

WALK IN MY ST. PATRICK'S DAY SHOES



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Caleb the Leprechaun wrote down where he hid his pot of gold, but now he can't find it. He throws a tantrum. How does he feel? What might others around him think?

Patrick the Leprechaun is trying to find the end of the rainbow and it is taking a long time. He starts taking a tantrum. How does he feel? What might others around him think?

Conner the Leprechaun is trying a prank and painting his fence green. His neighbor sees him in the act. How does he feel? How is his neighbor feeling?

Preston the Leprechaun finds someone else's lucky clover. He keeps it for himself. How does he feel? How does the person who lost their clover feel?

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No one wishes Laney a "Happy St. Patrick's Day". How might Laney be feeling? How would you feel?

David pops a kid's balloon on purpose. How might that kid feel? How might David be feeling?

Santiago walks past two friends who suddenly lower their voices so he can't hear what they are saying. What might he be feeling?

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Shane is marching in the St. Patrick's Day parade today and forgot his instrument at home. How might he be feeling? How might his fellow parade marchers feel?

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Session Objective:

- *Students will practice perspective taking.
- *Students will practice having empathy.

Materials:

- *Walk in my shoes handouts.

Guiding Questions:

- *Why is it important to think about how someone else might think or feel?
- *How can using empathy make you a better friend?
- *How can taking a friend's perspective help you to maintain that friendship?

Session Details (about 30 minutes)

*"Today we are going to be talking about empathy, has anyone ever heard the expression put yourself in their shoes? Do you think that actually means to put on someone else's shoes? Probably not. What do you think it means?" Allow for responses. "Putting yourself in someone else's shoes means you experience life through another's feelings, another's way of looking at things or their perspective. It's not about putting your feelings on them or feeling bad for them, it's imagining and identifying with their situation and their response to it. This is not easy to do, it takes a lot of focus. You need to be paying attention to their body language and their tone to understand what they might be feeling. Let's listen to some examples and respond with how we think they might be feeling."

*Walk in my Shoes activity: Using the Walk in my shoes handouts, read each example and ask students the questions after the example to have them practice perspective taking and having empathy for others.

*"See how we can all put ourselves in another person's shoes to understand their way of thinking? It really helps, especially with conflicts."

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- *Behavior: Social Skills: Create positive and supportive relationships with other students. (B-SS 2)
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SEL Competencies:

- *Self-awareness: identifying emotions.
- *Relationship skills: relationship building, communication, social engagement.
- *Social-awareness: Respect for others, appreciating diversity, perspective-taking, empathy.

ways to show EMPATHY

PERSPECTIVE TAKING

Think about how the other person might be feeling.

LISTEN

Really listen to what they are saying, make eye contact and nod your head to show you are listening.

ACKNOWLEDGE FEELINGS

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

DON'T JUDGE

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

SHOW YOU CARE

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



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PRACTICE EMPATHY

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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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Casey the Leprechaun does not like doing leprechaun activities. He would rather do something else, but he does not want to let anyone down. How is he feeling? What would you do?



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Someone calls James the Leprechaun a trickster. How might he be feeling? How would you feel?



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Preston the Leprechaun finds someone else's lucky clover. He keeps it for himself. How does he feel? How does the person who lost their clover feel?



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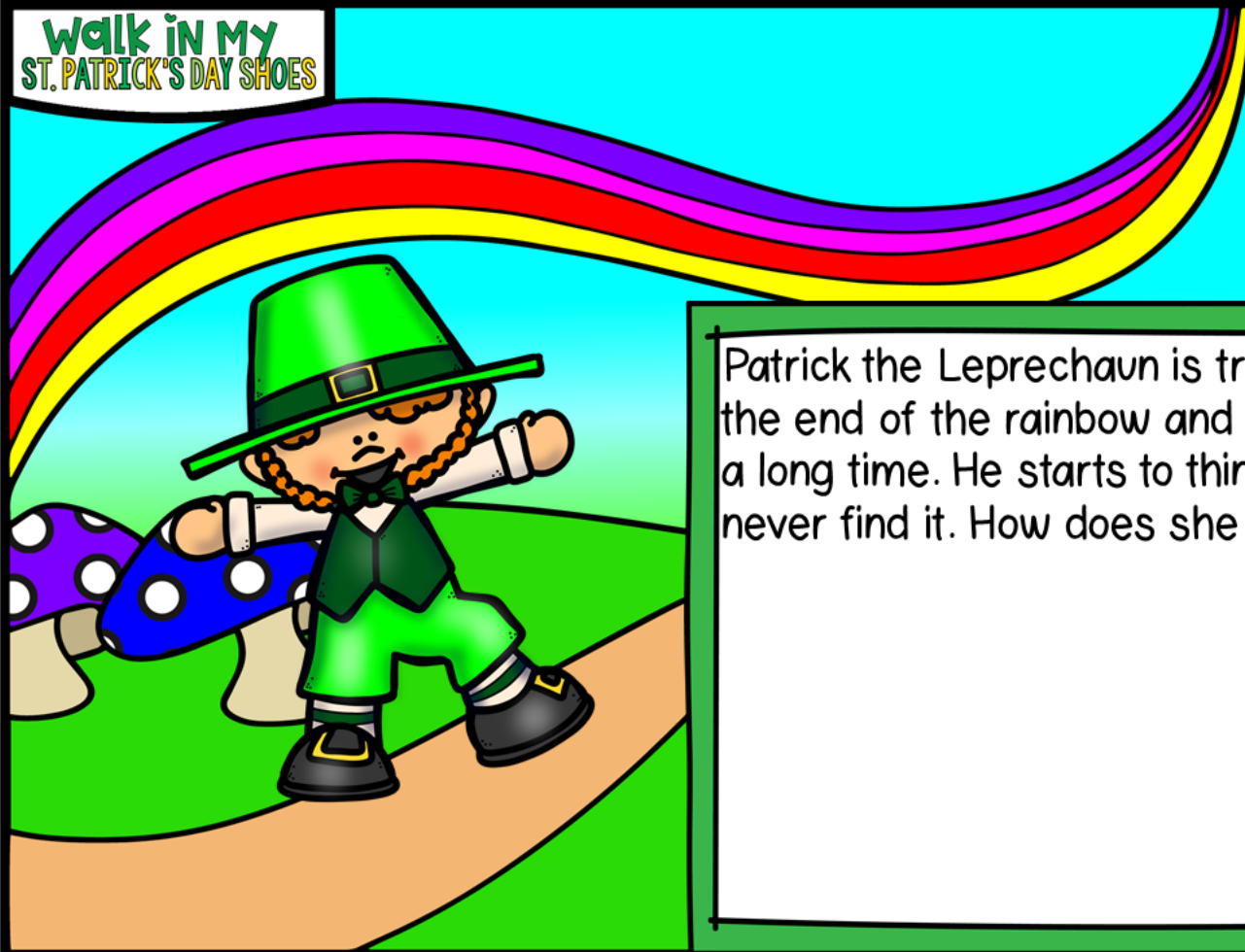
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Jack the leprechaun gets caught in a leprechaun trap. How might he be feeling?

