do nothing.		✓
Offer to help a friend.	✓	
Leave litter on the playground.		✓
Let my teacher know that the classroom library is a mess.		✓
Acknowledge how hard my bus driver works.	✓	

CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



COUNSELOR Collab

with Laura & Ashley



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HEART + MIND
TEACHING



THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

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

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Ashley

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