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Everyone is wearing green for St. Patrick's Day but Yesenia forgot and is wearing red. People start to look at her funny. How is she feeling? What might others be thinking?

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Tristin gets picked to be on the track team, but his best friend does not. How is he feeling? How is his best friend feeling?

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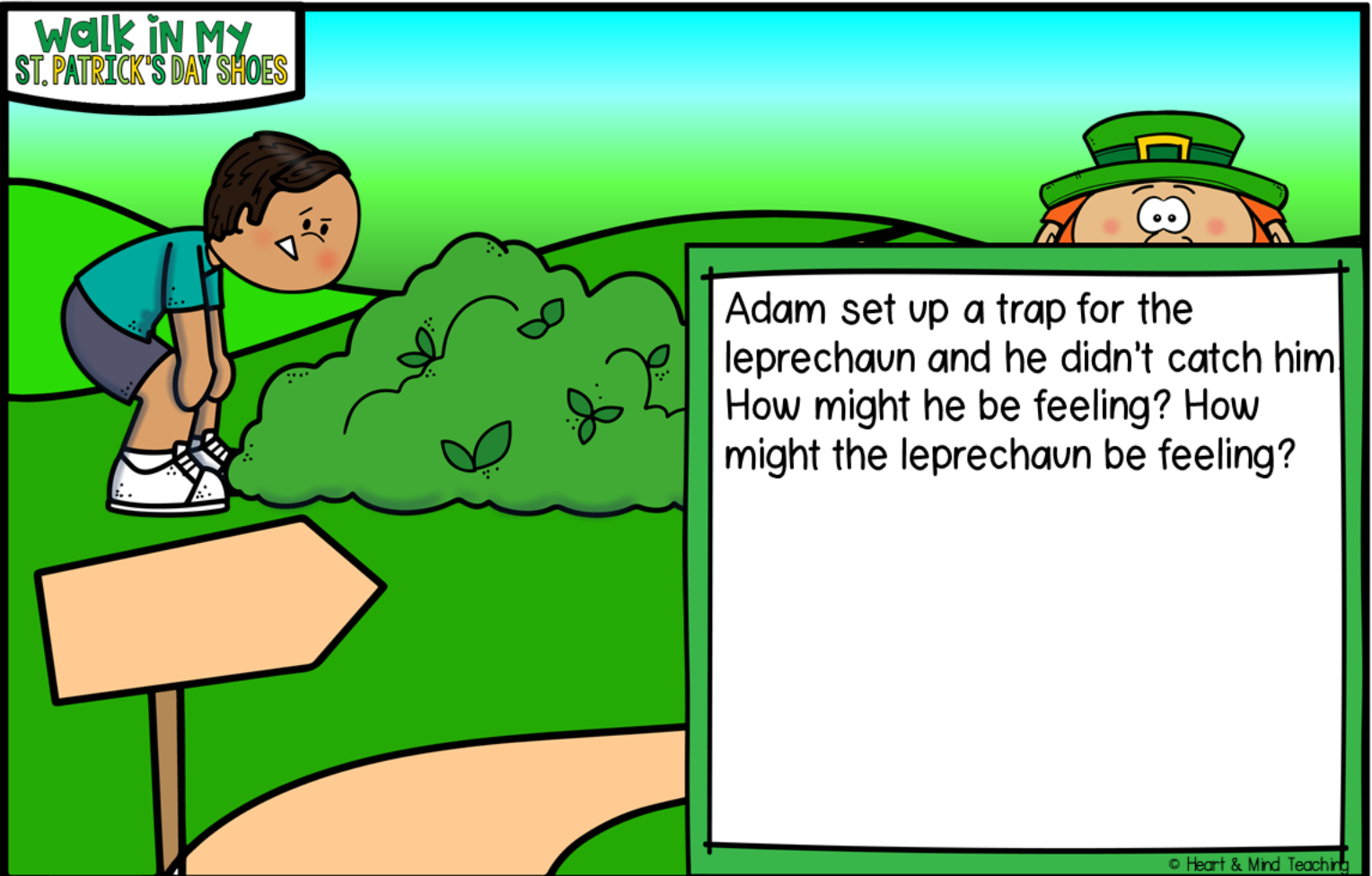
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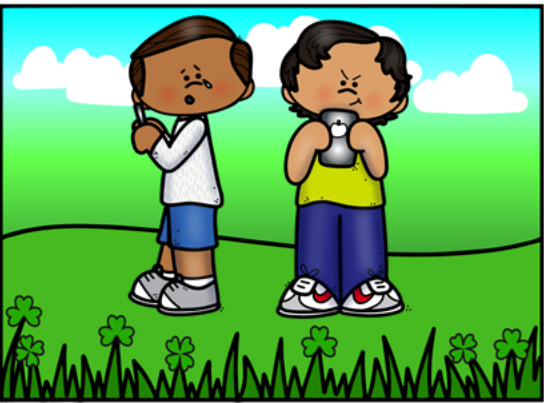
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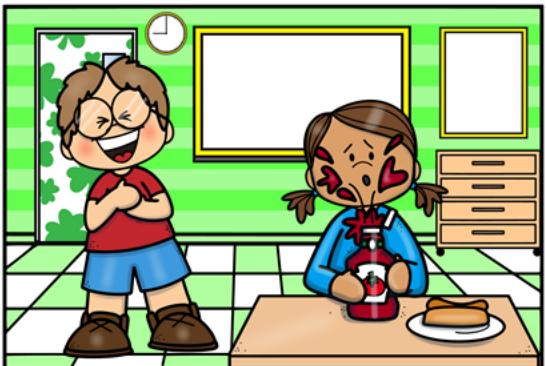
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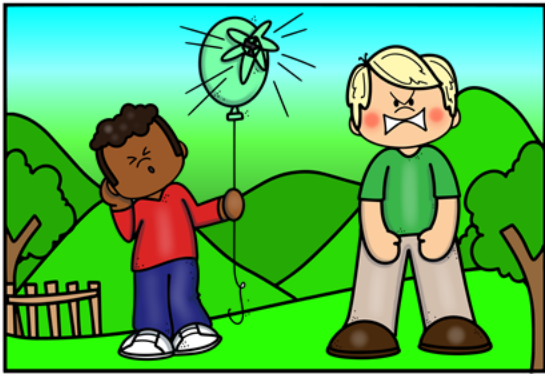


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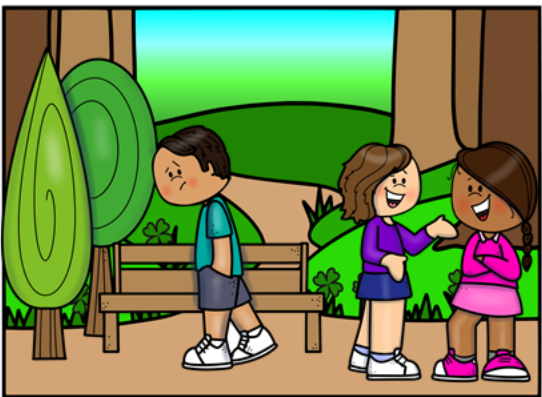
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I can show
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by →

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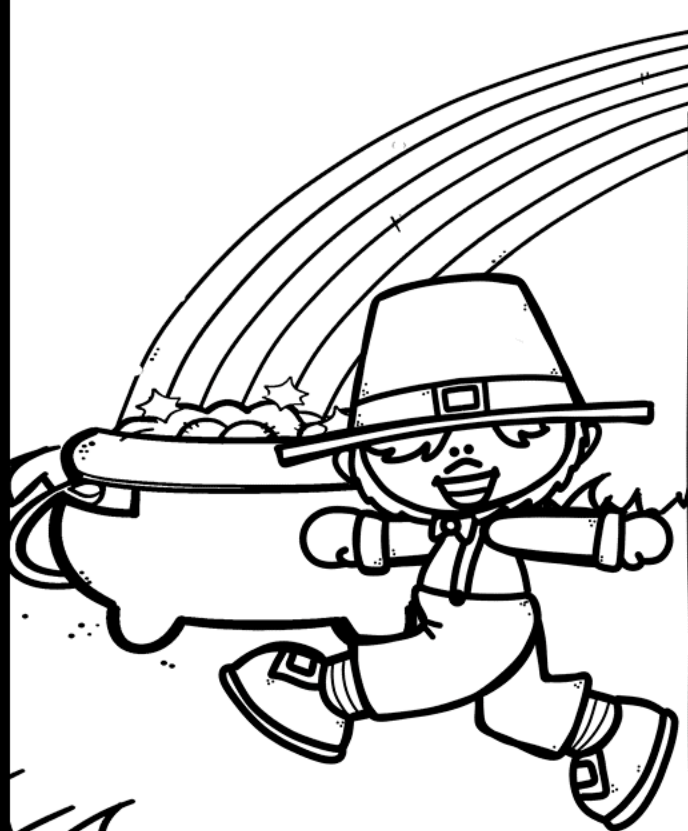


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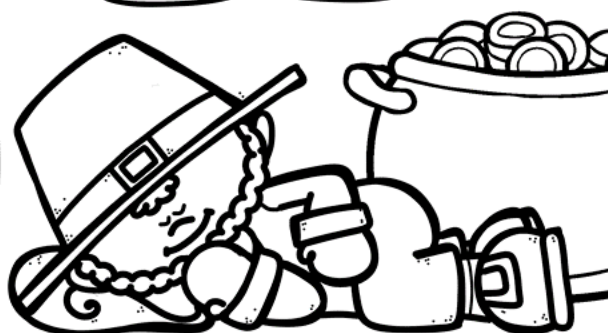
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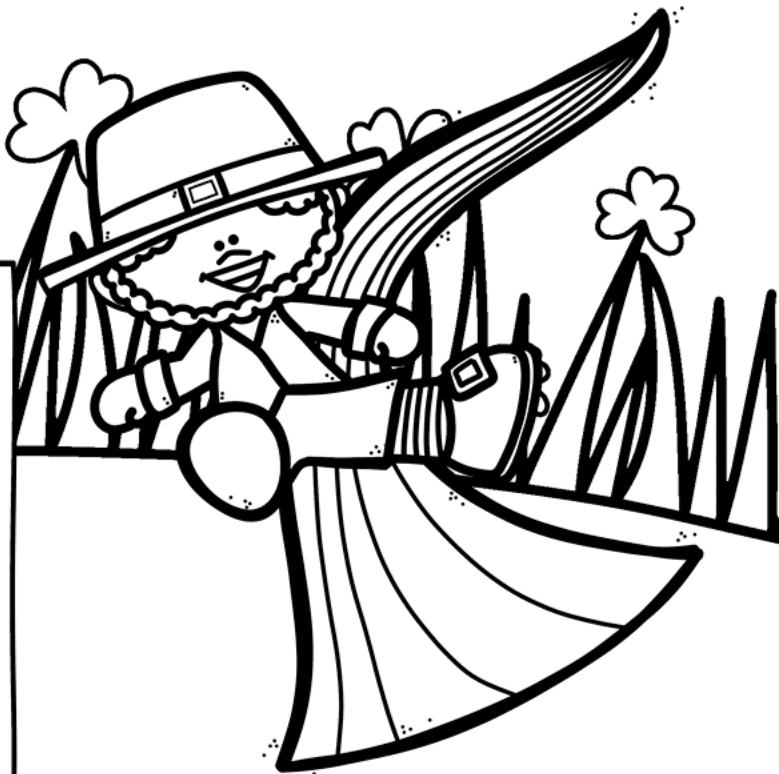
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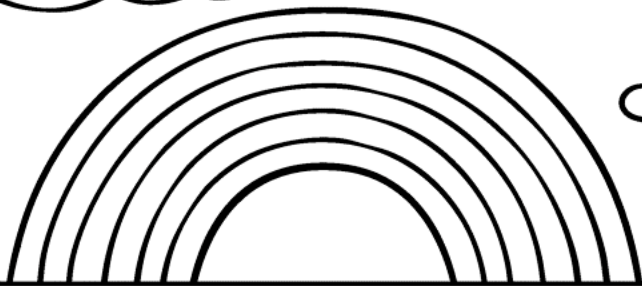
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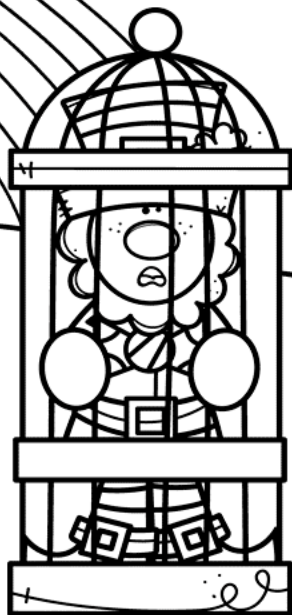


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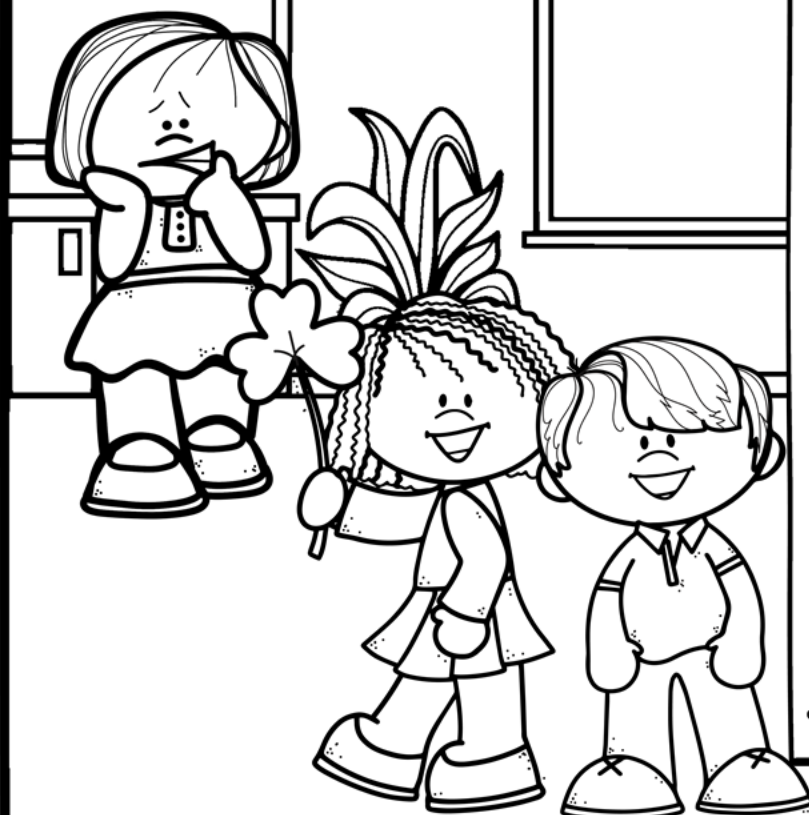
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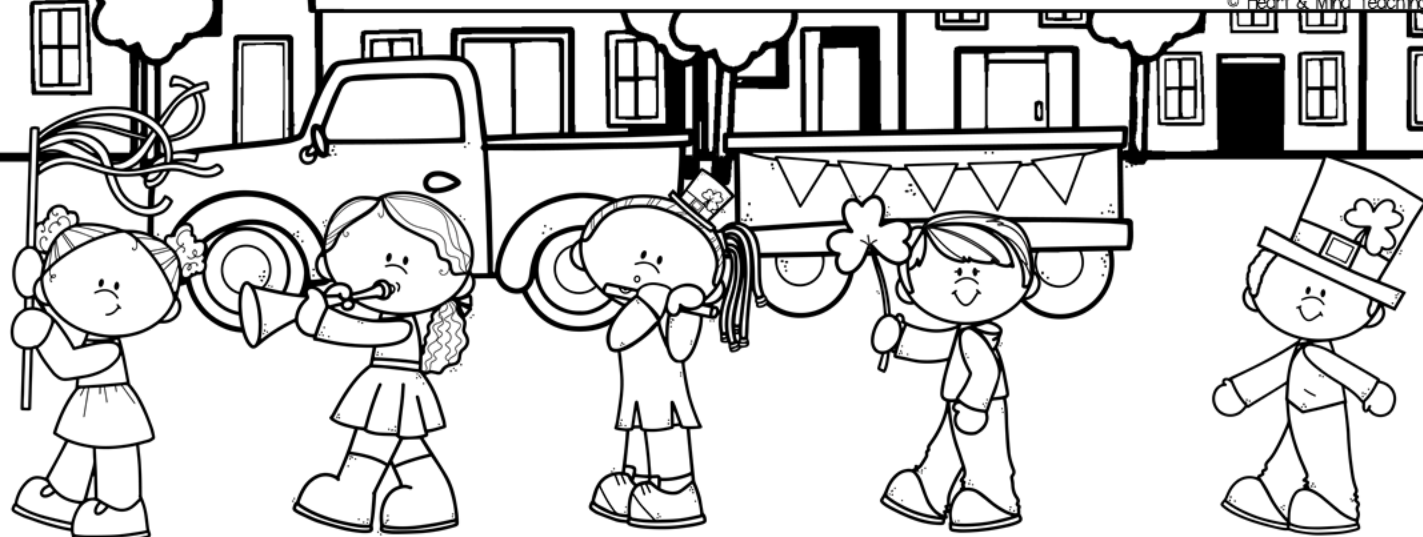


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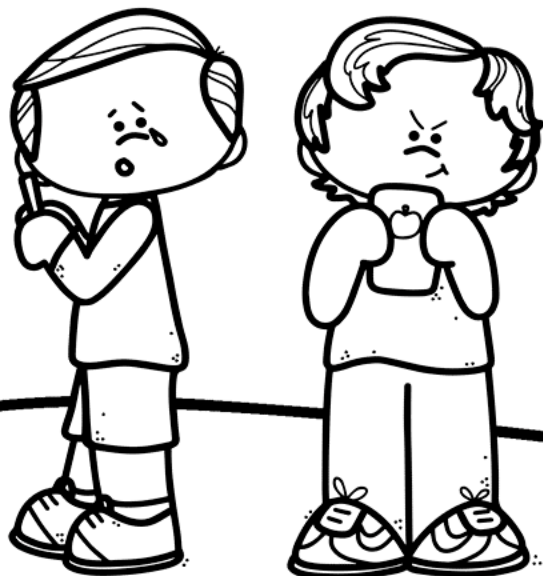
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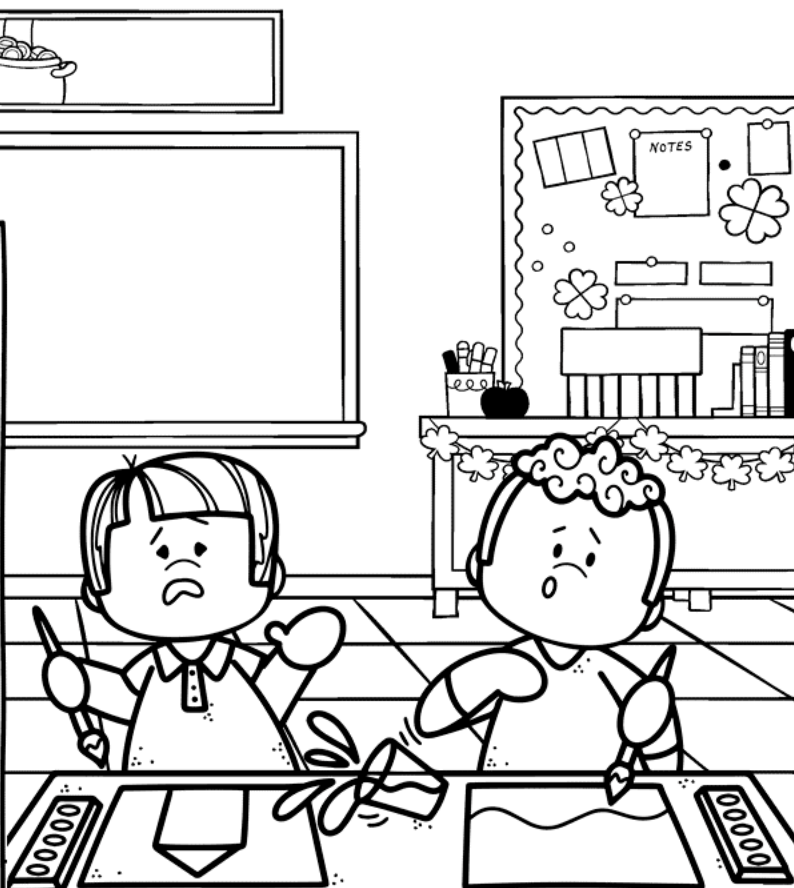
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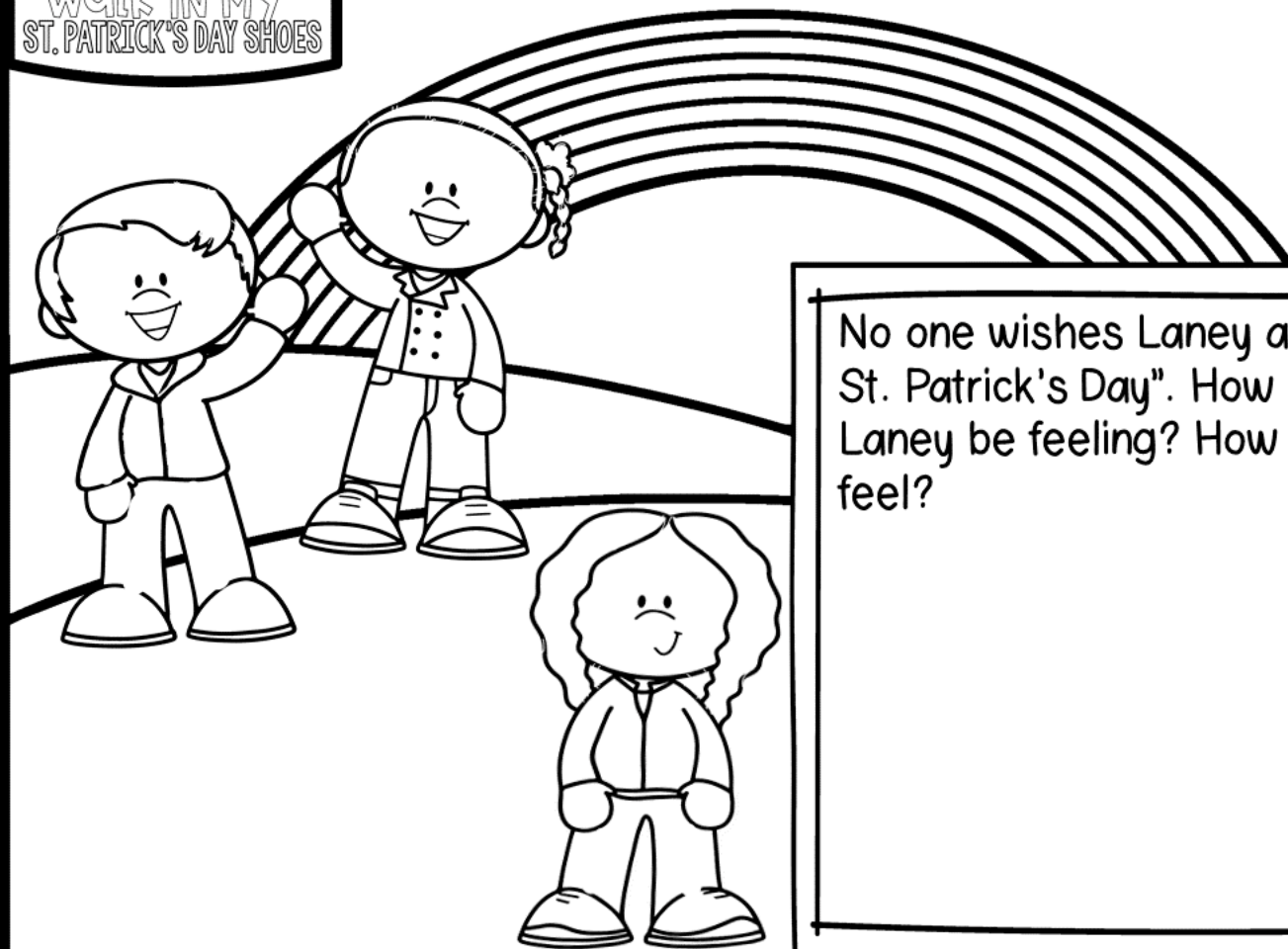
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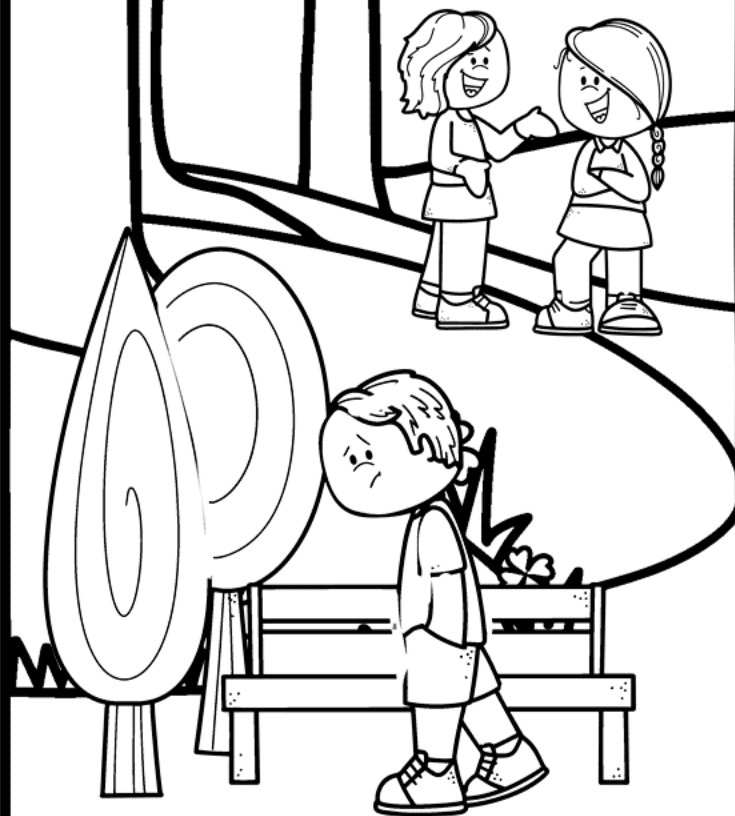
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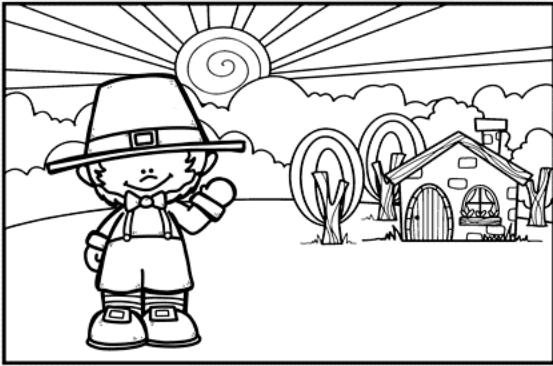
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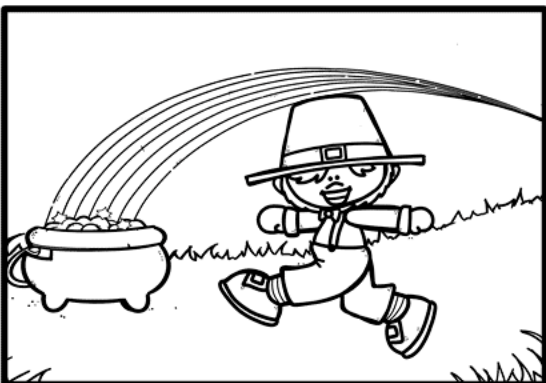
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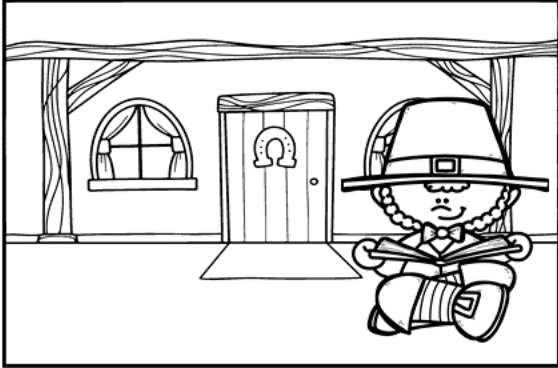


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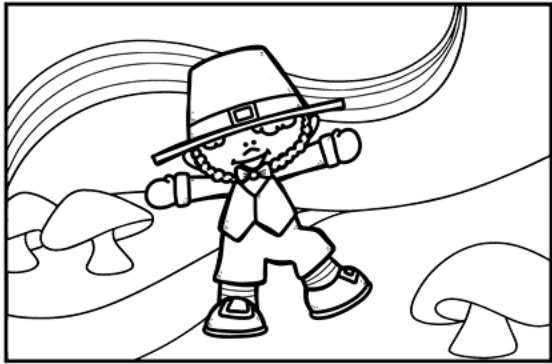


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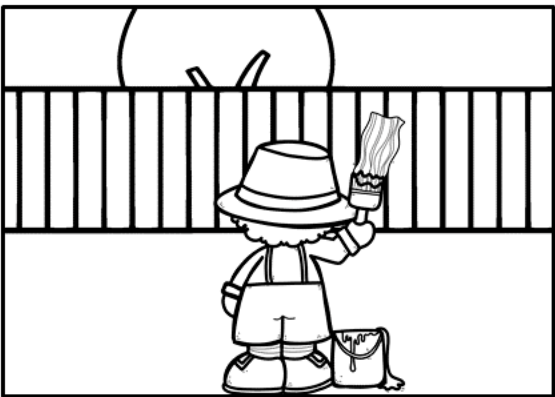
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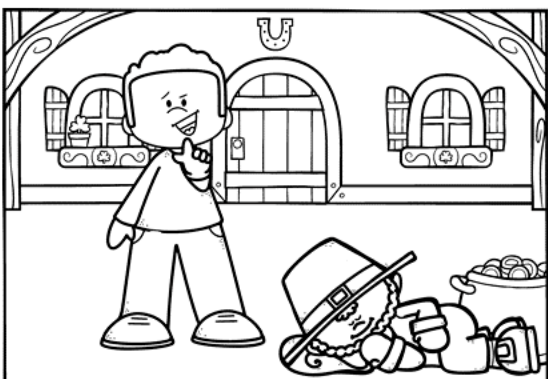
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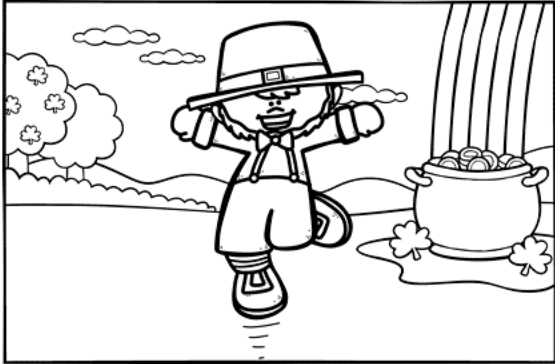


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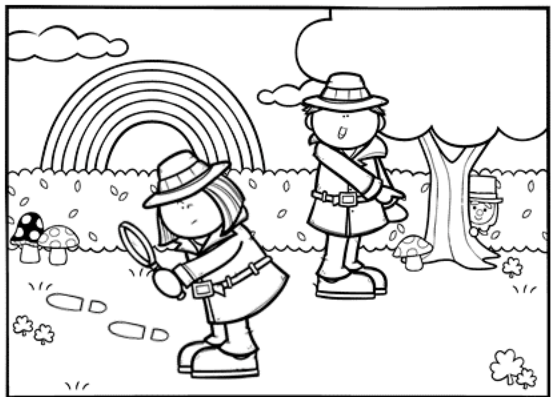
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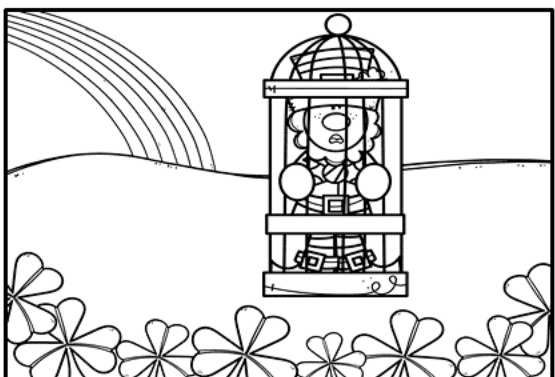
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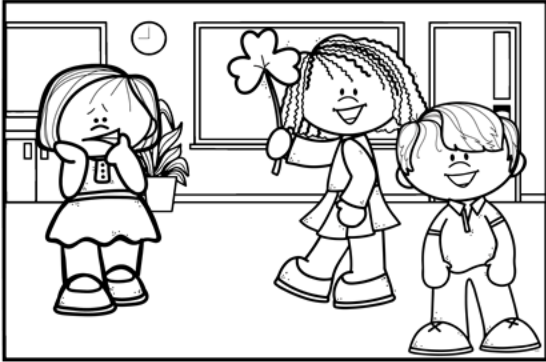


Everyone is trying to catch the leprechaun but he keeps escaping their traps. How might the leprechaun feel?



Jack the leprechaun gets caught in a leprechaun trap. How might he be feeling?

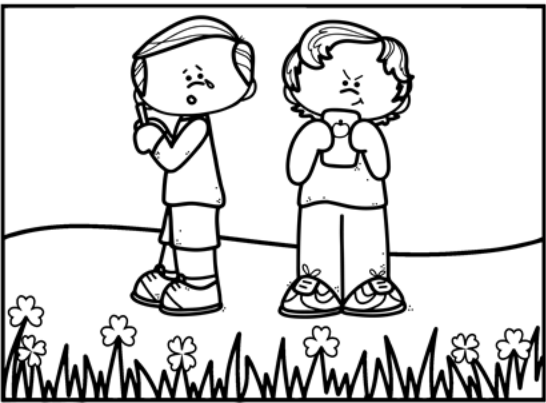
WALK IN MY ST. PATRICK'S DAY SHOES



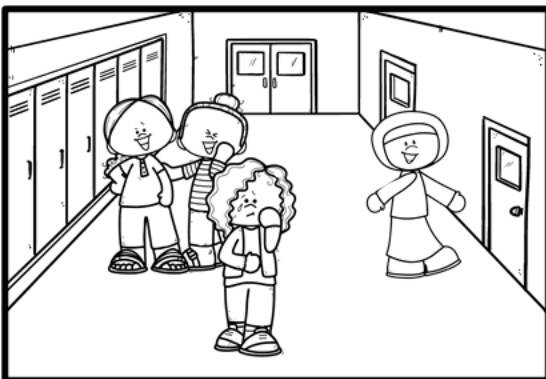
Everyone is wearing green for St. Patrick's Day but Yesenia forgot and is wearing red. People start to look at her funny. How is she feeling? What might others be thinking?



Shane is marching in the St. Patrick's Day parade today and forgot his instrument at home. How might he be feeling? How might his fellow parade marchers feel?

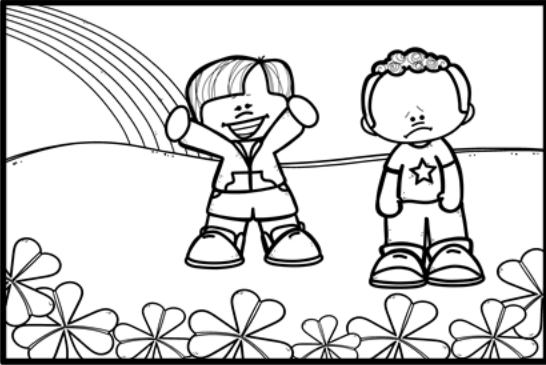


Freddy gets a text message from his friend that says mean things to him in it. How is he feeling? What would you do?

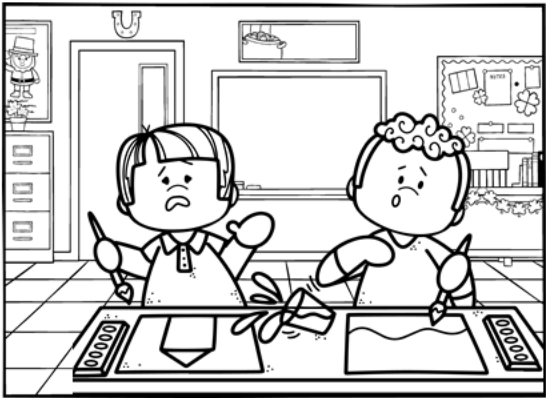


Willa sees someone being bullied in the hallway. How is she feeling? How is the person being bullied feeling? What would you do?

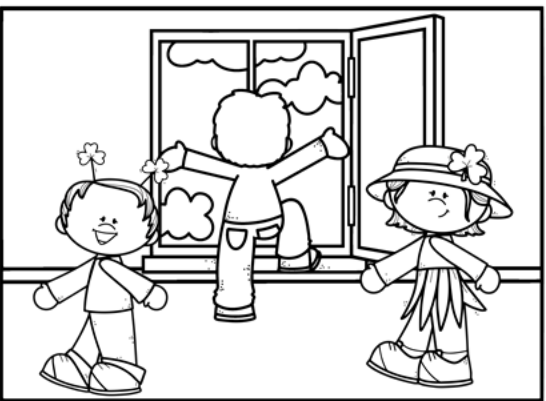
WALK IN MY ST. PATRICK'S DAY SHOES



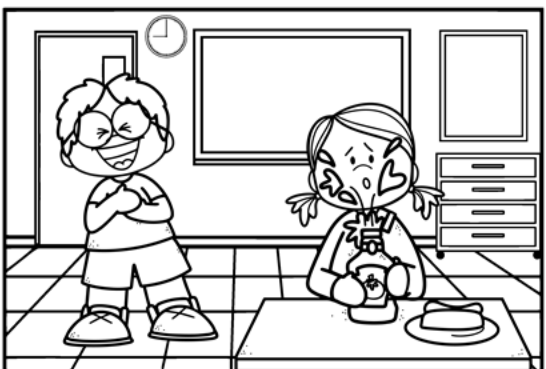
Tristin gets picked to be on the track team, but his best friend does not. How is he feeling? How is his best friend feeling?



Cameron spills his paint all over his classmate's paper. How does he feel? How would you feel? What would you do?

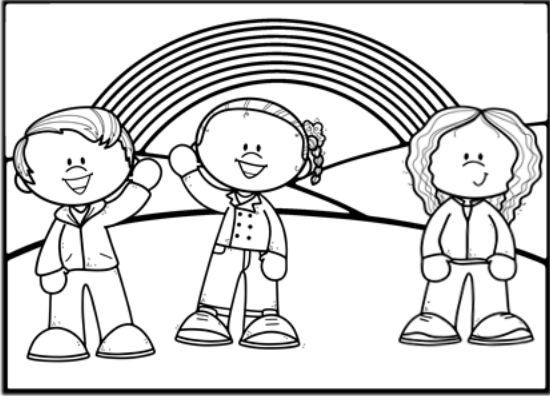


It's been raining for days. On St. Patrick's Day morning, Josh and his friends look outside and see the sun is shining. They can go to the parade. How might they be feeling?

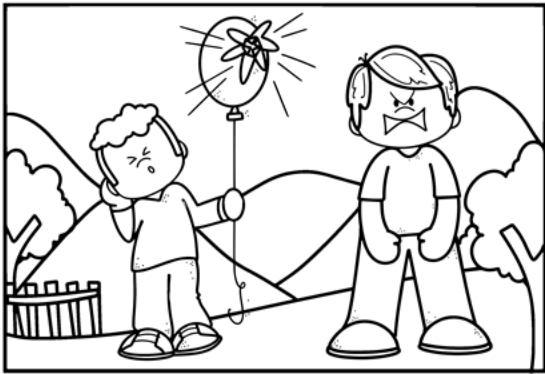


Levi sets up a practical joke by making the ketchup explode on his friend. How might his friend be feeling? How might he be feeling now?

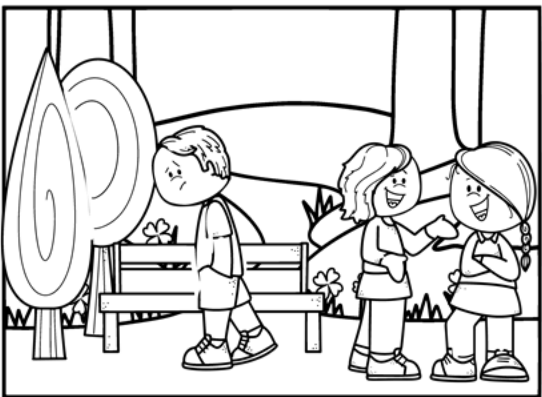
WALK IN MY ST. PATRICK'S DAY SHOES



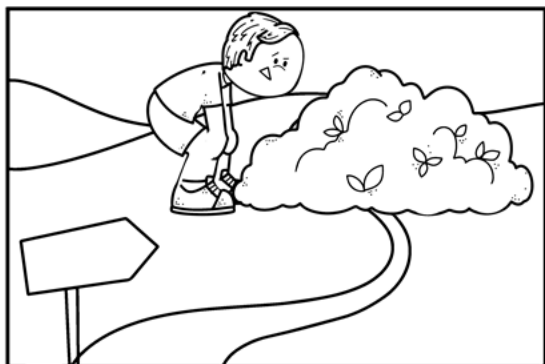
No one wishes Laney a "Happy St. Patrick's Day". How might Laney be feeling? How would you feel?



David pops a kid's balloon on purpose. How might that kid feel? How might David be feeling?



Santiago walks past two friends who suddenly lower their voices so he can't hear what they are saying. What might he be feeling?



Adam set up a trap for the leprechaun and he didn't catch him. How might he be feeling? How might the leprechaun be feeling?

GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

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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.

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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."

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Otherwise they will all be editing the same file.

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This product is meant to be used in "edit" mode (not "presentation" mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)



Thank you for supporting my little shop!

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

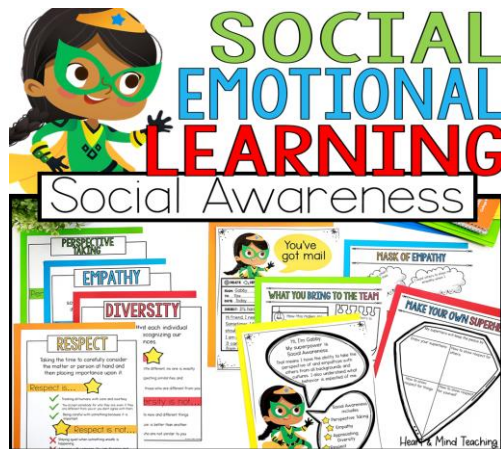
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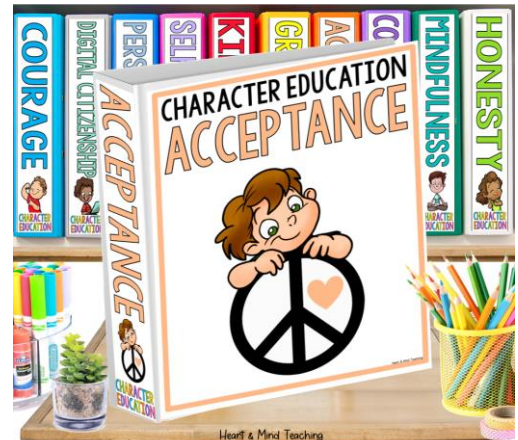
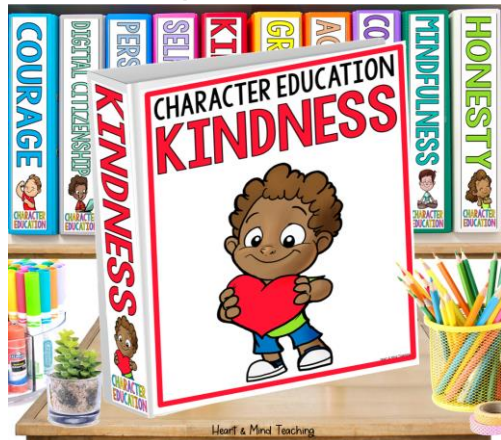
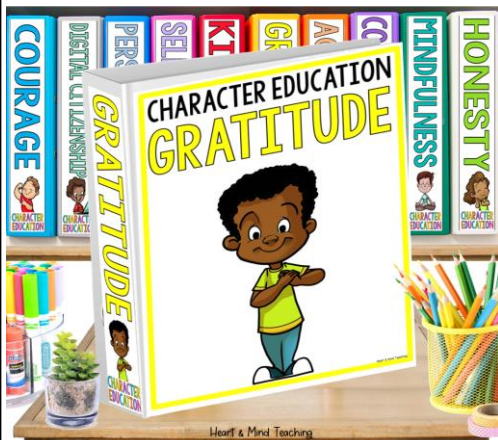
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Ashley

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